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Relationship Between Humour Styles and Subjective Happiness Among School Going Children in India

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ABSTRACT People frequently experience humour, in many different kinds of social situations, making it an everyday phenomenon. Humour can be seen psychologically as a basic social phenomenon that takes many forms, such as satisfaction, jokes, fear, principles, illustrations, and funny acts. The objective of this research was to examine the connection between humour styles and subjective happiness among school going students. Students from grades 9 to 12 were chosen as a sample from two schools in Hooghly district of West Bengal, India. Socio-demographic characteristics of the students including gender, class, number of siblings, type of family and parent humour were considered as independent variables. The humour styles and subjective happiness were considered as dependent variables. A cross-sectional survey design was applied and 301 participants were chosen by a simple random sampling technique. The result showed that humour styles and subjective happiness are positively correlated to each other and the former has significantly ($p < 0.05$) affected the latter.