



Alphonsa College Thiruvambady

Run by Educational Trust of Diocese of Thamarassery
Affiliated to the University of Calicut

HUMANORLOGY

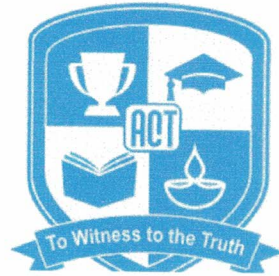
2020-21

Add-on Course for
PSYCC016 Students

ALPHONSA COLLEGE THIRUVAMBADY

DEPARTMENT OF PSYCHOLOGY

2020 -2021



**Curriculum for
Add on course on
Humor Psychology
PSYCC016**



Coordinator: Ms. Ajeena Joseph

Fee Structure: INR 500 (Per student)

Duration of the course: 30 hours

Humor Psychology

Overview

Humor Psychology is the capacity to express or perceive what's funny, is both a source of entertainment and a means of coping with difficult or awkward situations and stressful events. Although it provokes laughter, humor can be serious business. From its most lighthearted forms to its more absurd ones, humor can play an instrumental role in forming social bonds, releasing tension, or attracting a mate.

Key Objectives

- .To understand basics of Humor
- To know Cognitive aspects of Humor
- Understand the relationship between Psychology and Humor

Course Outcome

- Anticipate what they will gain from an educational experience
- Track their progress and help them to overcome the barrier.
- Develop confidence and a positive attitude towards humor psychology.
- Helps in reducing interpersonal tension.

Topics

MODULE 1 BASIC CONCEPT

1.1 Introduction to the Psychology of Humor: What is Humor, The Social Context of Humor

MODULE II

- 1.2 Cognitive perceptual process in Humor
- 1.3 Emotional aspects of Humor
- 1.4 Laughter as an Expression of the Emotion of Mirth

MODULE III

- 1.5 Forms of Humor

1.6 Psychological Functions of Humor

1.7 History of Humor

MODULE IV

1.8 Theories of Humor: Psychoanalytic theory, Arousal Theory of Humor

References

Abel, M. H. (1998). Interaction of humor and gender in moderating relationships between stress and outcomes. *Journal of Psychology*, 132(3), 267–276. Behavioral Sciences/ Clinical Psychiatry (11th ed.). U.S.A :Wolters Kluwer.

Suls, J. M. (1972). A two-stage model for the appreciation of jokes and cartoons: An information- processing analysis. In J. H. Goldstein & P. E. McGhee (Eds.), *The psychology of humor:*

Theoretical perspectives and empirical issues (pp. 81–100). New York: Academic Press. (10th ed.). Newyork : Harper Collins College Publishers.

Trappl, R., Petta, P., & Payr, S. (Eds.). (2002). *Emotions in humans and artifacts*. Cambridge, MA: MIT Press.

Dr.Chacko K.V



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Ms.Ajeena Joseph

HUMOR PSYCHOLOGY

A Certificate course for BSc Students

2020-21

COURSE SUMMARY

Name of the Programme : HUMOR PSYCHOLOGY

Duration : 30 hours

Aim : To know cognitive aspects of Humor and to understand the relationship between Psychology and Humor

Faculty : Ms. Ajeena Joseph

No. of students : 24

The Department Of Psychology had conducted an add on course in Humor Psychology for the academic year 2020-21. The course was offered for the second year students. Ms. Ajeena Joseph, Assistant Professor, Department of Psychology was the coordinator of the program. 25 students enrolled in the certificate course out of which 24 students attended the classes. The course began in August lasting till October. All the 24 students have successfully completed the course and passed with good grades.


The primary objective of this course was to to know the cognitive aspects of humor and understand the relationship between psychology and humour. The students get to have a creative learning experience gaining new interesting knowledge about emotional and cognitive aspects of humour and psychoanalytic and other theories explaining humour.

ASSESSMENT PROCEDURE

The evaluation criterion includes a written examination and the marks were converted into grades.


Ms. Ajeena Joseph (Coordinator)

Dr. K V Chacko(Principal)


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HUMOR PSYCHOLOGY

OBJECTIVES

- To understand basics of Humor
- To know Cognitive aspects of Humor
- Understand the relationship between Psychology and Humor

MODULE 1 BASIC CONCEPT

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MODEL QUESTION PAPER
ADD ON COURSE- HUMOR PSYCHOLOGY

Name:

Reg No:

Maximum Marks: 60

Time: 2Hrs

SECTION -A

Answer **ALL** Questions. Answer in Two or three sentences. Each carries 2 marks.

