

Humor: Not Just a Laughing Matter

Susan F Goran

Learning Objectives for Class 4: at the end of this session, the learner will be able to:

- List 2 societal benefits of humor.
- Discuss why are men perceived as more humorous?
- Describe an example of how humor can influence societal change.
- Share an example of how humor was used to cope with the pandemic.

Content Outline: Class 4

- Societal benefits of humor
- Social nature of laughter
 - Attracts others to us
 - Gender differences
 - Role of neurochemistry
 - Differences in creating & perceiving humor
 - Strengthening relationships
 - Improving Teamwork
 - Overcoming conflict
 - Influencing social change
 - Role of humor in tough times

References for Class 4

- <https://www.rutgers.edu/news/comedy-can-help-change-world-rutgers-researcher-says>
- <https://copyhackers.com/2020/06/covid-memes/>
- <https://psychcentral.com/lib/how-and-why-humor-differs-between-the-sexes#3>
- <https://www.psychologytoday.com/us/blog/speaking-about-trauma/202402/look-whos-laughing-are-there-differences-in-men-and-women>
- <https://medium.com/@ccying/the-humor-advantage-using-laughter-to-drive-collaboration-and-creativity-at-work-734d00ed6c8d>
- <https://www.humorseriously.com/>
- <https://www.helpguide.org/relationships/communication/managing-conflicts-with-humor>

- Greengross G, Silvia P J, Emily C. Nusbaum EC (2020). Sex differences in humor production ability: A meta-analysis, *Journal of Research in Personality*, 84, 103886, ISSN 0092-6566, <https://doi.org/10.1016/j.jrp.2019.103886>
- Pfundmair M. (2022). Finding humor in hormones: Oxytocin promotes laughing and smiling. *Biol Psychol.*;172:108377. doi: 10.1016/j.biopsycho.2022.108377. Epub 2022 Jun 3. PMID: 35667481.