

# *Humor Styles, Dispositional Optimism, and Mental Health Among Undergraduates in Hong Kong and China*

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*This study examines the relationship among humor styles, dispositional optimism, and mental health among a sample of 800 undergraduates in Hong Kong and Mainland China. The Chinese Humor Styles Questionnaire, the Life Orientation Test–Revised, and the Symptom Checklist-90–Revised were used. Hong Kong students used significantly more aggressive and self-defeating humor than did Mainland students, while Mainland students used significantly more affiliative and self-enhancing humor. Optimism was positively correlated with affiliative and self-enhancing humor but was*

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*negatively correlated with aggressive humor and self-defeating humor. The correlation was stronger for Mainland students than for Hong Kong students. Affiliative humor, self-enhancing humor, and optimism were significantly and negatively correlated with each of the nine primary psychological distress symptoms. In contrast, aggressive humor and self-defeating humor were significantly and positively correlated with each of the nine distress symptoms. These results highlight the relevance of differentiating adaptive humor styles from maladaptive humor styles.*

*Keywords: humor styles, optimism, mental health, university students, Chinese culture*

## 香港與內地大學生之幽默風格、氣質性樂觀與心理健康的關係

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### 摘要

本研究調查了幽默風格、氣質性樂觀與心理健康的關係。共有800名香港及內地大學生參加了本項研究。他們填寫了《幽默風格問卷》、《生活傾向問卷》(修訂版)與《癥狀自評量表》(修訂版)。調查結果表明,香港大學生較內地大學生更多使用嘲諷型幽默與自貶型幽默,而內地大學生比香港大學生更多使用親和型幽默與自強型幽默。氣質性樂觀與親和型幽默、自強型幽默呈負相關,與嘲諷型幽默、自貶型幽默呈正相關。其中內地大學生的氣質性樂觀與幽默風格之關聯性大於香港大學生的關聯性。此外,親和型幽默、自強型幽默及氣質性樂觀與9大心理困擾癥狀呈負相關,而嘲諷型幽默及自貶型幽默與9大心理困擾癥狀呈正相關。這些發現表明,適應性幽默風格有助於氣質性樂觀和心理健康,非適應性幽默風格則無助於此。

關鍵詞: 幽默風格、氣質性樂觀、心理健康、大學生、中國文化