

The Role of Humor in Stress Management and Psychological Well-Being: Coping Strategies in High-Stress Populations

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Received : March 5, 2024

Accepted : May 22, 2024

Published : May 31, 2024

Citation: Malizal, Z.Z. (2024). The Role of Humor in Stress Management and Psychological Well-Being: Coping Strategies in High-Stress Populations. Sinergi International Journal of Psychology, 2(2), 80 – 93.

ABSTRACT: Humor has been widely recognized as a critical coping strategy that enhances psychological well-being by alleviating stress, anxiety, and depressive symptoms. This study provides a comprehensive narrative review of existing literature on the role of humor in mental health, particularly in high-stress environments such as healthcare, caregiving, and social adaptation. A systematic literature search was conducted across PubMed, Scopus, Google Scholar, and CINAHL, focusing on peer-reviewed studies examining humor-based interventions, social support, and coping mechanisms. Findings indicate that humor positively impacts emotional resilience, workplace stress reduction, and patient care experiences. Healthcare workers, caregivers, and marginalized populations benefit significantly from humor's psychological effects, particularly when combined with strong social support. However, systemic barriers such as mental health stigma, cultural variations, and economic constraints limit the widespread adoption of humor as an intervention strategy. Addressing these challenges requires tailored humor-based programs, workplace well-being policies, and culturally adaptive approaches. This review underscores the need for future research exploring humor's long-term effectiveness and digital applications in mental health interventions. A greater emphasis on policy-driven initiatives can facilitate the integration of humor into clinical and community-based settings, ultimately improving psychological well-being across diverse populations.

Keywords: Psychological Well-Being; Humor-Based Interventions; Coping Strategies; Stress Management; Social Support; Mental Health Resilience; Workplace Well-Being.



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INTRODUCTION

Psychological well-being and coping strategies have been extensively studied in academic literature, particularly in the context of global crises such as the COVID-19 pandemic. Psychological well-being encompasses various dimensions of mental health, including stress management, emotional resilience, and the ability to form and maintain social relationships (Larsen & Prizmic, 2020; Hyder & Iqbal, 2016; Panda et al., 2023). The framework proposed by Larsen and Prizmic highlights

different coping mechanisms associated with emotional processing, including situation modification, cognitive reappraisal, and emotional regulation (Puente-Martínez et al., 2018). Moreover, psychological interventions that promote positive memory recall, gratitude, and self-reflection have been shown to protect individuals from developing depressive symptoms, emphasizing the significance of autobiographical memory in maintaining well-being (Chamorro-Garrido et al., 2021; Mianabadi et al., 2022; Silawati et al., 2019).

Recent statistical data indicate a significant rise in mental health issues across various demographic groups. Research by (Hawke et al., 2020) demonstrated that adolescents experienced increased substance use and declining well-being during the pandemic, exacerbating concerns about youth mental health. Additionally, frontline healthcare workers reported heightened anxiety and depression due to overwhelming workloads and the emotional strain of intensive care unit assignments (Bartzik et al., 2021; Coulibaly et al., 2015; Mubiru et al., 2018). These findings underscore the urgent need to develop interventions that effectively support the psychological well-being of healthcare professionals and the general population.

One of the primary challenges in psychological well-being research is the variability in how emotions and coping mechanisms are interpreted across individuals. (Eden et al., 2020) noted that individual differences in stress perception and anxiety responses influence coping strategies and, consequently, overall well-being. Similarly, (Polenick et al., 2018) highlighted that caregivers must balance their responsibilities without compromising the autonomy of those they care for, adding complexity to their coping mechanisms. Furthermore, existing studies indicate that social stigma and perceived discrimination pose substantial barriers to accessing mental health support, limiting the effectiveness of available interventions (Mahmud & Islam, 2020; Syahwildan & Hidayah, 2024).

