



The Virtues Of Laughter And Learning It To Apply For Human Well-Being

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Abstract

Laughter is a pleasurable bodily reaction and emotion to certain internal or external cues. It is a powerful medicine to induce good emotional and physical changes in the body. A good hearty laugh relieves stress and tension, leaving your muscles relaxed and strengthening the immune system. If you share a laugh as well, you'll both feel happier, more positive, and more relaxed and enable to alter a stressful situation. The dopamine reward system in the brain is triggered by humour, which promotes long-term memory and goal-oriented motivation. Shared laughter is one of the most powerful tools for keeping relationships fresh and exciting. Humour and laughter help build trust, improve the work environment, and prolong life. Being able to laugh, play and have fun not only makes life more enjoyable but also helps you solve problems, and think more creatively. It is good to practice laughter, which is contagious and spread to others. Start by setting aside special moments during practice for humour and laughter, and build from there. Ultimately, you want to add humour and laughter to your life and find it naturally in everything. Here is one way to start: smile. A smile is the beginning of laughter, whenever you look at someone even mildly pleasing, practice a smile. Come with fun, playful people who laugh easily at themselves, and the absurd and routinely find humour in everyday events. You can also practice laughing alone. Consciously adopt a perspective that appreciates the fun side of events. Simulated laughter and laughter yoga are good techniques to achieve the positive physical and mental reactions of natural laughter. Have fun, joke around and don't be afraid to express your feelings. It can even make exercise more fun and productive.

Keywords: Laughter, Humour, Learning, Practice, Well-being

Introduction

Laughter is a pleasurable bodily reaction and emotion to certain internal or external cues. Laughter might come from tickling oneself or laughing at stories or ideas that make you laugh. It is most frequently thought of as an audio representation of several happy, positive emotional states, including relief, pleasure, delight, and happiness. A person's likelihood of laughing in a certain circumstance is influenced by their age, gender, level

of education, language, and culture. In 2005, researchers at the University of Maryland Medical Centre first revealed a connection between laughing and normal blood vessel function.[1] Laughter is a powerful medicine. It brings individuals together in ways that cause the body to go through positive emotional and physical changes.[2]

Laughter's physical power

Laughter relaxes your entire body. A good hearty laugh relieves stress and tension, leaving your muscles relaxed and strengthening the immune system. Laughter reduces stress hormones. Laughter boosts immune cells and increases infection antibodies, making you more resistant to disease.[2] Laughter releases endorphins; your body's natural chemicals that make you feel good.[3] Endorphins promote overall well-being and temporarily reduce pain. Laughter protects your heart. Laughter improves blood vessels and blood flow, which helps protect you from heart attack and other cardiovascular issues.[4] Laughter burns calories, one study found that 10 to 15 minutes of laughing a day can burn around 40 calories. That's enough to lose 3 to 4 pounds a year.[5] Nothing solves anger and heavy burdens faster than a good hearty laugh. Sharing a good hearty laugh can put problems in perspective and help you move on from confrontation without bitterness or resentment. Laughter can help you live longer than those who don't have a good sense of humor

Laughing is a natural human behaviour that starts in infancy and helps build upper body strength and muscles. It depends on intricate facial muscle combinations, frequently combining movements of the head, shoulders, and eyes. The motor cortex, which governs muscles, the frontal lobe, which aids with context understanding, and the limbic system, which regulates happy feelings, are among the brain areas that are activated when you laugh.[6] Activating each of these circuits improves neuronal connectivity and aids in the coordination of brain activity in a healthy brain. Laughter may lift your spirits and lessen the intensity of your emotional and physical reaction to stress by stimulating the brain pathways associated with positive emotions like pleasure and mirth. For instance, laughter may have a comparable effect to antidepressants in regulating serotonin levels in the brain.[6] Your brain reduces the production of hormones and neurotransmitters like Cortisol in reaction to threats, which can eventually weaken your immunological, metabolic, and cardiovascular systems. Laughter functions somewhat as a counterbalance to stress, which impairs these systems and makes people more susceptible to illness. Laughter is a form of aerobic exercise because laughter brings in more oxygen, which stimulates the heart and blood circulation, and all the internal organs are massaged during laughter, which allows them to work more efficiently. Laughter is also good for strengthening the abdominal, back and leg muscles.

