

Method

Participants

The participants recruited for this research represent the population of first-year undergraduate students studying psychology (BSc) at The University of Sheffield. Convenience sampling was used to recruit participants via the Online Research Participation (ORP) System Department of Psychology.

Among the 199 participants that took part in this study, 38 of them are males (19.1%), 154 of them are females (77.4%), 4 people identified themselves as others (2.0%), and 3 of them chose to prefer not to say (1.5%). The age of the participants ranges from 17 to 33 years old with a mean (*M*) of 19 years old. The standard deviation for the participants' age is 1.91 years. The participants were chosen due to their variation in humour styles and subjective happiness. They also have different ages, gender, and personality which would best represent their population. These different characteristics in participants would also influence scores on humour styles and level of happiness (Ford et al., 2014; Martin et al., 2003).

The inclusion criterion was that the participants must be first-year undergraduate psychology (BSc) students in The University of Sheffield. In this study, there was no exclusion criterion.

Materials

There were two measures given to the participants which are Humour Styles Questionnaire (HSQ) and the Subjective Happiness Scale (SHS). The HSQ evaluates four different styles of creating humour which are self-enhancing, self-defeating, affiliative, and aggressive humour. On the other hand, SHS was used to measure the participants' construct of subjective happiness. Both of these measures were developed by other researchers in their journals (Martin et al., 2003; Lyubomirsky & Lepper, 1999).

In the HSQ, there were 32 items; 8 items for each humour style. The scale for the measure was 1 (Totally disagree) to 7 (Totally agree), and some items were reversely scored to check the participants' understanding of the questions. The average score of all items per humour style was then calculated to identify the humour style that is commonly used by the participants. An example of the item is: "If someone makes a mistake, I will often tease them about it."

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Michael Rajnik



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