

**The Impact of Humour Styles on Attachment and Conflict Management of
Young Adults**

A Thesis submitted in the partial fulfilment of the requirement for the degree of

MASTER OF ARTS IN PSYCHOLOGY (COUNSELING)

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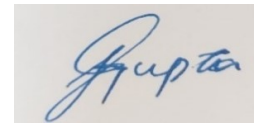
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CERTIFICATE

This is certify that the thesis entitled “**The Impact of Humour Styles on Attachment and Conflict Management of Young Adults**” being submitted in partial fulfillment of requirements for the award of the **Degree of Master of Arts in Psychology**, submitted in the **Thapar School of Liberal Arts and Sciences, Thapar Institute of Engineering and Technology, Patiala** is a bonafide work carried out under the supervision of Dr. Sohinee Ganguly, Professor, School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala and that no part of this project has been submitted for the award of any other degree.



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This is to certify that the above statement made by the student concerned is correct and true to the best of my knowledge.



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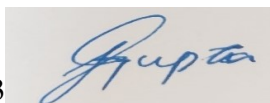
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CANDIDATE'S DECLARATION

I hereby declare that the work presented in this thesis entitled, “**The Impact of Humour Styles on Attachment and Conflict Management of Young Adults**” in partial fulfillment of the requirement for the award of **Degree of Master of Arts in Psychology**, submitted in the **Thapar School of Liberal Arts and Sciences, Thapar Institute of Engineering and Technology, Patiala**, is an authentic record of my own work carried out under the supervision and guidance of Dr. Sohinee Ganguly, Professor, School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala and refers other researcher's work which are duly listed in the reference section.

The matter embodied in this thesis has not formed the basis for the award of any other degree of this or any other university.

Date: May, 2023



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ACKNOWLEDGEMENT

I would like to sincerely thank my supervisor, Dr. Sohinee Ganguly, for her valuable guidance, and incessant motivation throughout my thesis journey. Her insightful comments and encouragement significantly shaped the direction of this work and motivated me to do my best.

I am incredibly grateful to everyone who helped make this project possible through their contributions and efforts. I must extend my sincere gratitude to everyone who assisted me in finishing my thesis. I feel fortunate and privileged to have had the chance to complete my project at the Thapar Institute of Engineering and Technology in Patiala's School of Humanities and Social Sciences. I am grateful to the faculty, staff, and Department of Psychology at Thapar Institute of Engineering and Technology for creating a stimulating learning environment and providing me with the resources I required to complete this project.

I also want to express my deepest appreciation to the study's participants for spending the time and effort necessary to complete the questionnaire honestly, as their participation allowed the study to be conducted. Finally, I want to thank my parents for their unwavering support and encouragement.

ABSTRACT

Personal differences in Humour styles have been determined. A sense of humour is a significant psychological personality trait, it affects how well people manage conflicts and plays a role in social relationships, involving adult attachments. The study aimed at studying the effect of humour style on young adults' attachment and conflict management. An online survey was completed by 120 participants (60 females and 60 males) ages 18 to 25 years to study the link of Humour Styles with Adult Attachment Styles and Conflict Management. Correlation and regression were used to analyse the data. The research findings indicate that Affiliative Humour Style and Self-Enhancing Humour Style had a positive relationship with closed attachment style, understanding natural response, understanding context, and apply approach. Aggressive Humour Style has a positive relationship with anxiety attachment style and a negative relationship with understanding natural responses, understanding context, and apply approach. Self-Defeating Humour Style has a negative relationship with depend attachment style.

Keywords: *Humour Styles, Affiliative Humour, Self-Enhancing Humour, Aggressive Humour, Self-Defeating Humour, Attachment Style, Closed Attachment, Depend Attachment, Anxiety Attachment, Conflict Management*

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Chapter 1

INTRODUCTION

1.1 Humour Style

Humour is a verbal or nonverbal social communication situation that generates a cheerful mental state and facilitates social interaction. People with a stronger sense of Humour are regarded as better at dealing with stress, getting along with others, and enjoying improved mental and physical health, but it has not always been seen favourably (Crawford, 1994; Lynch, 2002; Martineau, 1972; Romero, 2005; Robert & Yan, 2007). In accordance with Freud (1928), humour has the power to reduce stress and release repressed or unused psychic energy as a healthy defence mechanism, preventing people from becoming overwhelmed by the unpleasant emotions connected to trying and painful circumstances. The ability to reframe unpleasant experiences and change or broaden one's perspective is another benefit of having a humorous outlook on life (Martin, 1998). Humour thus offers a chance to consider practical responses to challenging circumstances and perhaps lessen the damaging effects of stress on psychological outcomes. Yet, Humour has not always been seen favourably. The earliest theories of laughing, dating back to Aristotle and Plato, attribute it to a sense of superiority. However, the perspective of comedy as a stress-reduction strategy is particularly relevant to positive psychology, as is Freud's idea of comedy as a healthy defensive mechanism. Humour is an important part of our emotional and cognitive assessments, behaviours, attitudes, values, and relationships. It can be used as a form of violence or as a coping strategy, and comedy styles are used to cope and adjust perceptions. Furthermore, it shapes the relationships we develop with others, as well as our modes of communication and persuasion.