There shall be ceiling of 20 marks in this section

1. Define Humour
2. Incongruity-resolution theory
3. Three Stages of Humour Process
4. Gelotology
5. Aggressive humour
6. Self-defeating humour
7. Broaden-and-build theory
8. Sense of humour
9. Laughter
10. Pseudobulbar affect
11. Mirth
12. Humorous effect

(10 x 2= 20 marks)

SECTION -B

Answer **all** questions. Answer in a paragraph of about half a page to one page .Each question carries 5 marks. There shall be ceiling of 30 marks in this section

13. Cognitive perceptual process in Humor
14. Emotional aspects of Humor
15. History of Humor
16. Psychological Functions of Humor
17. Laughter is an expression of the emotion of Mirth. Explain
18. The Social Context of Humor
19. Humour contributes to higher subjective well being. Explain.

(5 x 6= 30 marks)

SECTION -D

Essay Type Questions

Answer **any one** of the following .Each Carries 10 Marks.

20. Explain in brief the different forms of Humor
21. Explain the different theories of Humour

(1 x 10= 10 marks)


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ANSWER KEY- HUMOR PSYCHOLOGY

SECTION -A

1. Define Humour

*The quality of being amusing or comic, especially as expressed in literature or speech.

2. Incongruity-resolution theory

*The incongruity theory states that humor is perceived at the moment of realization of incongruity between a concept involved in a certain situation and the real objects thought to be in some relation to the concept.

3. Three Stages of Humour Process

*Humor processing can be divided into three sub-stages including incongruity detection, incongruity resolution, and elaboration.

4. Gelotology

*Gelotology (from the Greek γέλως gelos "laughter") is the study of laughter and its effects on the body, from a psychological and physiological perspective.

5. Aggressive humour

*This involves put-downs or insults targeted toward individuals. This is the humor that is used by more aggressive comedians.

6. Self-defeating humour

* Putting yourself down in an aggressive or "poor me" fashion is called self-defeating humor.

*Psychologically, this can be an unhealthy form of humor, and is sometimes used by targets of bullies to try to avoid attacks—making oneself the butt of jokes before others put you down

7. Broaden-and-build theory

*The broaden-and-build theory in positive psychology suggests that positive emotions (such as happiness, and perhaps interest and anticipation) broaden one's awareness and encourage novel, exploratory thoughts and actions

8. Sense of humor

Refers to the ability to find things funny, general enjoyment in doing so, or the particular types of things one finds funny.

10. Pseudobulbar affect

*The primary sign of pseudobulbar affect (PBA) is frequent, involuntary and uncontrollable outbursts of crying or laughing that are exaggerated or not connected to your emotional state.

11. Mirth

*Mirth is defined as laughter or amusement. An example of mirth is when you laugh at a joke.

12. Humorous effect

*The humor effect is a cognitive bias that causes people to remember information better when they perceive it as humorous.

SECTION -B

13. Cognitive perceptual process in Humor

*Cognitive humor processing refers to the neural circuitry and pathways that are involved in detecting incongruities of various situations presented in a humorous manner.

*Over the past decade, many studies have emerged utilizing fMRI studies to describe the neural correlates associated with how a human processes something that is considered "funny".

*Conceptually, humor is subdivided into two elements: cognitive and affective.

14. Emotional aspects of Humor

*Humor just feels good; it distracts us from our problems and promotes a lighter perspective.

*The humor effect is a cognitive bias that causes people to remember information better when they perceive it as humorous

15. History of Humor

*Western humour theory begins with Plato, who attributed to Socrates (as a semi-historical dialogue character) in the *Philebus* (p. 49b) the view that the essence of the ridiculous is an ignorance in the weak, who are thus unable to retaliate when ridiculed.

*Mento star Lord Flea, stated in a 1957 interview that he thought that: "West Indians have the best sense of humour in the world

*Confucianist Neo-Confucian orthodoxy, with its emphasis on ritual and propriety, has traditionally looked down upon humour as subversive or unseemly. Humor was perceived as irony and sarcasm.

16. Psychological Functions of Humor

*Humor, the capacity to express or perceive what's funny, is both a source of entertainment and a means of coping with difficult or awkward situations and stressful events.

*Although it provokes laughter, humor can be serious business.

*From its most lighthearted forms to its more absurd ones, humor can play an instrumental role in forming social bonds, releasing tension, or attracting a mate.

17. Laughter is an expression of the emotion of Mirth. Explain

*Laughter is the sound of laughing, produced by air so expelled; any similar sound while mirth is the emotion usually following humour and accompanied by laughter; merriment; jollity; gaiety.

*On some occasions, however, it may be caused by contrary emotional states such as embarrassment, surprise, or confusion such as nervous laughter or courtesy laugh. Age, gender, education, language, and culture are all indicators^[3] as to whether a person will experience laughter in a given situation.