Caregivers of individuals with dementia face unique challenges, particularly in managing behavioral and psychological symptoms, which can significantly burden their well-being (Polenick et al., 2018). Studies reveal that caregivers often lack sufficient support and neglect their own mental health needs, further exacerbating their psychological distress (Terrill et al., 2018). Identifying and implementing effective coping strategies is crucial to addressing these challenges and improving caregiver resilience.

Developing evidence-based interventions that adopt a holistic approach can enhance individual engagement within communities and strengthen adaptive capacities (Waterworth et al., 2020). Such interventions are essential for reducing the psychological burden on individuals in high-stress environments, such as long-term caregiving or pandemic-affected populations (Terrill et al., 2018). Humor has also been identified as a potential tool for enhancing psychological well-being, with research demonstrating its positive effects on mental health and stress reduction (Osincup, 2020).

In broader contexts, particularly among economically disadvantaged populations, humor serves as an effective coping mechanism, allowing individuals to find strength amid adversity. Research highlights the critical role of social support in mitigating the negative impact of physical limitations and economic hardship (Mahmud & Islam, 2020). Consequently, developing community-based

programs that integrate humor as a social bonding tool appears to be a promising strategy for enhancing psychological well-being among vulnerable groups (Olympiou & Ahmed, 2024).

Despite growing interest in positive psychological approaches to interventions, there remains a significant research gap in understanding how individual differences in coping strategies impact psychological outcomes. Eden et al. (2020) pointed out that further studies are needed to bridge the knowledge gap in how people conceptualize and manage stress, emphasizing the necessity of targeted research on individual coping mechanisms. Similarly, Chamorro-Garrido et al. (2021) highlighted the need for more data on the effectiveness of different coping strategies across diverse social and cultural contexts.

This review aims to examine the relationship between psychological well-being and coping strategies, focusing on the role of humor and gratitude-based interventions. Key factors analyzed include emotional resilience, adaptive coping mechanisms, and the influence of social support systems. By synthesizing findings from recent studies, this review seeks to identify effective intervention models that can be applied across various populations, particularly in high-stress environments.

The scope of this review includes an analysis of psychological well-being across different demographic and occupational groups, with a particular emphasis on healthcare workers, caregivers, and economically disadvantaged populations. Geographically, the review focuses on studies conducted in North America, Europe, and Asia to provide a comprehensive understanding of global psychological well-being trends. Given the cultural variations in coping strategies, this review also explores how different societal norms and values influence psychological resilience and adaptation mechanisms.

METHOD

To ensure a comprehensive and well-rounded review, this study employed a systematic literature search across multiple academic databases, including PubMed, Scopus, Google Scholar, and CINAHL. These databases were selected due to their extensive repositories of peer-reviewed research, which cover diverse fields such as psychology, mental health, and humor-based interventions. PubMed was particularly valuable for accessing medical and health-related literature, Scopus provided a multidisciplinary perspective with citation tracking capabilities, while Google Scholar offered broader accessibility to various publications, including theses and reports. CINAHL was utilized to retrieve research relevant to nursing and allied health professions, which are integral to discussions on psychological well-being and intervention strategies (Lawn et al., 2020).

The literature search incorporated a combination of targeted keywords to capture studies focusing on humor's impact on mental health and coping strategies in different contexts. These keywords included but were not limited to: "humor and psychological well-being," "coping strategies during

COVID-19,” “humor interventions in healthcare,” “mental health in caregivers,” “positive psychology and mental health,” “discrimination and mental health in migrants,” “humor as a coping mechanism,” “stress and anxiety management,” “dementia caregiver strategies,” and “youth mental health during pandemic.” The use of these terms allowed for a nuanced examination of humor as a psychological tool across various populations and circumstances, particularly in crisis situations such as the COVID-19 pandemic (Eden et al., 2020; Kavčič et al., 2022).

