



ELSEVIER

Available online at www.sciencedirect.com

SCIENCE @ DIRECT®

Personality and Individual Differences 39 (2005) 1419–1428

PERSONALITY AND
INDIVIDUAL DIFFERENCES

www.elsevier.com/locate/paid

Rumination and dysphoria: The buffering role of adaptive forms of humor

Megan L. Olson, Daniela S. Hugelshofer, Paul Kwon *, Robert C. Reff

Department of Psychology, Washington State University, P.O. Box 644820, Pullman, WA 99164-4820, USA

Received 10 January 2005; received in revised form 29 April 2005; accepted 4 May 2005

Available online 8 September 2005

Abstract

The current study examines the effects of rumination and humor on individuals' dysphoria level. Measures of humor (affiliative and self-enhancing), rumination, and depressive symptoms were completed by 303 undergraduate students. Consistent with our hypothesis, both affiliative humor and rumination independently accounted for variance in dysphoria levels. In addition, self-enhancing humor and rumination were independently associated with dysphoria. Moreover, significant interactions between affiliative humor and rumination, and self-enhancing humor and rumination, on dysphoria also emerged. Results indicated that among individuals with high rumination, those with high affiliative and/or self-enhancing humor had significantly lower levels of dysphoria than individuals with low affiliative and/or self-enhancing humor. The combination of low affiliative and/or self-enhancing humor and high rumination led to substantially higher levels of dysphoria than any other combination. Implications for psychotherapy and research in this area are discussed.

© 2005 Published by Elsevier Ltd.

Keywords: Dysphoria; Rumination; Humor

* Corresponding author. Fax: +1 509 335 5043.

E-mail address: kwonp@wsu.edu (P. Kwon).

1. Introduction

Research has investigated the independent roles of rumination and humor on one's psychological health and well-being. However, research integrating these two fields is lacking. The current study examines the effects of rumination and humor on individuals' level of dysphoria, and expands upon past research by examining their interactive effects.

2. Rumination

Rumination, a maladaptive coping response style, consists of behaviors or thoughts that focus an individual's attention on his or her depressed mood and the possible causes and consequences of that mood. More specifically, ruminative responses to depression are defined as the unintentional process of repetitively and passively thinking about one's negative emotions and focusing on one's depressive symptoms and their meaning (Lyubomirsky & Nolen-Hoeksema, 1995). Examples of rumination include isolating oneself to dwell on the depressed symptoms and worrying about the possible consequences of these symptoms (Koole, Smeets, van Knippenberg, & Dijksterhuis, 1999; Nolen-Hoeksema, 2000; Nolen-Hoeksema, Parker, & Larson, 1994). Although a depressive mood initially triggers negative thoughts, rumination brings these thoughts to the ruminator's attention, facilitating negative interpretations of his or her current situation (Lyubomirsky & Nolen-Hoeksema, 1995).

2.1. *Rumination and depression*

Previous research examining the relationship between rumination and depression has found that ruminative response styles predict the onset (Just & Alloy, 1997; Nolen-Hoeksema, 2000), length (Umberson, Wortman, & Kessler, 1992), and severity (Nolen-Hoeksema et al., 1994) of depressive episodes.

2.1.1. *Rumination and onset of depression*

Rumination initiates depressive episodes in that ruminators choose to dwell on their life problems rather than take action to eliminate or prevent their occurrence. Just and Alloy (1997) and Nolen-Hoeksema (2000) found that non-depressed ruminators were more likely than their non-depressed, non-ruminating counterparts to experience the onset of a depressive episode, thus supporting the notion that rumination predicts the onset of depressive symptoms. Dwelling on negative life events leads ruminators to believe that negative events are more prominent in their lives than they are in actuality (Just & Alloy, 1997; Lyubomirsky, Caldwell, & Nolen-Hoeksema, 1998; Nolen-Hoeksema, 2000).

2.1.2. *Rumination and prolonging depression*

In addition to inducing the onset of depression, rumination has been found to prolong depression. A ruminative response style prolongs episodes of depression by interfering with individuals' normal interpretation of negative life events. Ruminators experience difficulty seeing beyond the

متن کامل مقاله

دریافت فوری ←

ISIArticles

مرجع مقالات تخصصی ایران

- ✓ امکان دانلود نسخه تمام متن مقالات انگلیسی
- ✓ امکان دانلود نسخه ترجمه شده مقالات
- ✓ پذیرش سفارش ترجمه تخصصی
- ✓ امکان جستجو در آرشیو جامعی از صدها موضوع و هزاران مقاله
- ✓ امکان دانلود رایگان ۲ صفحه اول هر مقاله
- ✓ امکان پرداخت اینترنتی با کلیه کارت های عضو شتاب
- ✓ دانلود فوری مقاله پس از پرداخت آنلاین
- ✓ پشتیبانی کامل خرید با بهره مندی از سیستم هوشمند رهگیری سفارشات