



Humour In Everyday Life : Exploring The Emotional Impact Of P. L. Deshpande's Literature

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ABSTRACT

This study is about the humour books of P. L. Deshpande affects the mood and positivity of adult readers in Mumbai in 2025-26. Humour is important in our lives because it helps us feel better. It helps us emotionally and culturally. Not many people have studied how humour books from our region affect our well-being. This research wants to find out if reading P. L. Deshpande's books make people feel better, more optimistic and gives them an outlook on life. We got information from 100 adult readers using a Google Form survey. We did the survey on purpose and some people who knew about P. L. Deshpande's books helped us. We looked at the answers to see how humour helps with stress. Makes people feel comfortable. This study wants to show that humour in books is not for fun it also helps people. It helps people feel better and be more positive. P. L. Deshpandes humour books and humour literature are important for our well-being. Humour literature helps adult readers feel better and be more

positive. P. L. Deshpandes humour books are good for adult readers because they help with mood and positivity. Mood and positivity are very important for adult readers like us. We should read humour literature like P. L. Deshpandes books because it is good for our well-being.

Keywords :- P. L. Deshpande, Humour Literature, Mood, Positivity, Emotional Well-being, Adult Readers, Marathi Literature, Urban Stress

CHAPTER 1 :- INTRODUCTION

Humour is a part of our lives and our stories. We usually think of humour as something that makes us laugh and have a time.. Humour is more than that. It helps us look at situations in a different way and gives us a break from stress.

Around the world humour is used to make people think about important issues, question things that do not make sense and show how complicated people can be. Because humour can make us laugh and think at the time it remains a great way for people of all ages to connect with stories.

These days life is moving fast. We have a lot of things to do like work and taking care of our families. Sometimes we just want to do something to relax and feel better. Reading stories can be a great way to do that. Unlike watching videos, reading lets us go at our pace and think about what we are reading in our own way. Funny writing can take things and make them interesting which makes us happy and think about our lives.

1.1 Humour and Emotional Well-being

Humour is something that helps us deal with our emotions and stay sane. We often use humour to deal with times. When we can laugh at our problems we feel better. Can look at things more clearly. Lately many experts from psychology, communication and cultural studies have been trying to understand how humour affects our well-being. They found out that humour can help us feel better, reduce stress, make our relationships stronger and make us more optimistic. When we read or watch something we forget about our worries and feel more positive.

1.2 Humour in Regional Literature

Humour has been a part of Indian stories for a long time in many different languages. Writers often get ideas from life, culture and people to create humour that we can all relate to. Stories from our regions are important because they connect us to our culture and everyday experiences. Through humour writers can talk about issues in a way that is fun and easy to understand and still make us think about our lives. Even though there are great humour stories, in Indian languages not many experts have studied how these stories affect our emotions.

1.3 How P. L. Deshpande Helped Marathi Humour Literature

P. L. Deshpande is a name among Marathi writers. His humour writing has been loved by people for years because it feels warm, witty and real. He doesn't use over-the-top comedy; instead his humour comes from things that ordinary people do. Through his essays, stories and character sketches Deshpande writes about things that people easily recognise from their lives. This makes readers feel connected to what he writes. One special thing about his humour is that it's gentle. He doesn't criticise people harshly; he talks about weaknesses with kindness and understanding. This makes readers laugh and think.

1.4 Why Humour Literature Appeals to All Ages

Deshpandes humour writing is loved by people of all ages. Some readers grew up reading his works and still love them; younger readers discover his writing through family or culture. This shows that humour literature can bring people together no matter how old they are. Stories about life stay meaningful even when things change. Humour literature becomes a bridge that connects readers across generations.

1.5 What's Missing in Humour Studies

Humour has been studied a lot but most studies focus on stand-up comedy, humour therapy or general humour. Few studies look at humour in literature. Reading texts is different because readers imagine the situations and interpret them personally. This can create an emotional connection.. The emotional impact of humour literature hasn't been explored much. Another gap is that not many studies focus on literature in India. Most studies analyse humour in contexts but few look at how humour in regional languages affects readers emotionally.

1.6 About This Study: Life in Mumbai

This research focuses on adult readers living in Mumbai, a city with a paced lifestyle. People in cities like Mumbai often face long working hours, crowded transport, financial pressures and demanding social responsibilities. In such a life people may look for activities that help them relax and feel balanced. Reading literature can be a space for reflection. Humour literature in particular can offer moments of lightness and comfort that help readers cope with challenges.

1.7 Theoretical Framework

To understand how humour literature affects readers emotionally this study uses ideas from mass media theory. Even though people think of books differently than they do television or internet literature is still a way for people to communicate with each other. Writers share their thoughts and feelings through stories and readers think about what these stories mean. Using ideas from communication studies helps us see how people read humour literature and how it makes them feel.