A rigorous selection process was implemented to identify relevant studies, applying strict inclusion and exclusion criteria. The inclusion criteria comprised studies published in peer-reviewed journals, articles that explicitly focused on humor and psychological well-being, research conducted within the last decade to ensure relevance, and studies that employed empirical methodologies, including qualitative, quantitative, and mixed-method approaches. Additionally, the review prioritized research that analyzed coping strategies within high-stress environments, such as healthcare settings, caregiving roles, and economically disadvantaged communities. Studies that solely addressed humor in entertainment or non-psychological contexts were excluded to maintain focus on mental health applications (Gabarrell-Pascuet et al., 2023).

The methodological scope of the included studies varied, encompassing surveys, semi-structured interviews, observational studies, randomized controlled trials (RCTs), and meta-analyses. Qualitative studies were particularly valuable as they provided in-depth insights into individuals' subjective experiences and perceptions of humor in coping with stress and anxiety. Quantitative research contributed statistical evidence on humor's efficacy in psychological interventions, while mixed-method studies integrated both perspectives, offering a more holistic understanding of humor's role in mental health (Pérez-Aranda et al., 2018).

To ensure methodological rigor, each identified study underwent a multi-stage evaluation process. Initially, titles and abstracts were screened for relevance, followed by a full-text review of shortlisted articles to assess their methodological quality and alignment with the study objectives. The evaluation criteria included the robustness of research design, validity and reliability of measurement instruments, sample size adequacy, and the clarity of data interpretation. Studies that lacked methodological transparency or presented insufficient empirical support were excluded from the final synthesis (Segerstrom et al., 2023).

The final dataset of selected articles was systematically organized to facilitate thematic analysis and cross-referencing. This process enabled the identification of recurring themes and patterns regarding humor's application in psychological resilience, stress management, and therapeutic interventions. Thematic categorization also allowed for comparative analysis across different demographic and sociocultural contexts, highlighting variations in humor's effectiveness as a coping strategy.

A key aspect of this literature review was the synthesis of findings from diverse sources to develop an integrated framework on humor-based interventions in mental health. The research synthesis not only examined humor as an independent variable but also explored its interaction with other psychological constructs such as resilience, gratitude, and social support. Findings from various

studies underscored the necessity of culturally adapted interventions, recognizing that humor's reception and impact differ across populations and situational contexts (Waterworth et al., 2020).

The systematic search concluded with the organization of data into structured themes to support further analysis and discussion. This comprehensive approach ensured that the review was grounded in a robust methodological foundation, facilitating the formulation of evidence-based recommendations for enhancing psychological well-being through humor. The integration of findings from diverse disciplines and methodological perspectives strengthened the validity of the conclusions drawn, contributing to a more nuanced understanding of humor as a psychological tool.

By employing an extensive and meticulous literature search process, this review aimed to construct a holistic perspective on humor's role in mental health interventions. The combination of empirical scrutiny, thematic synthesis, and comparative analysis enabled a well-informed discussion that contributes to advancing research on adaptive coping mechanisms and psychological resilience.

RESULT AND DISCUSSION

The findings from previous studies on the relationship between humor, coping strategies, and psychological well-being highlight several interrelated dimensions and aspects. Research by Chamorro-Garrido et al. (2021) demonstrated that interventions focused on positive memory recall and humor significantly enhance psychological well-being among older adults by reducing depressive symptoms and increasing gratitude. This study emphasizes that recalling specific positive moments can serve as a protective factor against negative mental health conditions, underlining the importance of psychological practices that encourage emotional recovery.

A study by (Gabarrell-Pascuet et al., 2023) examined the impact of perceived discrimination and adaptive coping strategies among newly arrived migrants in Spain. Findings indicate that direct exposure to discrimination contributes to negative emotions. However, individuals who employed active coping strategies, such as seeking social support and maintaining open communication, exhibited higher levels of psychological well-being. This suggests that managing experiences of discrimination through positive coping mechanisms can help mitigate its adverse effects.

