

A Study on Sense of Humor and Assertiveness Among Early Migrated Adults

Balakeerthiga V¹, Dr. J. Sujathamalini², Dr. K. Gunasekaran³,
Pandimeenal A⁴

¹M.Sc., Psychology, Department of Special Education and Rehabilitation Science, Alagappa University, Karaikudi.

²Professor and Head, Department of Special Education and Rehabilitation Science, Alagappa University, Karaikudi.

³Assistant Professor, Department of Special Education and Rehabilitation Science, Alagappa University, Karaikudi.

⁴Teaching Assistant, Department of Special Education and Rehabilitation Science, Alagappa University, Karaikudi.

Abstract

Early migrated adults are those who left their homeland to pursue a degree and enhance their quality of life. Having a sense of humor is frequently regarded as a good and admirable quality. It is the capacity for humor and the overall enjoyment of things. When someone is assertive, they refuse to comply with an unreasonable demand. In order to look at possible predictive links, this study examines the relationship between assertiveness and sense of humor among early migrated adults. Survey method was used in the present study and simple random sampling technique was used to select the participants. The tools used in this study were Rathus Assertiveness Schedule and Sven Svebak's Sense of humor Questionnaire. Participants were 60 early migrated adults (18 to 25) from a variety of academic fields. The results of the present study indicated a positive correlation between sense of humor and assertiveness. Gaining a sense of humor might help you become more assertive, which will improve your mental health, social interactions, and ways of coping. Thus, the person with sense of humor and assertiveness tends to have a positive well-being.

Keywords: Sense of Humor, Assertiveness, Early migrated adults.

1. INTRODUCTION

Early migrated adults are those who made a shift from their hometown for the purpose of pursuing degree and for the purpose of betterment of life. Students who live out of town encounter numerous challenges, including shifting sleeping patterns and food quality, personal concerns, family issues, adjustment difficulties, and various economic downturns (Memon et.al, 2018). To overcome these struggles, they get adopted to various coping mechanisms. They divert their concentration to many favourable actions to get rid of these stressors. Among that sense of humor get them a positive psychological outcome. A healthy sense of humor doesn't cause negative emotions or thoughts in other people. People who are away from their home interact with many people; their sense of humor facilitates the interaction and help them to

recover from variety of issues. They can cope up their obstacles through their laughter. They stay with other individuals and are compelled to abide by their unfair demands. Assertiveness might be the act of being confident in what you want and what you believe. Early migrated must maintain a healthy relationship with a wide range of people and assertiveness is helpful in this regard.

Adults who moved away from their place for the purpose of their study, they may experience a variety of stressors, such as being missed by friends and relatives, leaving certain environments or cuisine types behind, and so forth. In order to recover from that circumstance, individuals might find humor in it. Laughing with friends and viewing humorous movies can also help them refocus. “Laughter is the best medicine” as a general proverb well suits that. They wish to be more assertive because they are more sociable and interact with a variety of people. This study tries to focus on the relationship between sense of humor and assertiveness among those who migrated from their home town for the purpose of betterment in life.

2. Operational definition

2.1 Sense of Humor

Sense of humor is often seen as a positive and a desirable characteristic. People with a sense of humor have greater social skills, can handle stress, and have better mental and even physical health. (Martin, 2019).

Sense of humor is operationally defined as the ability to make things funny and generally finding it enjoyable. Having a sense of humor is being able to recognize a joke or find humor in a situation.

2.2 Assertiveness

Assertiveness refers to refusing to comply with a demand that is unjust (Fiedler, D., & Beach, L. R. 1978). Assertiveness is operationally defined as the capacity to express early migrated adult’s needs, feelings, thoughts, and beliefs in an honest and transparent way without infringing on the rights of others.

3. Objectives

To identify the level of sense of humor among early migrated adults.

To identify the level of assertiveness among early migrated adults.

To find out the relationship between sense of humor and assertiveness among early migrated adults.

4. Hypotheses

There is no difference in the level of sense of humor among early migrated adults.

There is no difference in the level of Assertiveness among early migrated adults.

There is no significant relationship between Sense of Humor and Assertiveness among early migrated adults.

5. Review of literature

Many studies were reviewed related to sense of humor and assertiveness. The majority of the studies was found related to sense of humor correlated with other variables and also assertiveness correlated with other variables. According to research reviewed on sense of humor and assertiveness, the very few research were related to explore the relationship between sense of humor and assertiveness. The following some studies offer valuable and relevant insight into sense of humor and assertiveness.