1.7.1 Uses and Gratifications Theory

This research uses the Uses and Gratifications Theory. This theory says that people choose what they want to read or watch because they want to feel a way. They might want to relax, have fun, learn something or feel better. When we apply this theory to humour literature it means that people read books because they want to feel good. For example someone who has had a day might read a humour book to feel better or forget about their problems. So reading humour literature is a way for people to take care of themselves emotionally.

1.7.2 Mood Management Theory

This study also uses the Mood Management Theory. This theory says that people choose what they read or watch because they want to control how they feel. People like to read or watch things that make them feel good or stop them from feeling bad. Reading humour literature is a way to improve your mood. When people read stories they might laugh or feel happy and this can help them feel more relaxed and positive.

1.8 Purpose of the Study

This study combines literature and communication theory to see if reading humour books by P. L. Deshpande makes people in Mumbai feel more positive. The study asks people who read humour books how they feel. It tries to find patterns in how people respond to humour literature.

CHAPTER 2 :- REVIEW OF LITERATURE

Humour is really important for our well-being and psychological health. Many researchers like Gauri and Kanwar, Hussain and Cerkez and Vettori and colleagues have found that humour can be a helpful tool for emotional regulation. They say that when we engage with humour it can reduce stress, improve our mood and contribute to our psychological well-being. Chakravarty and Joshi along with Rai, Sengupta and Mohanty also point out that humour can be a way to cope with stress and make us emotionally resilient. They say humour helps us manage stress. Although these studies show that humour has an effect on our psychology, most of them focus on the style of humour or general humour rather than humour in literary texts.

Some scholars have looked at humour from a cultural perspective. Shubhada Deshpande has examined the language, cultural context and subtle humour in the writings of P. L. Deshpande. She highlights the sensitivity and social awareness reflected in his work. The Indian Express and EduIndex have also discussed the lasting influence of his writing within Marathi literature. Emphasise the warmth and relatability found in his humour. These sources show how important Deshpande's work is to the culture and how his writing reflects experiences that readers can relate to.

However these analyses mainly focus on appreciation and do not explore the emotional responses that readers may experience while engaging with his humour. Research on humour-based interventions also shows the value of humour. For example studies by Kafle and colleagues and Zhao and colleagues demonstrate that humour-related activities can help reduce anxiety and depression while promoting optimism and emotional well-being. These findings support the idea that humour can be an effective way

to support mental health. However most of these studies concentrate on humour interventions rather than everyday experiences like reading humour literature.

Theoretical perspectives also help explain how humour may influence readers. Reader-response criticism, discussed by The Britannica Editors suggests that the meaning and emotional impact of a work largely depend on how readers interpret and relate to it. Morreall explains humour through ideas such as cognitive incongruity and shifts in perception that create feelings of amusement and pleasure. While these theoretical discussions provide insights into how humour operates there is still limited empirical research examining the emotional impact of humour literature particularly in regional languages. This gap indicates the need to investigate how humour books written by P. L. Deshpande may influence mood and positivity, among adult readers in Mumbai.

CHAPTER 3 :- RESEARCH DESIGN

3.1 Aim of the Study

The aim of this study is to see how P. L. Deshpande's humour books affect the mood and positivity of adults living in Mumbai in 2025-26.

3.2 Objectives of the Study

To achieve this aim we have some goals :-

1. To know how adults in Mumbai read and what they like to read.
2. To see how people feel after reading humour books.
3. To check if reading humour books regularly makes people feel more positive.
4. To find out if humour that is familiar to a culture makes readers feel more comfortable.
5. To know if people of ages experience humour books differently.
6. To see if reading humour books can help people deal with stress in city life.

These goals help us understand how people behave when they read and how humour books make them feel.

3.3 Hypothesis

Alternative Hypothesis (H_1):

Reading P. L. Deshpande's humour books improve the mood and positivity of adults in Mumbai.

Null Hypothesis (H_0):

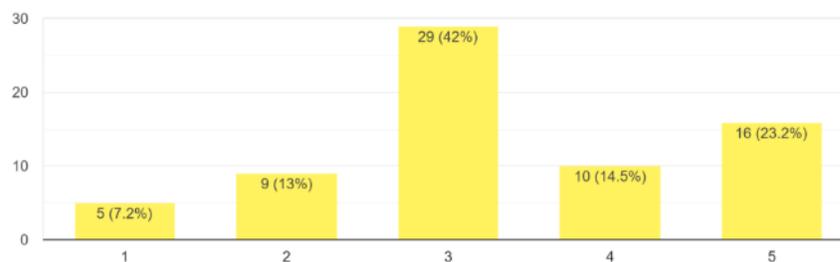
Reading P. L. Deshpande's humour books do not improve the mood and positivity of adults in Mumbai.