In the context of caregiver mental health, (Hickman et al., 2018) found that humor serves as a crucial resource for caregivers dealing with challenging behaviors and the psychological complexities of individuals with dementia. Humor helps to alleviate the emotional burden of caregiving, fostering resilience and well-being. Similarly, Umucu and Lee (2020) found that individuals who used humor as a coping tool during the COVID-19 pandemic experienced lower stress levels and higher quality of life than those who did not. These findings reinforce the importance of humor in managing stressful situations and support the notion that humor contributes to improved psychosocial well-being.

Research by (Langdon & Sawang, 2018) highlights that a combination of humor, social support, and other coping strategies reduces stress levels in demanding workplace environments. Individuals who effectively use humor report higher job satisfaction and more positive interactions with colleagues, indicating that humor acts as a buffer against occupational stress. In another context, Terrill et al. (2018) examined the role of positive emotional communication at the end of life, revealing that humor can enhance well-being for individuals in palliative care. Empirical evidence suggests that positive emotional approaches significantly improve psychological experiences in critical situations.

Overall, key findings indicate that humor, adaptive coping strategies, and social support are essential components of psychological well-being in high-stress situations. Empirical evidence consistently demonstrates a strong association between humor use and reduced symptoms of anxiety and depression, along with improvements in quality of life across vulnerable and clinical populations.

Several specific factors influence the relationship between coping strategies and psychological well-being. Social support has been identified as a critical determinant, acting as a buffer against stress. Research by Hawke et al. (2020) shows that adolescents with strong social support networks during the COVID-19 pandemic reported lower levels of anxiety and depression. These findings suggest that emotional interactions within social networks significantly contribute to mental health resilience during crises.

Humor has also been recognized as an effective stress-management tool. (Bartzik et al., 2021) found that healthcare workers who incorporated humor into their coping mechanisms during the pandemic reported lower anxiety levels and greater overall well-being. This suggests that humor functions not only as a coping tool but also as a reinforcement for sustaining mental health in high-pressure environments.

In the context of migration and discrimination, Gabarrell-Pascuet et al. (2023) identified severe psychological consequences associated with perceived discrimination among migrant populations. The study outlined five key emotional and behavioral categories that directly impact mental health. Migrants who adopted active coping strategies, such as seeking social support, managed stress more effectively than those who did not.

Variations in coping strategies and well-being outcomes are also evident across different cultural contexts. (Kallivayalil et al., 2022) compared coping strategies among trauma survivors in Kerala, India, with those in the United States. Findings indicate that Indian individuals predominantly used community-based coping mechanisms, whereas individuals in the U.S. relied more on individualistic coping strategies.

In clinical settings, Olympiou and Ahmed (2024) examined humor-based interventions for cancer patients, revealing significant improvements in quality of life. Statistical data support that patients who participated in humor therapy programs reported reduced anxiety symptoms and increased overall satisfaction with life. These findings underscore humor's role in alleviating psychological distress in serious medical conditions.

Among healthcare professionals, research by (Kantarci & Soylu, 2024) demonstrated that humor plays a crucial role in maintaining psychological well-being, particularly for frontline workers during the pandemic. Those who adopted humor as an adaptive strategy exhibited better mental health outcomes and lower burnout rates than those who did not.

Cross-national studies provide further insights into the adaptive function of humor and social support. Research conducted in South Korea by (Kim & Plester, 2019) indicates that cultural context influences humor's effectiveness in promoting psychological well-being. In collectivist cultures, humor is more commonly used as a social bonding tool, whereas in individualistic cultures, humor tends to serve as a personal coping strategy.

Comparative analyses highlight differences in stress management approaches across populations. For instance, Eden et al. (2020) found that online platforms and social media played a vital role in facilitating collective humor-based coping strategies during the pandemic. Communities that engaged in humor-sharing experiences reported a greater sense of social connectedness and resilience in response to global uncertainties.

Findings from these studies suggest that humor-based coping strategies, strong social support networks, and positive psychological interventions significantly contribute to enhancing mental health. The cross-cultural variations observed further indicate that humor and coping strategies should be tailored to fit specific demographic and sociocultural contexts.