All aspects of humour are subject to individual variation, including habitual aspects of humour (i.e., one's "sense of humour"), as well as aspects of humour appreciation, comprehension, production, and communication (Martin 2010; Ruch 1998, 2008). The same

joke won't be understood or found funny by everyone when it comes to humour appreciation. Some people communicate humour by remembering jokes made by others, while others invent new jokes or make up stories based on true events. While some people will start funny moments and situations, others may not, even though they enjoy them.

Martineau (1972) talks about the consensus, conflict, and control functions of humour. Consensus is a term used to describe the closing of social gaps. Such humour serves to establish and strengthen social relationships in society. Therefore, it includes activities like fostering solidarity and integration into a group. Conflict humour either establishes or increases group distrust. A form of humour that is effective at introducing conflict is ridicule. Control refers to the ability to exert influence over others. Humour is used to express complaints and call attention to mistakes made by others.

The four humour types are self-enhancing, affiliative, aggressive, and self-defeating. Self-enhancing and affiliative humour are commonly regarded as adaptive humour types, while aggressive and self-defeating humour types are viewed as maladaptive humour types (Dozois et al., 2009). These humour styles are found in both Eastern and Western cultures, implying cross-cultural universality (Saroglou and Scariot, 2002; Martin et al., 2003; Chen and Martin, 2007; Taher et al., 2008). Positive humour is more appealing and socially appropriate than negative humour. Positive humour styles may reflect a proclivity toward emotional bonding, while negative humour styles may reflect a lack of desire or inability to form emotional bonds (Cann & Matson, 2014; Zeigler-Hill et al., 2013). Avoidant attachment is negatively related to an affiliative humour style and positively related to an aggressive humour style, while anxious attachment is positively associated with a self-defeating humour style and negatively associated with a self-enhancing humour style (Cann et al., 2008; Sar-El et al., 2013). A functional model of humour styles by Martin, Puhlik-Doris, Larsen, Grey, and Weir (2003) states that humour varies depending on whether it is (a) beneficial or harmful to one's personal and interpersonal well-being and (b) whether it is directed at oneself or at others (see also Craik & Ware, 1998).

Most human behaviour includes a sense of Humour. Martin et al. (2003) distinguished four types of humour:

1. ***Affiliative Humour*** is a type of humour that is both positive and intended to enhance relationships. It involves telling jokes or funny stories, well-intentioned practical jokes, and a

desire to relate to others, entertain, and improve relationships. According to Martin et al. (2003), affiliative humour is frequently used to improve relationships because it is forgiving (affirming of the self and others). People who excel in this area use humour to deepen relationships, improve the wellbeing of others, or ease their tension or discomfort. They might accomplish this by making clever remarks, being playful, or telling "inside" jokes.

2. ***Self-enhancing Humour*** is the use of positive humour to enhance the self, often thought to support coping and well-being. It is found in people who laugh at life's idiosyncrasies and maintain a humorous perspective on things. It enables us to reduce negative emotions and maintain a positive and realistic view in adverse situations (Lefcourt, Davidson, Shepherd, Phillips, Prkachin & Mills, 1995). Humour can be directed at oneself as well as others. Those who perform highly in this area are upbeat and can keep a sense of humour even when they are upset (Martin et al., 2003).

3. ***Aggressive Humour*** is related to sarcasm, ridicule, irony, and manipulation, and is used to enhance oneself at the expense of others. It is negative humour intended to enhance relationships with others, and is thought to be used for being critical (Janes & Olson cited in Martin et al., 2003; Hodson, Rush, & MacInnis, 2010). According to Martin et al. (2003), aggressive humour is the hostile or cruel use of humour to benefit the self at the expense of others. It may be disguised as playful fun, but people who score highly on this dimension use humour to denigrate or "put down" others. Additionally, they might employ irony, cynicism, or teasing to control others by making subliminal threats.