Laughter's mental power

The laughter stops distressing emotions. Anxious, angry, or sad will reduce when you're laughing. Laughter helps you relax and recharge, reduces stress makes you stay focused and achieve more. Laughter shifts perspective, allowing you to see situations in a more realistic, less threatening light. Having a funny viewpoint helps you avoid feeling overwhelmed and defuse tensions by establishing psychological distance. Laughter draws you closer to others, which can have a profound effect on all aspects of your mental and emotional health.[7] Laughter brings people together and strengthens relationships. Laughter is contagious, which is one of the reasons TV employs laugh tracks and sitcoms. Compared to being alone, you are far more likely to laugh when you are around other people. The more laughter you bring into your own life, the happier you and those

around you will feel. Sharing humour is half the fun in fact; most laughter doesn't come from hearing jokes, but rather simply from spending time with friends and family. The main factor contributing to laughter's health advantages is its social component. If you don't make the effort to interact with others, you can't laugh together. By truly connecting with someone in person and turning off your phone, you are initiating a process that rebalances the nervous system and inhibits defensive stress reactions such as "fight or flight." Even if you can't change a tense circumstance, you'll feel happier, more optimistic, and more at ease if you laugh together.[7]

Positive psychology researchers study how people can live meaningful lives and be successful. Laughter creates positive emotions that lead to such prosperity. These emotions, such as fun, happiness, joy and pleasure, increase flexibility and creative thinking. They increase subjective well-being and life satisfaction. Researchers find that these positive emotions experienced through humour and laughter are correlated with a sense of purpose in life and help older adults see the benign challenges they have faced throughout their lives. Laughing as a coping strategy when one is amused is beneficial. When you laugh, you take yourself or the situation less seriously and may feel entitled to solve the problem. For example, psychologists measured the frequency and intensity of laughter of 41 people for two weeks, as well as their physical and mental stress. They found that the more laughter experienced, the lower the stress.[8] It didn't matter if the laugh was loud, medium or soft.

Laughter's cognitive power

A good sense of humour and subsequent laughter depends on extensive resources of social intelligence and working memory. Laughter, like humour, usually arises from recognizing the incongruity or absurdity of a situation. You must mentally resolve the surprising behaviour or event; otherwise, you will not laugh; you might just be confused. Deducing the intentions of others and taking their point of view can increase the intensity of your laughter and fun. If you want to "get" a joke or a humorous situation, you have to be able to see the lighter side of things. It would be best if you believed there were options other than literal. Humour activates the brain's dopamine reward system, stimulating goal-oriented motivation and long-term memory, which means that humour can improve retention in students of all ages.[8]

Teachers are to consider harnessing the powerful effects of humour, not only to increase joy and enhance the classroom environment but also to improve learner outcomes. A substantial body of research explains why we remember things that make us laugh, such as our favourite, hilarious high school moment or the details of that funny movie we saw last weekend. Neuroscience research reveals that humour systematically activates the brain's dopamine reward system, and cognitive studies show that dopamine is important for both goal-oriented motivation and long-term memory, while educational research indicates that correctly used humour can be an effective intervention to improve retention in students from kindergarten to college.[9] Try telling a funny story or allowing your students to come up with humorous examples in their homework.

Laughter's Social Power

Many cognitive and social skills work together to help you observe when and why laughter occurs during conversations. Laughter creates bonds and increases intimacy with others. From an early age, babies' laughter is an outward sign of pleasure that helps strengthen bonds with caregivers. Then, this is an external sign of

sharing the situation. For example, public speakers and comedians try to elicit laughter to make the audience feel emotionally close and create intimacy. By practising a little laughter every day, you can improve social skills that may not come naturally to you. When you laugh in response to humour, you share your feelings with others and learn the risks that your response will be accepted, shared and enjoyed by others. Psychologists have found in studies that men with Type A personality traits, including competitiveness and urgency, tend to laugh more. Both sexes laugh more with others than alone.[10]

Social Benefits of Laughter

- Strengthens human relationships
- Attracts others to us
- Improves teamwork
- Helps resolve conflicts
- Promotes group involvement

Shared laughter is one of the most powerful tools for keeping relationships fresh and exciting. Any sharing of feelings creates strong and lasting relationships, but sharing laughter also increases joy, vitality and flexibility. Humour is a powerful and effective way to heal bitterness, disagreements, and hurts. Laughter brings people together in difficult times. Humour and playful interactions strengthen our relationships by triggering positive feelings and promoting emotional connection. We develop a strong kinship when we laugh together. This relationship serves as a powerful defence against tension, arguments, and disappointment. When emotions are running high, laughter is a highly effective strategy for handling conflict and lowering stress. Whether with romantic partners, friends and family, or co-workers, you can learn to use humour to smooth over disagreements and communicate in a way that builds up your relationships.[11]