18. The Social Context of Humor

Jokes about ethnic minorities may provide 1 way in which the majority group learns to cope with the new roles that minorities are assuming.

*They may also help minority groups express misgivings about themselves and negative attitudes toward each other.

*The control function of jokes includes approval or disapproval of an action, while the conflict mediation function involves surreptitious expression of resentment and aggressive feelings.

19. Humour contributes to higher subjective well being. Explain.

*Humor enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain. Activate and relieve your stress response.

*Humour has an additional benefit of having a positive effect on memory. Education and advertising are two fields in particular which have benefited from this association.

In an otherwise serious lecture, for example, humorous examples are remembered better than non-humorous ones.



SECTION –D

20. Explain in brief the different forms of Humor

1. Anecdotal: Named after the word *anecdote* (which stems from the Greek term meaning “unpublished”); refers to comic personal stories that may be true or partly true but embellished.

2. Blue: Also called off-color, or risqué (from the French word for “to risk”); relies on impropriety or indecency for comic effect.

3. Burlesque: Ridicules by imitating with caricature, or exaggerated characterization. The association with striptease is that in a bygone era, mocking skits and ecdysiastic displays were often on the same playbills in certain venues.

4. Dark/Gallows/Morbid: Grim or depressing humor dealing with misfortune and/or death and with a pessimistic outlook.

5. Deadpan/Dry: Delivered with an impassive, expressionless, matter-of-fact presentation.

6. Droll: From the Dutch word meaning “imp”; utilizes capricious or eccentric humor.
7. Epigrammatic: Humor consisting of a witty saying such as “Too many people run out of ideas long before they run out of words.”⁹ *High/highbrow: Humor pertaining to cultured, sophisticated themes.*
10. *Hyperbolic: Comic presentation marked by extravagant exaggeration and outsized characterization.*

21. Explain the different theories of Humour

*Relief Theory

Relief theory maintains that laughter is a homeostatic mechanism by which psychological tension is reduced. Humor may thus for example serve to facilitate relief of the tension caused by one's fears.

*Superiority Theory

The superiority theory of humor traces back to Plato and Aristotle, and Thomas Hobbes' *Leviathan*. The general idea is that a person laughs about misfortunes of others (so called *schadenfreude*), because these misfortunes assert the person's superiority on the background of shortcomings of others. The incongruity theory states that humor is perceived at the moment of realization of incongruity between a concept involved in a certain situation and the real objects thought to be in some relation to the concept.^[11]

*Script-based semantic theory of humor

The script-based semantic theory of humor (SSTH) was introduced by Victor Raskin in "Semantic Mechanisms of Humor", published 1985.^[25] While being a variant on the more general concepts of the Incongruity theory of humor (see above), it is the first theory to identify its approach as exclusively linguistic.

*General theory of verbal humor

The general theory of verbal humor (GTVH) was proposed by Victor Raskin and Salvatore Attardo in the article "Script theory revis(it)ed: joke similarity and joke representation model".^[33] It integrated Raskin's ideas of Script Opposition (SO), developed in his Script-based Semantic Theory of Humor [SSTH], into the GTVH as one of six levels of independent Knowledge Resources (KRs).

*Computer model of humor



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List of Students Enrolled for Add-On Course

HUMOUR PSYCHOLOGY

(2020-2021)

SL.NO	ENROLLMENT NUMBER	NAME OF PARTICIPANTS
1	PSYHP20-01	Bathool
2	PSYHP20-02	Athulya P. Ashok
3	PSYHP20-03	Fathima Fernas P. K.
4	PSYHP20-04	Pavithra K. A.
5	PSYHP20-05	Alin Thomas
6	PSYHP20-06	Ashifa M.
7	PSYHP20-07	Oshina Fathima
8	PSYHP20-08	Aseeba K.
9	PSYHP20-09	Jenna Basheer P. K.
10	PSYHP20-10	Ujwal Prakash
11	PSYHP20-11	Aswini V. P.
12	PSYHP20-12	Anagha K.
13	PSYHP20-13	Abhinav K.
14	PSYHP20-14	Ruby Almas
15	PSYHP20-15	Vivek P.
16	PSYHP20-16	Anusree P.

17	PSYHP20-17	Gopika Ashok V. V.
18	PSYHP20-18	Muhsina Sherin K
19	PSYHP20-19	Tesny Augustine
20	PSYHP20-20	Madhuri Anil Pawar
21	PSYHP20-21	Hafseena M. A.
22	PSYHP20-22	Arya A.
23	PSYHP20-23	Hiba Fathima
24	PSYHP20-24	Shaeza Mariyam Paravakkal
25	PSYHP20-25	Fathima Hanan P.