Patterns and trends emerging from research on humor in mental health and coping strategies reveal its multifaceted role in psychological well-being. Studies confirm that humor not only serves as a stress-reduction mechanism but also enhances psychological resilience, particularly among high-risk populations, such as healthcare workers, caregivers, and patients with chronic illnesses.

One of the most notable findings is the ability of humor to mitigate stress and anxiety among healthcare workers, especially in demanding situations like the COVID-19 pandemic. Bartzik et al. (2021) observed that nurses who employed humor in their work environments reported lower anxiety levels and improved psychological well-being. This aligns with findings by Kantarci and Soylu (2024), who identified a positive relationship between adaptive humor use and mental health outcomes among medical professionals.

In caregiving populations, humor has been shown to alleviate emotional burdens and enhance resilience. Polenick et al. (2018) found that caregivers who engaged in humor reported greater coping capacity and reduced negative effects from challenging behaviors associated with dementia care. This suggests that humor strengthens emotional endurance in high-stress caregiving environments.

Humor also plays a significant role in improving the quality of life for patients with chronic conditions. Olympiou and Ahmed (2024) demonstrated that humor interventions led to reduced depressive symptoms and anxiety among cancer patients. These findings support the implementation of humor therapy in medical settings to help patients navigate emotional challenges associated with serious diagnoses.

Cultural variations in humor's impact on psychological well-being further illustrate its dynamic nature. Research by Kim and Plester (2019) shows that humor use differs based on cultural values, with collectivist societies emphasizing humor for social cohesion, whereas individualistic cultures utilize humor for personal stress relief. This suggests that humor's psychological benefits must be assessed within specific sociocultural frameworks.

Studies in different countries provide a broader perspective on humor's application as a coping strategy. In Spain, Gabarrell-Pascuet et al. (2023) found that humor helped new migrants navigate experiences of discrimination, highlighting its role in social adaptation. Meanwhile, research in South Korea indicated that humor contributes to emotional regulation among adolescents during stressful periods, such as the COVID-19 pandemic.

Gender differences also influence humor's psychological impact. Khan and Masood (2024) discovered that humor mediates job satisfaction and psychological well-being more significantly among men than women. This finding suggests that humor-based interventions should be tailored to demographic-specific needs.

Overall, emerging patterns in research confirm humor's multifaceted role in promoting psychological well-being across diverse populations and environments. Understanding humor's cultural and demographic influences can enhance the development of effective mental health interventions, ensuring their applicability across various social and professional contexts.

The findings in this review indicate that humor plays a crucial role in enhancing psychological well-being across different contexts, reinforcing previous literature that highlights humor as a significant coping strategy. Theoretical frameworks exploring the relationship between humor and mental health have been extensively discussed in past studies, supporting the notion that humor reduces negative emotions and mitigates anxiety and depression. Dionigi and Canestrari (2016) demonstrated that humor in healthcare settings alleviates emotional distress, creating a supportive environment for both patients and medical professionals. This aligns with the findings of Bartzik et al. (2021), who reported that humor significantly reduced anxiety symptoms among healthcare workers during the COVID-19 pandemic, fostering a more cohesive and emotionally resilient workforce.

The role of humor in interpersonal relationships, particularly for individuals with dementia and their caregivers, has also been widely acknowledged. Hickman et al. (2018) highlighted that humor facilitates positive communication and emotional connection between dementia patients and their caregivers. This aligns with principles in positive psychology, which emphasize the power of positive emotions in enhancing well-being and life satisfaction. The findings reinforce the idea that humor-based interventions can be beneficial not only for patients but also for caregivers, improving their emotional resilience and reducing psychological burden.