How to Learn Laughter

Laughter is your firstborn, a natural part of life that is innate. Babies start to smile in the first weeks of life and laugh out loud months after birth. You can learn to laugh at any stage of your life. Start by setting aside special moments during practice for humour and laughter, and build from there. Ultimately, you want to add humour and laughter to your life and find it naturally in everything. Here is one way to start: smile. A smile is the beginning of laughter, and it is contagious. Whenever you look at someone or see something even mildly pleasing, practice a smile. Instead of looking at your cellphone, look up and smile at the people you pass on the street, the person offering you your morning coffee or the co-workers you share the elevator with. Notice the impact on others. The blessings and positive aspects of your life, you get in the way of humour and laughter will keep you away from the negative thoughts. When you hear laughter, move to it. Sometimes humour and laughter seem to be private, a joke shared by a small group, but usually not. Most of the time, people are very happy to share something funny because it gives them a chance to laugh again and enjoy the humour they find in it. When you hear laughter, look for it and ask, "What's funny?"

Come with fun, playful people who laugh easily at themselves, at life, and the absurd and routinely find humour in everyday events. Their playful outlook and laughter are contagious. Even if you don't consider yourself a quiet, humorous person, you can still look for people who like to laugh and make others laugh. Every comedian appreciates an audience bringing humour to conversations. Ask people, "What's the funniest

thing that happened to you today? Humour and laughter help build trust and improve the work environment. A review of five different studies found that measures of well-being increased after laughter interventions.[12] These interventions are daily humorous activities - surrounding yourself with funny people, watching a comedy that gives laughter, or writing down a few funny things that happened yesterday. You can also practice laughing alone. Consciously adopt a perspective that appreciates the fun side of events. Laughter yoga is a technique that uses the respiratory muscles to achieve the positive physical reactions of natural laughter. Laughter prolongs life. Be outgoing, talkative, confident and adventurous. Where to start? For example: a walk on the street with old friends. Have fun, joke around and don't be afraid to express your feelings. Research shows that people who are open in their thoughts are happier than those who are quiet.[12]

Ways to develop the sense of humor

Are you afraid that you have an underdeveloped or non-existent sense of humour? Ungrateful. Humor can be learned. Developing or improving a sense of humour can be easier than you think. Put humour on the horizon and find some simple things like photos, greeting cards or cartoons that make you laugh. Then hang them in your home or office, or collect them in a file or notebook. Keep funny movies, TV shows, books, magazines or comedy videos handy when you need an extra dose of humour. Check out funny websites or silly videos online. Listen to humour podcasts. Go to a comedy club. Laugh and the world laughs with you. Find a way to laugh at your situations and watch your stress melt away. Even if it seems forced at first, do practice laughter or consider trying laughter yoga. Laughter is forced at first, but soon it can turn into spontaneous laughter. Make a habit of spending time with friends who make you laugh and then return the favour by sharing funny stories or jokes with those around you. Knock Browse your local bookstore or library for a selection of joke books and add some jokes to your list to share with your friends. You know what's not funny? Don't laugh at other costs. Some forms of humour are not appropriate. Use your best judgment to distinguish between good and bad or offensive jokes.[13]

An important ingredient in developing a sense of humour is learning not to take yourself too seriously and to laugh at your mistakes and complaints. As much as we'd like to believe otherwise, we all do stupid things from time to time. Instead of feeling embarrassed or defensive, embrace your flaws. Although some events in life are sad and do not provide opportunities for laughter, try not to carry overwhelming sadness or joy. Always choose to laugh when you can. Laugh at yourself and share your embarrassing moments. The best way to take yourself less seriously is to talk about the times you took yourself too seriously. Find humour in a bad situation and reveal the irony and absurdity of life. If something negative happens, try to turn it into a humorous anecdote that will make others laugh. Surround yourself with reminders to light up. Keep a funny toy on your desk or in your car. Put a funny poster in your office. Choose a desktop image that makes you laugh. Frame pictures of you and your family or friends taken at happy moments. Remember the fun things that happen. If something funny happens or you hear a joke or funny story that you like, write it down or tell someone to remember it. Try to avoid negativity and don't dwell on news, entertainment or conversations that make you unhappy. Many things in life are under your control, especially the behaviour of other people. While you may think that carrying the weight of the world on your shoulders is admirable, it is unrealistic and unhealthy in the long run. Find your inner child. Pay attention to children and try to imitate those who are experts at playing, taking life lightly and laughing at ordinary things. Deal with stress. Stress can be a big barrier to humour and laughter, so it's important to keep your stress levels in check. One great way to relax now is to use a favourite

memory that always makes you smile - like something your kids did or something funny a friend said to you. Don't go a day without laughing. Think of it like exercise or breakfast, and make a conscious effort to find something that makes you laugh every day.[13]