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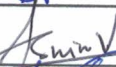






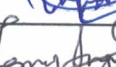










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HUMOUR PSYCHOLOGY A Certificate course for BSc Students 2020-2021

STUDENTS LIST WITH SIGNATURE

SL.NO	NAME OF PARTICIPANTS	SIGNATURE
1	Bathool	
2	Athulya P. Ashok	
3	Fathima Fernas P. K.	
4	Pavithra K. A.	
5	Alin Thomas	
6	Ashifa M.	
7	Oshina Fathima	
8	Aseeba K.	
9	Jenna Basheer P. K.	
10	Ujwal Prakash	
11	Aswini V. P.	
12	Anagha K.	
13	Abhinav K.	
14	Ruby Almas	
15	Vivek P.	
16	Anusree P.	
17	Gopika Ashok V. V.	
18	Muhsina Sherin K	
19	Tesny Augustine	
20	Madhuri Anil Pawar	

21	Hafseena M. A.	
22	Arya A.	
23	Hiba Fathima	
24	Shaeza Mariyem Paravakkal	
25	Fathima Hanan P.	


Ms. Ajeena Joseph (Coordinator)

Dr. K V Chacko(Principal)


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2020-2021

Attendance List

[illegible]

[illegible]

[illegible]

15	Anusree P.	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	Gopika Ashok V. V.	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	Muhsina Sherin K	P	P	P	AB	P	P	P	P	P	P	P	P	P	P
18	Tesny Augustine	P	P	P	P	P	P	P	P	P	P	P	P	AB	P
19	Madhuri Anil Pawar	P	P	P	P	P	P	AB	P	P	P	P	P	P	P
20	Hafseena M. A.	P	P	AB	P	P	AB	P	P	P	P	P	P	P	P
21	Arya A.	P	P	P	AB	P	P	P	AB	P	P	P	P	P	P
22	Hiba Fathima	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	Shaeza Mariyem Paravakkal	P	P	P	P	P	P	P	P	P	P	AB	P	AB	P
24	Fathima Hanan P.	P	P	P	P	P	AB	P	P	P	P	P	P	P	P

Ms. Ajeena Joseph (Coordinator)

Agema

Dr. K V Chacko(Principal)

[Signature]

DR. CHACKO K.V.

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HUMOUR PSYCHOLOGY An Add-On Course for BSc Students

2020-2021

GRADE SHEET

SL.NO	NAME OF PARTICIPANTS	GRADE OBTAINED
1	Bathool	B+
2	Athulya P. Ashok	A+
3	Fathima Fernas P. K.	A+
4	Pavithra K. A.	A+
5	Alin Thomas	A
6	Ashifa M.	A+
7	Oshina Fathima	A+
8	Aseeba K.	A+
9	Jenna Basheer P. K.	A
10	Ujwal Prakash	A+
11	Aswini V. P.	A+
12	Abhinav K.	A+
13	Ruby Almas	A+
14	Vivek P.	A
15	Anusree P.	A
16	Gopika Ashok V. V.	A
17	Muhsina Sherin K	A+

18	Tesny Augustine	A+
19	Madhuri Anil Pawar	A
20	Hafseena M. A.	A
21	Arya A.	A+
22	Hiba Fathima	A
23	Shaeza Mariyem Paravakkal	B+
24	Fathima Hanan P.	A

Ajeena
Ms. Ajeena Joseph (Coordinator)

Dr. K V Chacko(Principal)

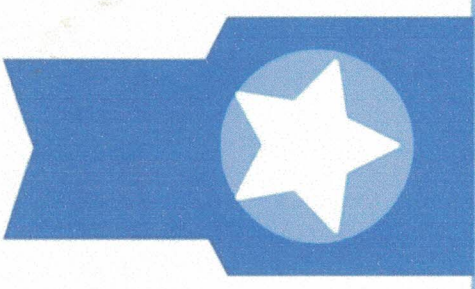
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CERTIFICATE

This is to certify that

Mr. Bathool

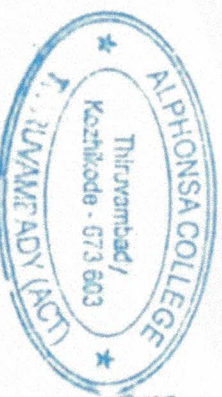
has successfully completed an add-on-course on

'Humor Psychology'

With 'A' Grade in the academic year 2020-2021 organized by
Department of Psychology, Alphonsa College Thiruvambady

Githin

Dr. Githin V G



Dr. Chacko K. V

Dr. Chacko K. V
(Principal)

HOD, Department of
Psychology