

Presenter: Chris Lopez Mazariegos

Session & Time: Poster IV

Room/Time: GLH / 4:30-5:30

Discipline: Psychology

Faculty Mentor: Ian Madfes

Digital Portfolio URL:

Title: Humor Styles, Personality Traits and Anxiety in College Students

Abstract:

Humor functioned as both a social behavior and a coping mechanism that reflected differences in personality and emotional regulation. The effectiveness of humor depended on the style used, influencing social interactions and emotional well-being across everyday and stressful situations. Because humor was often shared with others, it also served an important social function.

Traits associated with adaptive humor use were consistent with characteristics of extraversion, including playfulness, sociability, and lightheartedness. Individuals who were more socially engaged and experienced greater positive affect were expected to use humor more frequently. In contrast, personality traits such as conscientiousness, neuroticism, and trait anxiety were associated with more restrained communication styles, as individuals high in these traits may have suppressed humor to maintain control or avoid vulnerability.

It was hypothesized that individuals who were more extraverted would report greater humor use, while individuals higher in conscientiousness, neuroticism, or anxiety would report less adaptive humor use and more serious communication styles.

Data were collected through an anonymous online survey of approximately 100 Dominican University of California students who completed measures of humor style, anxiety, and introversion.