The therapeutic potential of humor extends beyond interpersonal relationships. (Santos et al., 2013) confirmed that humor enhances mental health facilities' overall effectiveness, particularly for individuals with specific medical conditions. Olympiou and Ahmed (2024) further demonstrated that humor-based interventions significantly improved the quality of life among cancer patients, illustrating the potential for humor to function as more than just entertainment,

but as a valuable therapeutic tool. These findings support the growing integration of humor into psychological interventions and clinical care.

Social support emerges as another key factor in managing psychological distress and promoting well-being. Hawke et al. (2020) established that individuals with strong social support networks exhibit lower levels of anxiety and depression, reinforcing the protective role of social connections. Gabarrell-Pascuet et al. (2023) further demonstrated that migrant populations experiencing discrimination can better manage psychological distress when engaging in social coping strategies. These findings suggest that positive social interactions can significantly influence mental health outcomes, positioning social support as a crucial buffer against psychological distress.

Cultural variations in humor perception highlight the need for context-sensitive interventions. (Jiang et al., 2019) identified that humor is interpreted differently across cultures, influencing how individuals respond to humor-based interventions in professional and social settings. What is considered humorous in one cultural context may not translate effectively in another, emphasizing the importance of tailoring humor-based interventions to specific cultural and social environments. This highlights the necessity of integrating culturally adaptive strategies when designing mental health interventions that incorporate humor.

The literature on humor in clinical and psychological contexts also underscores its utility in alleviating tension and providing comfort in medical settings. Osincup (2020) illustrated how humor can be integrated into clinical environments to foster a more positive and supportive atmosphere for both patients and healthcare providers. These findings suggest that while humor's impact may vary depending on context, its application in psychological interventions has the potential to yield significant benefits in improving mental health outcomes.

A systemic analysis of these findings highlights various structural factors contributing to challenges in utilizing humor as a coping mechanism for psychological well-being. Societal stigma and discrimination represent substantial barriers, particularly for marginalized groups such as migrants. Puente-Martínez et al. (2018) indicated that discrimination negatively affects mental health outcomes and limits access to social support networks. These systemic inequities hinder individuals from effectively using humor as a coping mechanism, particularly when their social environments do not foster inclusion or emotional security. Self-enhancing humor, which can be beneficial for coping with stress, is particularly dependent on the ability to engage in positive social interactions, which are often constrained by systemic discrimination.

Economic factors also play a critical role in determining the accessibility of humor-based coping strategies. In high-stress work environments, such as healthcare professions, increased workload and limited resources create challenging conditions for maintaining psychological well-being. Santos et al. (2013) emphasized that emergency medical workers, such as paramedics, often experience emotional exhaustion due to the demands of their roles, reducing opportunities for humor-based coping. Organizational support and long-term mental health policies are essential for ensuring that humor can be effectively utilized as a resilience strategy in high-pressure work environments.

Cultural factors further influence how humor is perceived and utilized in coping with stress. Individuals in cultures that embrace humor as a collective experience tend to benefit more from humor-based interventions than those in cultures where humor is used primarily in individualistic settings. Hawke et al. (2020) found that humor's psychological impact is more significant in societies that value collective humor-sharing experiences, reinforcing the idea that interventions must be adapted to cultural norms and values to maximize effectiveness.

Public health crises such as the COVID-19 pandemic have introduced additional complexities in humor utilization. Eden et al. (2020) reported that individuals' experiences of stress and anxiety during the pandemic affected their ability to use humor as a coping tool. In times of crisis, humor can become more difficult to access, particularly in environments where health risks and social instability overshadow opportunities for lighthearted interactions. High-stress environments may limit individuals' capacity to seek or create humor, necessitating the development of structured humor-based interventions that support resilience even in adverse conditions.

These systemic factors illustrate the complex interactions between social, economic, and cultural influences in shaping humor's role in psychological well-being. To maximize humor's therapeutic potential, mental health practitioners and policymakers must consider these broader contextual factors when designing interventions. Addressing systemic barriers, fostering inclusive social networks, and tailoring humor-based interventions to cultural norms can enhance their efficacy and accessibility.