4. ***Self-defeating Humour*** refers to allowing oneself to be the "butt of the joke", to get attention from others. It is a form of negative humour used to enhance the self. It is related to defensive denial and is used for self-deprecation or self-disparagement. It is self-directed humour that is less positive and reflects a negative self-view. Self-defeating humour is used by those who want to gain acceptance from others by saying or doing humorous things that make them appear foolish. It is used by individuals to gain acceptance from others and to stifle uncomfortable feelings or avoid conflict. It can be amusing, but overusing it is unhealthy due to emotional neediness and low self-worth (Fabrizi & Pollio, 1987).

Mothers using affiliative, aggressive, and self-enhancing Humour during conflicts with their children can facilitate better communication during conflict management (Ambarwati, 2020). Studies have shown that using humour can have both positive and negative effects on conflict

management. According to Suls and Martin (2005), affiliative and self-enhancing Humour styles are associated with more constructive conflict management, while aggressive and self-defeating Humour styles are associated with less constructive conflict management. Pasupuleti, 2021 found that affiliative Humour and self-enhancing Humour shared a positive relationship with the solution-oriented conflict management style, while aggressive Humour shared an inverse relationship with the solution-oriented conflict management style.

Studies have shown that affiliative humour is particularly good at reducing conflict and increasing cooperation. It can serve to defuse tense situations and develop rapport between participants, facilitating the ability to collaborate on finding a solution (Oguz & Tumer, 2014; Gockel, Kerr, & Christensen, 2013). Self-enhancing humour can also help to alleviate stress and enhance resilience (Martin et al., 2001). Aggressive humour can intensify tensions and escalate disputes, while self-defeating humour was detrimental to conflict resolution (Oguz & Tumer, (2014); Martin, Puhlik-Doris, Larsen, Gray, and Weir, 2003). Humour has two communication roles: helping people cope and manage conflict, and relieving stress and anxiety.

It has been proposed that humour varies between genders in a number of domains. The extent of those effects, their precise nature, and their universality versus cultural specificity, as well as their role dependency, are, however, the subject of contradictions or even disagreement. The preliminary findings indicate that men use humour more frequently than women do, that men value humour more than women do—especially aggressive and sexual humour—and that both sexes use humour more frequently directed at females than at male targets. Females are more cautious about their humour responses to avoid coming off as mocking or immodest. Women are less likely to display their enjoyment of humour because of the appropriate behaviour expectations placed on them. Men, however, sometimes use humour to exert social control and dominance. In general, men think they are funnier than women. In comparison to women, men are more likely to joke, make fun of, and tease (Wong, 2010). Women tend to be appreciative and prefer to be the audience for jokes; they are less likely to come up with jokes on their own (Freud, 1905; Ehrenzweig, 1957; McGhee, 1979a). Adaptive and maladaptive humour styles are used and reacted to differently by men and women (Svebak, 1974; Ziv, 1984; Aries, 1987; Eagly and Johnson, 1990). According to studies, men score significantly higher on the two maladaptive humour styles than women do (Martin et al. 2003).

Psychologists (Eysenck, 1942; Freud, 1905) and laypeople have long recognised the value of humour for one's own and one's relationships. In fact, when strangers first meet, those who share a humorous experience bond more quickly than those who share a playful but unfunny experience (Fraley & Aron, 2004). Humour is also related to many beneficial outcomes in established relationships. In the midst of conflict, humour can help partners maintain their relationship. However, humour is not always beneficial to a healthy relationship. The various effects of humour on relationship outcomes highlight its complexity and emphasize the need to define the precise interpersonal functions that various forms of humour serve in close relationships.

1.2. Attachment styles

John Bowlby's ground-breaking work serves as the foundation for attachment theory in psychology (1958). He worked as a psychiatrist in a London Child Guidance Clinic in the 1930s, when he saw a lot of emotionally troubled kids. In humans, attachment lasts throughout life and does not end with childhood or even infancy. People find solace in both physical and mental representations of their significant partners (Bowlby, 1969). According to Bowlby (1969), the behaviour of the infant's primary attachment figure promotes an internal working model of relationships that leads the infant to expect the same in subsequent relationships, so later relationships are likely to be a continuation of early attachment styles (secure and insecure). So there would be continuity between early attachment and later attachment.

