International Journal of Contemporary Issues in Social Sciences
Volume 3, Issue 3, 2024 ISSN(P):2959-3808 | 2959-2461

SENSE OF HUMOR AND LOVE OF LIFE AS PREDICTORS OF ADJUSTMENT IN YOUNG ADULTS

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Received: August 10, 2024 **Revised:** September 10, 2024 **Accepted:** September 20, 2024 **Published:** September 30, 2024

ABSTRACT

The present study was carried out to explore the relationship between sense of humor, love of life and adjustment in young adults. A convenient sampling strategy was used to approach 200 young adults (n=100 men, n=100 women). Sense of Humor Questionnaire-6 (Sven Svebak,1996), Love of Life Scale (Ahmed Abdel-Khalek, 2007) and Brief Adjustment Scale (Cruz et al., 2019) were used in the study. Reliability analysis was done for all the measures. Pearson product moment correlation (r) was carried out to find out the relationship between sense of humor, love of life and adjustment in young adults. Findings indicated a significant positive relationship between sense of humor and love of life. Independent sample t-test was employed to analyze the gender differences. Results indicated that women reported higher levels of sense of humor as compared to men. Similarly, men reported having strong love of life and better adjustment levels as compared to women. Multiple linear regression was run to find out the predictive power of sense of humor and love of life against adjustment. Findings revealed love of life as statistically significant positive predictor of adjustment while sense of humor did not significantly predict adjustment.

Keywords: Sense of Humor, Love of Life, Adjustment, Young Adults.

INTRODUCTION

This study explores the relationship between sense of humor, love of life and adjustment in young adults. It focuses on how these traits predict an individual's ability to adapt during this critical stage of development. By exploring this connection, this study aims to reveal how these qualities help young adults handle challenges. A strong sense of humor can enhance one's appreciation for life, leading to improved adjustment in difficult situations.

Life is filled with challenges so possessing the necessary skills to meet these challenges can lead to a happier life and a greater sense of well-being. While there are many different skills that might be useful in supporting success and well-being, a good sense of humor has often been proposed as a personal quality capable of reinforcing psychological well-being (Lefcourt, 2001; Lefcourt and Martin, 1986, Martin et al., 2003). Humor involves what makes us laugh and how we react to it. It's a mix of cognitive and emotional elements. It can occur in interpersonal interactions or solely within individual thought processes and it can be something we do occasionally or a part of our personality. In today's psychology "sense of humor" usually refers to the second part, seeing it as a personality trait (Ruch, 2010).

The study of love in psychology has often been overshadowed by a focus on hate and aggression. However, Rubin (1970) changed that by creating the first structural tool to measure romantic love. In a more recent context, a comprehensive model was introduced, defining love in terms of three main elements: intimacy, passion and commitment. While romantic love typically involves emotional bonds with others, the concept of "love of life" is broader. It includes a positive evaluation of one's own life and a favorable attitude towards it, such as a commitment to living fully, a deep affection and

a genuine appreciation for life itself (Abdel-Khalek, 2007).

Entering the stage of young adulthood is a critical period. The way teenagers are brought up and the environment they live in, have a big impact on their adjustment. Cruz et al. (2019) defined adjustment as one's personal sense of distress and degree to what extent they function in daily life. Sufian (2004) describes adjustment as a behavior directed to overcome the obstacles or the techniques used by people to fulfill needs and satisfy motives as well as reducing pressure to achieve balance and satisfaction.

Hypotheses

The general aim of this study was to explore the connection between sense of humor, love of life and adjustment in young adults. The study was conducted to test the following hypotheses:

- There will be a positive relationship between sense of humor and love of life in young adults.
- There will be the differences in men and women in terms of sense of humor, love of life and adjustment.
- Sense of humor and love of life will be the predictors of adjustment in young adults.

Method

Sampling Strategy

Participants were approached by using a convenient sampling strategy, allowing for a quick access to a diverse group of young adults.

Participants

A sample (N=200) of young adults aged 17-25 years, with an equal split between men and women (n=100 men, n=100 women) was selected from Lahore (Pakistan). Participants having minimum 12 years of education (intermediate) were selected to ensure their understanding of the survey instrument.