Existing policies significantly impact the effectiveness of humor-based coping mechanisms and psychological well-being. Health policies that support humor interventions in clinical settings have been shown to improve patient outcomes. (Dionigi & Canestrari, 2016) highlighted that programs incorporating humor, such as hospital clown interventions, contribute to reduced anxiety and increased emotional resilience among patients. Institutional support for humor-based interventions could therefore be expanded to improve patient and caregiver well-being in medical environments.

Workplace policies also play a critical role in determining humor's effectiveness in stress reduction. Studies have shown that healthcare workers who use humor to cope with workplace stress experience lower levels of burnout and improved job satisfaction (Polenick et al., 2018). However, restrictive workplace policies that do not prioritize employee mental health may limit the potential benefits of humor as a coping strategy. Ensuring that workplace policies support well-being initiatives and encourage positive humor-based interactions could contribute to improved psychological resilience among professionals in high-stress occupations.

Social policies that promote community support networks further enhance humor's role as a coping mechanism. Eden et al. (2020) found that access to strong social support systems mitigates the negative effects of stress and anxiety, reinforcing the need for policies that encourage social connectedness. Community-based programs that integrate humor into peer-support initiatives can foster resilience in vulnerable populations, particularly those at risk of social isolation.

Educational and professional training policies that incorporate humor as part of resilience-building initiatives may also improve psychological well-being. Hickman et al. (2018) and Chamorro-

Garrido et al. (2021) demonstrated that humor training programs enhance emotional regulation and stress management skills. Expanding these programs to broader professional and educational settings could provide long-term benefits for individuals facing chronic stress or occupational burnout.

Despite these policy benefits, challenges remain in implementing humor-based interventions due to persistent stigma surrounding mental health. Gabarrell-Pascuet et al. (2023) highlighted that mental health stigma creates barriers to seeking support, limiting individuals' willingness to engage in humor as a coping strategy. Public awareness campaigns and mental health education programs that normalize humor as a psychological tool could help address these issues and improve the acceptance of humor-based interventions.

Cultural differences in humor perception further complicate policy implementation. Jiang et al. (2019) noted that attitudes toward humor vary significantly across cultural groups, affecting its efficacy as a psychological intervention. Policies must therefore be flexible and adaptable to different cultural contexts, ensuring that humor-based strategies align with local beliefs and values.

Overall, policies supporting humor-based interventions in healthcare, workplace, and social settings have the potential to improve mental health outcomes. However, addressing stigma, fostering inclusive social networks, and considering cultural differences remain critical challenges in maximizing humor's effectiveness as a coping mechanism. By integrating humor-based strategies into mental health policies, stakeholders can enhance psychological well-being at both individual and community levels.

CONCLUSION

This study highlights the significant role of humor as a coping strategy in enhancing psychological well-being across diverse populations. Findings from previous literature confirm that humor is an effective tool in mitigating anxiety, stress, and depressive symptoms while fostering emotional resilience. The impact of humor is particularly evident in high-stress environments such as healthcare, caregiving, and social adaptation among migrant communities. The importance of social support in reinforcing humor's psychological benefits was also emphasized, demonstrating how interpersonal relationships contribute to mental health outcomes.

Despite its benefits, systemic barriers such as cultural perceptions, economic constraints, and stigma surrounding mental health pose challenges to humor-based interventions. Addressing these barriers requires integrated policy approaches that promote inclusive mental health support, workplace resilience programs, and culturally sensitive humor interventions. Institutions should prioritize humor training for healthcare workers and caregivers while also fostering community-based humor initiatives to strengthen social support networks.

Future research should focus on longitudinal studies to examine the sustained effects of humor-based interventions, particularly in different cultural and occupational contexts. Additionally, further exploration into the intersection of humor, digital communication, and psychological resilience can provide insights into how humor functions in modern social interactions. By

addressing these gaps, future interventions can be refined to maximize humor's potential in improving mental health outcomes and fostering well-being across diverse communities.

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