Attachment is a term coined by the English psychiatrist John Bowlby to refer to the affective bias that a child develops toward an attachment figure (caregiver), that aims to maintain a proximity to this figure. People are thought to differ in their working models of attachment, which include expectations, beliefs, and goals about the self in relation to others (Dalbem & Dell'Aglio, 2005; Bartholomew & Horowitz, 1991; Collins & Read, 1994; Pietromonaco & Feldman Barrett, 2000). According to numerous studies, the nature and calibre of close relationships vary substantially across people with different attachment styles. Numerous studies have found connections between attachment types and several characteristics of adult intimate relationships, such as relationship pleasure, romantic love beliefs and attitudes, relationship violence, and conflict resolution techniques (see Mikulincer & Shaver, 2007, for

a review). Therefore, it is conceivable that the attachment process affects romantic engagement in reality. Ainsworth contends that these representations produce distinct attachment patterns or styles that we retain into adulthood as our internal representations and that show up in our relationships and behaviour in all social situations (Ainsworth, 1978; Main & Solomon, 1990).

The capacity to form close relationships is a crucial aspect of one's life because it reflects the satisfactions attained through stable, enduring, healthy relationships. Our sense of self-worth is strengthened by these intense emotional ties (Bowlby, 1978). According to earlier literature, childhood experiences—particularly the relationship between a child and a caregiver—have a significant impact on the type and quality of close relationships that people develop as adults. According to two continuous dimensions of attachment-related anxiety and attachment-related avoidance, an adult's level of manifesting a secure or insecure attachment style is measured (Fraley & Waller, 1998; Fraley, Waller, & Brennan, 2000). These scores give insight into the extent to which the adult manifests a secure or insecure pattern of relating to others.

Ainsworth's (1985) definition of attachment is the most widely used in the literature, categorizing it as "secure", "insecure-anxious", and "insecure-avoidant" - styles associated, respectively, with the individual's perception of the world around him or her as secure, unstable, or uncertain (Bowlby, 1973/2004).

Secure working models provide a sense of confidence that people will be dependable and available to us, especially during stressful times. According to studies, a secure attachment style as well as healthy dependency on others can be considered a positive attachment style because it demonstrates trust. Individuals with secure attachment role models turn to their spouses in times of difficulty and distress because they trust and feel secure in their ability to help them (Bowlby, 1973/2004; Lamela et al., 2010). Furthermore, they are spouses who can explore different conflict resolution perspectives with their spouse (Corcoran & Mallinckrodt, 2000) and deal with the divergences that arise in the relationship in an adaptive way, even if they grew up in contexts with high levels of marital conflict, because they can remember and understand past experiences and differentiate themselves (Curran et al., 2011; Walsh, 2016).

The problem arises when there is over-dependence or conditional dependence in the sense that the individual will do anything for someone in exchange for something. Insecure working models could be characterized as anxious or avoidant because of the assumption that others will be neglectful or intrusive. Anxiety reflects a strong desire for intimacy paired with a fear of abandonment (Brennan, Clark, & Shaver, 1998; Fraley & Waller, 1998; Fraley & Waller, 1998). Insecure-avoidant or insecure-anxious attachment patterns have had to deal with rejecting or insufficiently responsive attachment figures. Nervous and insecure kids upregulate how they communicate their emotions, displaying a hyperactive attachment system. Individuals who are more anxious or avoidant report experiencing greater emotional ups and downs in their relationships (Hazan & Shaver, 1987; Priel & Shamai, 1995; Sadava & McCreary, 1996). If the attachment pattern is insecure-anxious, the individual will have doubts about the other person's availability and will feel unaided, rejected, and abandoned, reacting with jealousy, suspicion, and stalking. The source of misery is usually the focus of attention, especially if the attachment reference does not meet their demands. Insecure-avoidant attachment patterns result in decreased affective proximity, excessive independence, lack of empathy, responsiveness, and availability. The focus of attention is shifted away from the source of the distress, and emotional control and avoidance methods are employed (Mikulincer et al., 2002; Murray et al., 2000).

The attachment styles explored in the current study include:

1. **Close (secure) attachment** style is described as the level of comfort and intimacy that people perceive from an established relationship. It's likely that the nurturing and care that individuals with a secure attachment type may have experienced helped them develop a more optimistic outlook on both themselves and other people. They might feel more confident in themselves and have more faith in other people as a result. People who are secure exhibit high levels of self-worth, a positive outlook toward others, and high levels of intimacy in their relationships. Positive role models include those of oneself and other people. When under stress, they fight adaptably and vigorously. They demonstrate a range of tactics, using the other as a source of assistance.
2. **Dependent/avoidant attachment** is the second attachment style examined in the current study. People who feel at ease depending on others and having partners depend on them are said to have a dependent style. People who have an avoidant

attachment style frequently shy away from connection and intimacy with others. They may find it difficult to communicate with others, especially when it comes to talking about feelings. In order to escape the sensation of vulnerability and probable rejection, avoidant people actively avoid intimacy and dependency in relationships. People with avoidant attachment have a tendency to deny issues and repress their feelings, which might lessen the assistance they get from and give to others when they are in trying circumstances. The dismissing/avoidant keep their own values by compulsively relying on themselves, and avoiding closeness with others due to their negative expectations. While the image one has of others remains negative, the model of self seems positive. When under pressure, people become emotionally detached and downplay the gravity of the situation. They actively avoid asking for help from others and display neither emotional reactivity nor expression.