Procedure

The study was conducted by keeping in view the APA ethical standards of research. Permission was taken from the authors to use survey instruments (Sense of Humor Questionnaires-6, Love of Life Scale and Brief Adjustment Scale). Approval for data collection was obtained from department authorities. Participants were approached by using convenient sampling strategy. A written informed consent was obtained from all the participants, after which they were briefed about the aims and objectives of the study as well as about the voluntary nature of participation, confidentiality, anonymity and the right to quit. Following this, the standardized scales were administered to participants. The questionnaire completion process took approximately 10-15 minutes, during which any participant queries were addressed.

Statistical Analysis

For analyzing the results, descriptive and inferential statistics were applied. To determine the relationship between study variables Pearson Product Moment Correlation 'r' was used. An independent sample t-test was employed to find out the gender differences. Regression analysis was run to test the predictive power of independent variables (sense of humor and love of life) against dependent variable (adjustment). All these analyses were carried out using SPSS v27.

Results

Table 1. Alpha Reliabilities of scales in young adults

Scales	α
Sense of Humor Questionnaire-6	.63
Love of Life Scale	.88
Brief Adjustment Scale	.82

NOTE: α= Reliability Coefficient

Table 2. Pearson Correlation Coefficient between study variables

Variables	1	2	3
Sense of Humor	-	.201**	.101
Love of Life	-	-	.335**
Adjustment			

NOTE: **Correlation is significant at 0.01 level (2-tailed)

Table 3. Mean Scores, Standard Deviation, t-value, p-value and Cohen's d value of variables for men and women

Variables	M(SD) Men	M(SD) Women	t	p	Cohen's d
Sense of Humor	19.24 (1.68)	19.73 (1.70)	2.04	.042	.28
Love of Life	54.88 (6.10)	50.52 (7.96)	-4.34	.000	.61
Adjustment	38.06 (3.44)	36.80 (4.78)	2.13	.034	.30

NOTE: M= Mean, SD= Standard Deviation, p= Significance Level

Table 4. Sense of Humor and Love of Life as Predictors of Adjustment

	Adjustment				
Variables	B	SE	*β*	*t*	*p*
Sense of Humor	.052	.175	.021	.30	.764
Love of Life	.142	.039	.249	3.61	.000
R^2	.063				
F	6.607				

NOTE: β= Standardized Coefficient, ***p<.001, SE= Standard Error, p= Significance Level

Table 1 presents the Cronbach's Alpha reliability (α) of the scales. Reliabilities ranged between acceptable to high i.e. SHQ-6 with a reliability of 0.63, LOL with a reliability of .88 and BASE-6 with a reliability of .82, respectively. Table 2 shows the Pearson Product Moment Correlation (r) between the study variables. Findings revealed a significant positive relationship between sense of humor and love of life. Table 3 sets out the mean differences in study variables. Results indicate that women report having high mean score on sense of humor while men reported having high mean scores on love of life and adjustment. Table 4 presents prediction analysis of sense of humor and love of life on adjustment. Results revealed that love of life was a statistically significant positive predictor of adjustment (6.3% change can be accounted for by the effect of love of life) while sense of humor did not significantly predict adjustment.

Discussion

The current research focused on examining the relationship between sense of humor, love of life and adjustment in young adults. The first hypothesis was found to be true as a significant positive relationship was seen between sense of humor and love of life. The second hypothesis was to examine the gender differences in terms of sense of humor, love of life and adjustment. The results of the study confirmed the hypothesis as significant differences were seen between men and women. Women reported to have high sense of humor than men as well as men reported having stronger love of life and adjustment levels as compared to women. The third hypothesis was to test the predictive power of sense of humor and love of life against adjustment. Statistical findings revealed love of life as a significant positive predictor of adjustment while sense of humor could not statistically predict adjustment in young adults. Thus, this study is concluded on the note that two hypotheses statement were fully supported while second component of third hypothesis was also confirmed.

Limitations

In this study, the sample size is limited to 200 young adults. Limited sample size can affect the generalizability of findings. Smaller sample may lead to reduced statistical power, making it harder to detect significant effects.

Implications

This study has wide implications in counseling, clinical and educational settings. Counselors can incorporate humor into therapeutic practice, using it as a tool to build rapport and ease anxiety. Teaching young adults how to appreciate humor can improve social interactions, leading to better adjustment within environment. Programs focused on building resilience in young adults can include elements that encourage love of life, promoting

positive outlooks about life that will help in improving overall adjustment.

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