These hypotheses guide our analysis of the survey results. The alternative hypothesis says that humour books can improve well-being while the null hypothesis says there is no connection between the two. This framework helps us stay systematic and based on facts.

CHAPTER 4 :- DATA ANALYSIS

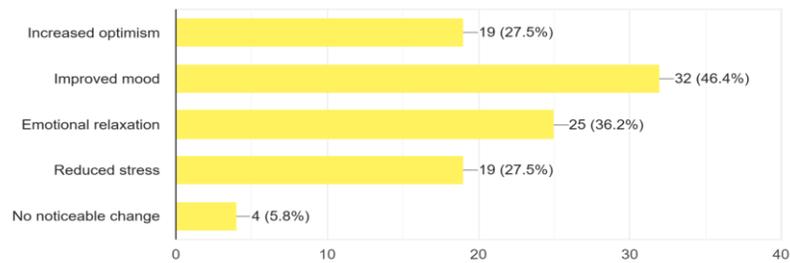
The study included 69 people, adults living in Mumbai. These people were chosen using a method called purposive and snowball sampling. This method helped the researchers find participants who knew about humour literature, the work of P. L. Deshpande. The participants were from age groups and had different jobs. This helped the researchers learn about their reading habits and how they feel when they read humour literature. The study had a mix of people, which made the results more interesting.

13. Humour in his books makes me feel mentally refreshed
69 responses



The results suggest that many readers feel mentally refreshed after reading humour books. The largest group, 29 respondents (42%), selected the neutral option. Positive responses were also significant, with 10 respondents (14.5%) choosing option 4 and 16 respondents (23.2%) selecting option 5. Meanwhile, 9 respondents (13%) selected option 2 and 5 respondents (7.2%) selected option 1. Overall, the findings suggest that many readers feel some level of mental refreshment after reading the works of P. L. Deshpande.

14. After reading P. L. Deshpande's humour books, what positive changes do you experience?
69 responses



The survey results suggest that many readers experience positivity after reading. Twenty-three respondents (33.3%) selected the neutral option. Positive responses were also notable, with 20 respondents (29%) choosing option four and 10 respondents (14.5%) selecting option five. Meanwhile, 11 respondents (15.9%) chose option two and 5 respondents (7.2%) chose option one, indicating that only a few participants felt little change in their mood after reading.

CHAPTER 5 :- FINDINGS

1. The study shows that many adults keep reading humour literature to relax and spend their time even when they have busy lives in the city.
2. A lot of people said that reading humour books makes them feel better and helps them have a positive state of mind.
3. People really like the writings of P. L. Deshpande because they are simple everyday things that readers can easily understand.
4. Readers often feel connected to the stories because the humour is about things that happen in their lives and in their culture.
5. Some people said that humour literature helps them feel better when they are stressed or tired.
6. The study also found that reading humour books can be a way to deal with the pressures of daily life.
7. There were some differences between older readers, where younger readers thought humour books were just fun but older readers connected them with happy memories and comfort.
8. The way P. L. Deshpande writes, with situations and observations, makes readers feel like they are part of the story and feel warm inside.
9. The people in the study said that humour literature is not just fun it also helps them feel balanced and positive.
10. Overall the study says that reading humour books can help people feel better and be more optimistic in their lives.
11. The study shows that humour literature, like the writings of P. L. Deshpande can really help people have a positive outlook on life and that is a good thing for humour literature.
12. The key findings of the study are that of humour literature, such as the writings of P. L. Deshpande can help people relax and have a life.

CHAPTER 6 :- DISCUSSION AND CONCLUSION

Discussion

The study shows that humour literature is good for people's feelings. When people read books they feel better and can forget about their problems for a while. Many people said that reading humour books helps them relax and feel calm. They really like the way P. L. Deshpande writes about life in a simple way that people can understand. His stories are easy to relate to, which makes reading fun and comforting. The people in the study also said that reading humour books is a way to deal with stress especially in a busy city like Mumbai. So humour literature is not just fun to read it also helps people feel better and more positive.

Conclusion

What researchers found out is that reading humour books like P. L. Deshpande's books can make people feel happy and positive. It seems that there is a connection between reading humour literature and feeling good. P. L. Deshpande's books are funny. They also help people manage their feelings and stress. Living in a city like Mumbai can be stressful and overwhelming. Reading humour books that are about their own culture can make people feel better and more hopeful. This study shows that reading humour books can affect how people feel every day. It reminds us that humour literature that is connected to our culture is important for our emotional well-being, especially in today's busy city life.

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