3. **Anxious attachment** style may have a high regard for others while harboring negative thoughts about themselves. It has been hypothesized that this type of attachment style in older persons may have hereditary foundations and possibly be influenced by encounters with caregivers who employ both punishing and nurturing methods of care. Older persons with anxious attachment styles may therefore become unduly dependent on other people's acceptance and approval. The level of worry that people have about their partners' availability is reflected in their attachment anxiety. Highly anxious people use hyperactivating coping mechanisms, such as persistent attempts to stay close to others, in order to ensure that they continue to receive their attention and care. These coping mechanisms are driven by abandonment concerns. Due to their interpersonal history, which are characterized by emotions of failure and helplessness, people who have high levels of attachment anxiety tend to perceive themselves negatively and their talents negatively (Bartholomew & Horowitz, 1991).

The significance of shaping through later experiences and general development vs the role of early attachment experiences, as well as whether or not early attachment experiences are related to the caliber of adult attachment relationships, are still up for debate. According to studies (Duemmler & Kobak, 2001; Fraley & Bonanno, 2004; Holland & Roisman, 2010), a mix of the two is more probable. Early attachment experiences have also been connected to adult functioning in various additional research (Duemmler & Kobak, 2001; Holland & Roisman, 2010; Rubinstein, Tziner, & Bilig, 2012). Shi (2003) discovered attachment styles as a predictor of conflict resolution skills in his own research and found identical findings.

Individuals who are securely attached are perceived as more active problem solvers, more combined, and more consensual during conflicts, according to the findings of this study. C

1.3. Conflict Management

Conflict is described as a "interactive process manifested in incompatibility, disagreement, or dissonance within or between social entities" (Rahim, 1992). Conflict is an unavoidable aspect of almost all relationships. Conflict theory, first articulated by Karl Marx, holds that society is perpetually in conflict due to the struggle for limited resources. According to conflict theory, domination, and power, rather than consensus and compliance, preserve social order.

Interpersonal disputes arise when people believe that others have hindered them from achieving their goals. Satisfying one's own needs or interests is a significant outcome of the conflict resolution process. This becomes difficult when conflicting parties want competing needs or interests met. It can also be a major source of stress in your relationships or at work. It is often intense enough to interrupt some component of the relationship, such as communication, which distinguishes it from simply holding opposing views. Managing conflicts is one of the most important factors in relationship well-being (Baccocchi, 1997; Crohan, 1992).

Conflict management strategies should aim at keeping conflict at a level at which different ideas and viewpoints are fully voiced but unproductive conflicts are deterred. Conflict can be healthy if it is managed effectively. Conflict management requires a combination of analytical and human skills. Along with competing for limited resources, conflict can occur because of individual or group differences in rank, objectives, views, and traditions (Ayas, Deniz, Kağan, & Keç, 2010). Conflict management skills can lessen those tensions or resolve problems that arise among individuals or groups who are at variance with one another.

Canary, Cupach, and Messman (1995) claim that research on conflict-management styles has concentrated on three key behavioural aspects. The first dimension defined how individuals reacted when conflict arose. The nature of the effect that was triggered may characterize the second component, conflict management; the effect is generally categorized as negative or

positive. The third factor addressed whether conflict-management behaviours were perceived to be useful or destructive.

When a disagreement emerges in a relationship, an individual's conflict style characterizes how they behave to the other person. A number of related conflict-style models have proposed that strategic choices are governed by two key factors: care for self and concern for the other (Blake & Mouton, 1964; Rahim, 1983; Thomas, 1976). Concern for self denotes the significance of resolving the issue by promoting one's own priorities. Concern for others is the perceived importance of ensuring that the other person has a desirable outcome from the conflict.

Thomas (1976) distinguishes two analytically distinct characteristics of conflict behaviour: assertiveness (the endeavor to fulfil one's own concerns) and cooperativeness (the attempt to satisfy the concerns of others). Five distinct conflict management styles were discovered based on these two dimensions.

