

2023-12

Editorial: Introduction to the Special Issue "Humour, Laughter, Playfulness, Creativity and Entertainment and their Relationships to Well-Being and Health"

Heintz, S

<https://pearl.plymouth.ac.uk/handle/10026.1/21894>

10.1007/s41042-023-00127-0

International Journal of Applied Positive Psychology

Springer Science and Business Media LLC

All content in PEARL is protected by copyright law. Author manuscripts are made available in accordance with publisher policies. Please cite only the published version using the details provided on the item record or document. In the absence of an open licence (e.g. Creative Commons), permissions for further reuse of content should be sought from the publisher or author.

Editorial: Introduction to the Special Issue “Humour, Laughter, Playfulness, Creativity and Entertainment and their Relationships to Well-Being and Health”

International Journal of Applied Positive Psychology
Available at <https://doi.org/10.1007/s41042-023-00127-0>

Published online October 6th, 2023

Postprint version

Guest Editor: Sonja Heintz, University of Plymouth, sonja.heintz@plymouth.ac.uk

Research illuminates the nuanced roles of humour, laughter, playfulness and entertainment in wellbeing and health. Humour has a distinct physiological response, can be considered a character strength, a means of coping and emotional regulation, and has subtle variations in expression and outcomes across cultures and contexts, for both the individual and their social groups. Due to the measures taken during the COVID-19 pandemic and the consequent upheaval of social systems and mass home isolation, there has been a surge in entertainment media consumption, including in new media such as memes.

This special issue on “Humour, Laughter, Playfulness, Creativity and Entertainment and their Relationships to Well-Being and Health” consists of a collection of four interdisciplinary and diverse empirical articles. Greijdanus and van der Voorn (2022), in their article “Humour Against Binge Drinking During the COVID-19 Pandemic: A Cartoon-Based Anti-Alcohol Health Campaign Targeting Women-Who-Have-Sex-With-Women”, conducted an experiment that assesses the impact of different humorous cartoons on excessive drinking. Linge-Dahl et al. (2022), in their article “Humour Workshops for Staff Working in Palliative Care”, investigate how humour interventions influence mood and stress in healthcare staff. Maresch and Kampman (2022), in their article “Playing for Resilience in a Pandemic; Exploring the Role of an Online Board Game in Recognising Resources”, provide qualitative support of the ability of playing an online board game to enhance a range of positive outcomes. Webster and Heintz (2023), in their article “A Sage and a Guru Walk into a Bar: Wisdom and Humor Styles”, test the relationships of different humour-related styles with wisdom and positive mental health.

All articles are marked by interdisciplinary approaches, which combine areas such as health, personality, clinical and positive psychology. They provide novel insights into humour, playfulness and entertainment and their relevance for well-being, especially in stressful and challenging circumstances. We hope they provide further impetus for diversifying and intensifying research and applications of positive psychology.

References

Greijdanus, H., & van der Voorn, M. (2022). Humour against binge drinking during the COVID-19 pandemic: A cartoon-based anti-alcohol health campaign targeting women-who-have-sex-with-women. *International Journal of Applied Positive Psychology*. <https://doi.org/10.1007/s41042-022-00068-0>. Advance online publication.

- Linge-Dahl, L., Kreuz, R., Stoffelen, M., von Hirschhausen, E., & Radbruch, L. (2022). Humour Workshops for Staff Working in Palliative Care. *International Journal of Applied Positive Psychology*. <https://doi.org/10.1007/s41042-022-00063-5>. Advance online publication.
- Maresch, I., & Kampman, H. (2022). Playing for Resilience in a pandemic; exploring the role of an Online Board game in Recognising Resources. *International Journal of Applied Positive Psychology*. <https://doi.org/10.1007/s41042-022-00069-z>. Advance online publication.
- Webster, J. D., & Heintz, S. (2023). A sage and a guru walk into a bar: Wisdom and humor styles. *International Journal of Applied Positive Psychology*. <https://doi.org/10.1007/s41042-023-00090-w>. Advance online publication.