

Relationship of humor and stress among lecturers in public university of Malaysia; role of happiness as mediator

ABSTRACT

There are growing number of literatures that prove the presence of stress among lectures of public universities in Malaysia. Despite multiple research in the field of stress, the problem still persist and demands new outlook to the problem. Such new outlook can be found in the realm of positive psychology. Several studies have proved that there is a significant relationship between humor and stress. The purpose of this paper is to examine the relationship between humor and stress among lecturers in public university in Malaysia. This paper is also aimed to investigate the role of happiness as a potential mediator between humor and stress. About 130 number of lecturers participated in this study conducted at Universiti Malaysia Sabah. The survey design was adopted using validated instruments of Multidimensional Sense of Humor Scale (MSHS), Percieved Stress Scale (PSS) and Oxford Happiness Questionnaire-Short Form (OHQ-SF). The findings of the survey indicate that there is significant negative relationship between humor and stress ($r=-.687$, $p<.01$). It was also found that Happiness serve as a partial mediator between humor and stress. This strengthens the notion from literatures that humor helps to reappraise stress and happiness is a potential mediator between humor and stress. This paper will discuss the details of the research.