1. Competing behaviour is assertive as well as uncooperative. It is associated with win-lose arguing, with the parties involved being forceful and uncooperative. Those who utilize this approach strive to achieve their own objectives without regard for others.
2. Collaboration is assertive and cooperative behaviour. It is associated with confronting arguments and problem-solving in order to discover solutions. It attempts to achieve a win-win situation for both sides and exhibits cooperative and assertive behaviour. People with this personality try to maximize the collective's results.
3. Compromise is in between assertiveness and cooperativeness. It is associated with the concept of a midway ground. It is a win some - lose some situation in which an intermediate level of cooperation and assertion is applied, resulting in give-and-take and concessions.
4. Avoiding behavior is unassertive and uncooperative and is related with withdrawal and failure to take a position.
5. Accommodating behaviour is interpreted as an attempt to placate the other person and achieve harmony. The level of assertiveness and collaboration demonstrated in the avoiding approach is quite low, resulting in a Lose-Lose situation. People who tend to cooperate and lack assertiveness have an accommodating conflict resolution style (Kilmann & Thomas, 1975; Thomas & Kilmann, 1978).

According to Canary's (2003) review of the conflict management literature, competing behaviours featuring a low drive to seek a mutually agreeable resolution (i.e., avoiding and forcing) are often unproductive in settling disagreements. Indeed, research findings support the perceived efficacy and benefits of cooperative and active conflict resolution, particularly for the integrating style (e.g., De Dreu et al., 2003; Friedman et al., 2000). An examination of workgroups, for example, found that integrating was related to more effective decision-making among group members as compared to forcing or avoiding (Kuhn and Poole, 2000). However, researchers believe that, in general, an integrating conflict management style with an emphasis on mutual gains is the most effective and long-lasting approach, improving interpersonal communication and social interaction while also lowering the likelihood of future conflict episodes (Rahim, 2002; Rahim et al., 2000).

Conflict is an unavoidable part of close relationships and can be emotionally draining. Research studies have shown that the quantity of conflict in a relationship is not as important as how the dispute is managed. Conflict, meanwhile, isn't always harmful or counterproductive. Well-handled conflict can lead to more meaningful and rewarding relationships (Markman et al., 1993; Canary & Messman, 2000). The management of conflict is essentially important as it helps understand an individual's capacity to:

1. Understand their natural response to conflict.
2. Understand the context of the conflict, including the perspectives of all involved.
3. Apply a conflict management approach that is appropriate to the situation.

Research has been conducted on various conflict management styles, which are communication methods used to prevent, address, or resolve a conflict. The communication process is a strong instrument for conflict resolution, and asking for more information before reacting is a good way to add a buffer between the trigger and reaction, keeping in mind that we do not always choose our styles consciously. Competing, avoiding, accommodating, compromising, and collaborating are the five conflict resolution techniques, which explain our preoccupation with self vs. others. According to research, humour styles can play an important role in conflict resolution. Individuals must understand their natural conflict response, and the context of the conflict, and apply an appropriate conflict management approach to the situation to effectively manage conflicts.

Chapter 2

LITERATURE REVIEW

2.1. Humour Styles in Relation to Attachment Styles.

Affiliative Humour Style and Closed Attachment Style.

According to earlier studies, affiliative humour style and secure attachment style (closed attachment style) are positively correlated. Martin et al.'s 2003 study discovered that people with higher levels of affiliative humour tended to have more secure attachment styles, which are characterized by greater comfort with intimacy and a more optimistic outlook on both oneself and other people. In a different study by Doane and McKay (2012), it was discovered that affiliative humour was positively associated with a secure attachment style, but only in people who had undergone minimal stress. According to a study by Davis et al. (2003), people who used humour to deal with stress tended to have more secure attachment styles, especially if they did so in a supportive, affiliative manner. Furthermore, because it allows them to express warmth and intimacy to their partners, people with secure attachment styles use affiliative humour more frequently in their relationships (Cann et al., 2011).

Affiliative Humour Style and Depend Attachment style.

Numerous studies have revealed a conflict between affiliative humour and avoidant attachment. According to Saroglou and Scariot's findings from 2002, affiliative humour use is negatively correlated with attachment avoidance. In a similar vein, Cann et al. (2008) discovered a negative relationship between affiliative humour and avoidance attachment style. Additionally, avoidance and affiliative humour were found to be negatively correlated by Kazarian and Martin (2004). Besser and Priel (2010) discovered that people with a dependent attachment style used affiliative humour more frequently in close relationships. Martin and Lefcourt (1983) study, which discovered that people with a dependent attachment style used more affiliative humour, supports this conclusion. Furthermore, Michaud and Simpson (2012)

discovered that people who had a dependent attachment style were more likely to use affiliative humour in trying circumstances, perhaps to find social support and reduce their anxiety.