1. **Arush Goel., et.al, (2024)** carried out the qualitative study on understanding facilitators for

assertiveness among college students in India. Despite the cultural barriers that frequently prevent Indians from being forceful, this study investigated the elements that support the growth of assertive behaviour in college students. Around 400 students were given with Rathus Assertiveness scale and fifteen college students from all around India who scored high on Assertiveness Scale were selected using convenience sampling method and participated in semi-structured interviews as part of the study's qualitative descriptive approach. Five main topics emerged from the research: sex-based differences in assertiveness, barriers to assertive behaviour, advantages of being assertive, techniques to practise assertive behaviour, and facilitators of assertiveness. assertiveness is necessary to overcome obstacles in both their personal and professional life, these insights can guide training in communication and assertiveness techniques.

2. **M del Carmen Meza Mejia (2024)** explored an approach to assertiveness in university students. This exploratory study used the Multidimensional Assertiveness Scale with 461 participants to examine the assertiveness levels of university students in Mexico, a critical component of character development. According to the findings, 77.4% of the students had medium levels of assertiveness, 14% had high levels, and 8.4% had low levels. Interestingly, compared to their male peers, female students demonstrated higher levels of indirect assertiveness. Nonetheless, there were no appreciable variations in assertiveness levels across different subject areas.
3. **Michelle Greenspoon Barret (2016)** conducted the study on the relationship between empathy and humor styles and secondary traumatic stress in the public mental health workplace. It aims to explore the relationship between the empathy and humor styles with the secondary traumatic stress who were working in the public mental health places. The participants were 60 samples in Santa Barbara using survey method. It consisted of a sociodemographic questionnaire, as well as questionnaires related to humor, empathy, and secondary traumatic stress. The findings indicated that compared to clinical staff, non-clinical staff reported higher levels of STS and personal distress empathy. STS, Fantasy-type Empathy, and Perspective Taking were significantly correlated in both groups. Additionally, self-defeating and self-enhancement humor were associated with higher STS. The results shows that these people experience psychological distress and humor acts as an indicator of secondary traumatic stress.
4. **Mohd Sukor, et.al, (2019)** carried out the study on the Influence of Humor Styles on The Sense of Belonging among University Students. The tools used in this study were humor style questionnaire and psychological sense of belonging among 108 local PG full time students in public university Malaysia. There was a strong correlation between humor styles and belonging, according to regression analysis. Self-enhancing humor, which is defined as using humor to deal with stress and hardship, fosters a sense of community. On the other hand, aggressive humor that denigrated or ridiculed other people diminished a sense of belonging. The result shows that the influence of humor styles behaviour on the sense of belonging.
5. **Prof. Uzma Jabeen., et.al, (2024)** investigated the connection between young people' adaptability, sense of humour, and love of life. The Sense of Humour Questionnaire-6, Love of Life Scale, and Brief Adjustment Scale were used in this study. The sample of 200 young adults (100 males and 100 women). Love of life and a sense of humour were found to be significantly positively correlated by Pearson correlation. It's interesting to note that men demonstrated a greater enjoyment of life and better adaptability, while women reported higher levels of humour. While sense of humour did not significantly predict adjustment, love of life was a strong positive predictor, according to multiple linear regression analysis. While sense of humour did not significantly predict adjustment, love of life

was a strong positive predictor, according to multiple linear regression analysis.

6. **Shrerhan Ibrahim (2023)** examined the study on Life stressors and their relationship to assertiveness for university students. This study explores the relationship between life stressors and assertiveness. The scales used in this study were life stressor scale by Abdlmawgod preparation 2019 and assertiveness scale for adolescents and youth among 123 males and 272 females. The result shows that the significant relationship between assertiveness and life stressor and its various dimensions. From the study, female students were more assertive than their male counterparts. These results have ramifications for social workers, emphasizing the necessity of creating focused interventions that improve assertiveness and lessen stress in college students' lives.
7. After reviewing the related research, the tools of sense of humor questionnaire by Sven Svebak and Rathus assertiveness scale were utilized in the recent year of 2024 for assessing Sense of humor and Assertiveness respectively. This current research explores the variables with different population in the different locality.

6. Methodology

6.1 Research design

The survey method was adopted in this Present study.

6.2 Sample

The sample for the present study were 60 adults who left their own place for the purpose of getting graduation. The sampling method used in this current study involves simple random sampling technique.

6.3 Inclusion criteria

Adults living out of town for study purposes, between the ages of 18 and 25.

Adults who are staying in hostels and PG outside of their town in order for graduation.

6.4 Exclusion criteria

Adults who are staying out of their home region for the purpose of work.

Adults who are away from home to complete course work or prepare for competitive exams.