Simulated laughter

What if you really can't find fun? Believe it or not, it is possible to laugh without experiencing a funny event, and simulated laughter can be just as beneficial as real laughter. It can even make exercise more fun and productive. A Georgia State University study found that adding simulated laughter to an exercise program improved older people's mental health as well as their aerobic endurance. Likewise, hearing others laugh, even for no apparent reason, can often provoke genuine laughter. Add pretend laughter to your life by seeking out laughter yoga or laughter therapy groups. Or you can start by simply laughing at other people's jokes, even if you don't find them funny. Both you and the other person are fine; it will bring you closer and who knows, it might even lead to spontaneous laughter.[14]

Use Humour to Overcome Challenges

Being able to laugh, play and have fun not only makes life more enjoyable but also helps you solve problems, and think more creatively. Life brings challenges that can get the best of you or can become playthings of your imagination. If you "become the problem" and take yourself too seriously, it can be difficult to think outside the box and come up with new solutions. But when you play with a problem, you can often turn it into a creative learning opportunity. Playing with problems seems to come naturally to children. When they are confused or scared, they turn their problems into a game that gives them a sense of control and an opportunity to try new solutions.[15] Playfully interacting with others helps you maintain this creative ability. When laughter, humour and play are integrated into your life, your creativity will flourish and you will have new opportunities to laugh with friends, colleagues, acquaintances and loved ones every day. Laughter takes you to a higher place where you can look at the world in a more relaxed, positive and joyful way.

Discussion

Many people have heard that laughter prolongs life. There is scientific evidence that the expression of happiness is beneficial to human health and well-being. It is clear that a life without humour becomes gloomy and contributes to stress, and stress can cause any disease. But most of us don't realize that the phrase about the healing properties of laughter has very real scientific evidence. Recently, scientists have increasingly found evidence that people without a healthy sense of humour suffer from chronic diseases more than happy people. Scientists believe that laughter, especially spontaneous laughter, not only improves mood but also prevents various diseases. In addition, during laughter, substances that create a pain-relieving effect are produced in the body. Sincere laughter restores a positive emotional state and helps to establish a connection between people. Some researchers even believe that laughter's main function is to bring people together.

You cannot be anxious, angry or sad when you laugh. Laughter helps you relax and recharge. It reduces stress and increases energy, allowing you to focus and achieve more. Laughter changes your perspective, allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates a psychological distance that helps avoid overwhelmed and distracted conflicts. Laughter brings you all to others and

improves all aspects of your mental and emotional health. Laughter connects people and strengthens relationships. You are many times more likely to laugh in the company of other people than when you are alone. And the more laughter you bring into your life, the happier you and those around you feel. Sharing humour is half the fun - in fact, most of the laughs don't come from hearing the joke, but rather from just hanging out with friends and family. You can't enjoy laughing with other people if you don't take the time to be with them. And when you laugh, you feel happier, more positive and more relaxed, even if you can't change a stressful situation.

Learning to laugh at your errors and grievances and to not take yourself too seriously are key components of developing a sense of humour. We all make mistakes from time to time, despite our best efforts to convince ourselves differently. When you can, always choose to laugh. Tell others about your awkward experiences and laugh at yourself. Talking about the times you took yourself too seriously is the best approach to stop taking yourself too seriously. There are obstacles in life that may either overcome you or just become toys in your mind. It might be hard to think creatively and come up with novel solutions if you "become the problem" and take yourself too seriously. However, you may frequently use an issue as a creative learning opportunity when you experiment with it. It appears that youngsters instinctively play with difficulties. They treat their difficulties as a game to offer them a sense of control and an opportunity to test out novel solutions when they are terrified or confused. Playfully engaging with others keeps this creative talent alive.

Conclusion

Laughter brings people together in ways that cause positive physical and emotional changes, which can have a profound effect on all aspects of your physical and mental health. Laughter is a powerful medicine. A good hearty laugh relieves stress and tension, leaving your muscles relaxed and strengthening the immune system. If you share a laugh as well, you'll feel happier, more positive, and more relaxed, even if you're unable to alter a stressful situation. Humour stimulates the dopamine reward system in the brain and activates goal-oriented modulation and long-term memory. Shared laughter is one of the most powerful tools for keeping relationships fresh and exciting. Practice laughter, a smile is the beginning of laughter, which is contagious and spread to all. Humour and laughter help build trust, improve the work environment, and prolong life. Being able to laugh, play and have fun not only makes life more enjoyable but also helps you solve problems, and think more creatively.

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