Affiliative Humour Style and Anxiety Attachment Style.

The connection between affiliative humour and an anxious attachment style has been examined in a number of studies. Miczo (2009) discovered a link between affiliative humour and attachment anxiety that was detrimental. According to Taher et al. (2008), there is a link between attachment anxiety and affiliative humour that is negative, suggesting that people who feel secure are more likely to engage in this kind of humour. In a similar vein, Cheng et al. (2015) and Heintzelman et al. (2018) found that people with anxious attachment styles were less likely to use affiliative humour and had lower levels of affiliative humour. High levels of anxiety were associated with lower levels of affiliative humour, according to Kuiper et al. (2004), but this relationship was tempered by social support. Affiliative humour was more frequently used by people with high levels of social support to connect with others and reduce anxiety. According to Yip et al. (2019), people with anxious attachment styles were also less likely to use affiliative humour. But according to a study by Cann et al. (2011), affiliative humour may act as a protective factor for people with anxious attachment styles because users had lower levels of anxiety and less fear of negative evaluation.

Self-Enhancing Humour Style and Closed Attachment style.

Previous research has indicated that self-enhancing humour is associated with secure attachment (Miczo et al., 2009). Martin et al. (2003) found a positive correlation between secure attachment styles and self-enhancing humour, which refers to the ability to find humour in potentially stressful situations. Cann et al. (2015) reported that individuals who utilized self-enhancing humour as a coping mechanism demonstrated higher levels of secure attachment and lower levels of negative emotions such as anxiety and depression. Additionally, Yip, Côté, and Carrière's (2019) longitudinal study showed that individuals with secure attachment styles were more likely to engage in self-enhancing humour. These findings suggest that

individuals who use self-enhancing humour may be more likely to have a secure attachment style, which is characterized by feelings of trust, comfort, and safety in close relationships.

Self-Enhancing Humour Style and Depend Attachment Style.

According to Cann et al. (2011), dependent attachment style was more prevalent in those who used self-enhancing humour as a coping strategy. They postulated that using humour to boost one's own self-esteem as a stress reliever might result in a reliance on outside sources of approval and support, which would contribute to a dependent attachment style. Self-enhancing humour was discovered to be negatively associated with avoidant attachment in a study by Davis et al. (2017). The authors hypothesized that people with avoidant attachment styles might use humour to put themselves further apart from other people. According to a study by Torres and Barbosa (2010), people with high self-enhancing humour scores also had high dependent attachment style scores. The authors hypothesized that people who engage in self-enhancing humour might be more inclined to look to others for approval and support, which could contribute to a dependent attachment style.

Self-Enhancing Humour Style and Anxiety Attachment Style.

It has been discovered that self-enhancing humour, which involves using humour to improve one's mood and cope with stress, affects attachment style, particularly anxious attachment. According to Cann et al. (2008), people who used self-enhancing humour had lower levels of anxiety, which suggests that humour could be used as a coping strategy by people with anxious attachment styles. In the study by Saroglou et al. (2002), people with anxious attachment styles exhibited a lower propensity to produce humour and engage in self-enhancing and coping humour. A negative correlation between self-enhancing humour and an anxious attachment style was found by Martin et al. in 2003. Similar findings were made by Caruso et al. (2016), who discovered that people with higher levels of self-enhancing humour also had lower levels of attachment anxiety. Additionally, Marci et al. (2020) discovered that people with higher levels of self-enhancing humour had lower levels of attachment anxiety, and they hypothesized that humour might be a way to manage stress and regulate emotions, which might help people with anxious attachment styles feel more

secure in their relationships. Overall, the results point to the possibility that self-enhancing humour can influence anxious attachment style in a positive way, potentially enhancing people's capacity to handle stress and control their emotions.

Aggressive Humour Style and Closed Attachment Style.

According to a study by Martin et al. (2003), people who scored highly on aggressive humour tended to use humour as a coping mechanism for unpleasant emotions like rage and frustration. This suggests that people who rely on aggressive humour may struggle to establish trusting relationships because they have a propensity to repress or avoid feeling emotions. Men with a high level of aggressive humour exhibited more insecure attachment styles, according to a study by Mickelson et al. (1997). This suggests that men may have particular difficulty forming close, intimate relationships due to aggressive humour. According to a study by Cann et al. (2011), people who use aggressive humour have a tendency to have more negative views of themselves and their relationships, which may make it challenging for them to establish trusting relationships.