Adults who remain away from home to further their education surpass the age of 25.

7. Tools used in the study

7.1 Sense of humor-6 (SHQ-6)

This scale was developed by Sven Svebak in the year 1996 is a revised version of SHQ scale consist of six items. This scale was completely indifferent to cultural differences. This scale has a reliability with the alpha value of 0.85.

7.2 Rathus assertiveness schedule

This scale was developed by Spencer Rathus in 1973 is a self-report measure and it consist of 30 items. This scale has the reliability range from 0.82 to 0.88.

The sense of humor-6 and Rathus assertiveness schedule were found to be reliable and valid in order to proceed the study.

8. Procedure

Using the survey method, 60 people were involved in the current study. A consent Form has been created and distributed to the participants in this study. With the participant's consent, the data is gathered and is followed by demographic information and two questionnaires. The participants were selected using the

simple random sampling technique. Data collection and analysis were done. Calculations are done to determine the mean and standard deviation for the variable’s assertiveness and sense of humour. Next, each variable's level is computed. It is carried out to examine how these variables relate to one another. Then, in order to ascertain the importance of the relationship, the statistics for the correlation between the two variables were examined using Pearson correlation.

9. Result

Table 1: Mean, Median, Mode, SD, Skewness and Kurtosis of sense of humor and assertiveness among early migrated adults

Variables	Total	Mean	Median	Mode	SD	Skewness	Kurtosis
Sense of humor	60	17.56	17.5	16	2.7	-0.44	0.45
Assertiveness	60	116.23	113.5	105	18.31	0.69	1.61

Table 1 provides the descriptive data of the present study. From the descriptive statistics, among the early migrant adults, the sense of humor's mean, median, mode, standard deviation, skewness and kurtosis are 17.56, 17.5, 16, 2.7, -0.44 and 0.45 respectively and the assertiveness’s calculations such as mean, median, mode standard deviation, skewness and kurtosis are 116.23, 113.5, 105, 18.31, 0.69 and 1.61 respectively. Sense of humor was negatively skewed and Platykurtic and Assertiveness was positively skewed and mesokurtic.

Table 2: Level of sense of humor and assertiveness

Variables	Total	High	Moderate	Low
Sense of humor	60	16	35	9
Assertiveness	60	7	47	6

The data regarding the assertiveness and sense of humor among early migrated adults is displayed in Table 2. The levels were calculated using the mean ± SD of the Sense of humor and Assertiveness respectively. In sense of humor the participants who scored above 20 falls under high level and scored between 19-13 falls under the moderate level and scored below 14 falls under low level. In Assertiveness the participants who scored above 134 falls under high level and scored between 134-97 falls under the moderate level and scored below 97 falls under low level.

The findings indicate that out of 60 participants, 16 participants had a high level of sense of humor, 35 had a moderate level of sense of humor, and 9 had a low level of sense of humor. Hence the stated hypothesis “There is no difference in the level of Sense of Humor among early migrated adults” is rejected. To sum up there is a difference in the level of Sense of Humor among early migrated adults is accepted.

Adults' assertiveness scores shows that 7 had high level, 47 had moderate level, and 6 had low level. Most of the adults falls under the moderate level. Hence the stated hypothesis “There is no difference in the

level of Assertiveness among early migrated adults” is rejected. To sum up there is a difference in the level of Assertiveness among early migrated adults is accepted.

Table 3: Correlation between sense of humor and assertiveness among early migrated adults

Variables	r value
Sense of humor	0.256*
Assertiveness	

*** Correlation is significant at the 0.05 level (2-tailed).**

The relationship between assertiveness and sense of humor is displayed in Table 3. We can deduce from the preceding table that there is a significant relationship ($r=0.256$) between these two variables at the 0.05 level. The findings indicate a mild positive correlation between assertiveness and sense of humor. Hence the stated hypothesis “There is no significant relationship between Sense of Humor and Assertiveness among early migrated adults” is rejected. To sum up there is relationship between Sense of Humor and Assertiveness among early migrated adults is accepted. This finding implies that when assertiveness rises among early migratory adults, their sense of humor also increases.

10. Conclusion

This study reveals that there exists low positive correlation between sense of humor and assertiveness among early migrated adults. According to the study's findings, assertiveness and a sense of humour are favourably connected. People who have a stronger sense of humour are more likely to be assertive. According to Samfira, E. M., & Samfira, I. (2023), assertiveness and adaptive humor which is affiliative and self-enhancing have a positive relationship. Therefore, a person with a sense of humour is also assertive and has positive psychological traits like optimism and esteem.

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