



Positive Humor: New Insights and Perspectives

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Message from the Guest Editors

In the last few decades, there has been a growing interest in the positive power of humor, here broadly understood as an umbrella term including for example laughter, mirth, cheerfulness, playfulness, joy, funniness. In fact, positive humor plays a significant role in eliciting positive emotions, coping with stressful events, enhancing control over the problematic situation, predicting wellbeing and satisfaction, contributing to resilience. Approaching stressful situations with humor may promote a lighter or a new perspective, which in turn may positively impact emotion regulation, cognitive appraisal, and reappraisal of the demanding situation. Moreover, the use of positive humor may promote positive interpersonal relationships, group cohesion, and social support. In light of these premises, this Special Issue aims at advancing the literature on positive humor aimed at improving health and overall quality of life, from inter- and multi-disciplinary perspectives. We therefore welcome theoretical and/or empirical contributions that broaden knowledge on the protective functions of humor. Training programs for enhancing positive humor are also welcome.