Aggressive Humour Style and Depend Attachment style.

Several research investigations have looked at the connection between dependent attachment style and aggressive humour style. According to research by Taher, Kazarian, and Martin (2008), the use of aggressive humour was positively correlated with attachment avoidance. Miczo et al. (2009) also noted a favourable correlation between aggressive humour and avoidance (dependent) attachment. Cann et al. (2008) discovered a similar relationship between avoidance and aggressive humour. According to Saroglou and Scariot's findings from 2002, the use of aggressive humour was positively correlated with dependent attachment style. Additionally, Martin et al. (2003) found that people with a dependent attachment style were more likely to use aggressive humour as a coping mechanism for unpleasant emotions. The use of aggressive humour was positively correlated with dependent attachment style in a study by O'Connor and Gifford (2015), and this correlation was stronger for people who reported higher levels of anxiety. Finally, Cann et al. (2011) discovered that dependent attachment style individuals used aggressive humour more frequently

than secure attachment style individuals. These results imply that the use of aggressive humour as a coping strategy is positively correlated with dependent attachment style.

Aggressive Humour Style and Anxiety Attachment Style.

Multiple research studies have shown a connection between an anxious attachment style and an aggressive humour style. According to research by Howland et al. (2013), recipients who were more anxiously attached were more likely to experience the negative effects of more aggressive humour. According to a study by Heintzelman et al. (2018), people with anxious attachment styles are more likely to use aggressive humour in social settings rather than affiliative humour. According to the authors, people with anxious attachment styles may use aggressive humour as a defense mechanism against rejection and unfavourable judgment. In a 2009 study by Kuiper and McHale, it was discovered that people with high levels of anxiety also had higher levels of aggressive humour. The authors speculated that people who are anxious or insecure might find comfort in aggressive humour. Aggressive humour and anxious attachment style have a positive relationship, according to research by Martin et al., 2003. In a study by Caruso et al. (2016), it was discovered that people with higher levels of aggressive humour also had higher levels of attachment anxiety.

Self-Defeating Humour Style and Closed Attachment Style.

Higher levels of closed attachment style are correlated with self-defeating humour style. According to a study by Martin and Lefcourt from 1984, people with higher self-defeating humour style scores also tended to have higher closed attachment style scores. A study by Kuiper et al. (1993) discovered that people with closed attachment styles were more likely than people with open attachment styles to use self-defeating humour as a coping mechanism. According to a study by Martin et al. from 2003, people who reported having a closed attachment style as children were more likely to later adopt a self-deprecating humour style. According to a Chan and Kuiper (2008) study, people with closed attachment styles who used self-defeating humour as a coping strategy revealed higher levels of depression and anxiety than those who did not, as well as more interpersonal conflict. According to a study by Nilsen et al. (2020), people with closed attachment styles expressed vulnerability in social

interactions by using self-defeating humour more frequently than people with open attachment styles. Self-defeating humour can be used by people with closed attachment styles to convey vulnerability. In a study conducted by Thorson and Powell in 1993, it was discovered that men had a stronger relationship than women did between self-defeating humour and closed attachment.

Self-Defeating Humour Style and Depend Attachment Style.

According to a study by Martin et al. (2003), people who have a dependent attachment style tend to use more self-deprecating humour to deal with their negative emotions. A study by Martin and Lefcourt (1984) found that individuals with a dependent attachment style used self-defeating humor more often than individuals with a secure attachment style. Those with a dependent attachment style were more likely to use self-defeating humour, according to a study by O'Connor and Gifford (2015), and this relationship was stronger for those who reported higher levels of anxiety. Cann et al. (2008), discovered that the use of self-defeating humour was positively correlated with dependent attachment style. The research findings of Taher et al. (2008), reported that people who had higher levels of anxiety had a stronger relationship between dependent attachment style and self-defeating humour. According to a study by Kuiper et al. (1993), people who have a dependent attachment style are more likely to use self-defeating humour to deal with stress and anxiety in social situations.

Self-Defeating Humour Style and Anxiety Attachment Style.

Previous studies have demonstrated a positive relationship between anxious attachment and self-defeating humour. Adults with insecure attachment, particularly anxious attachment, were found to frequently engage in self-defeating humour (Cann et al., 2008). According to research by Kazarian and Martin (2004), self-defeating humour is positively correlated with the anxious attachment style in friendships. According to Cheng et al. (2015), people with anxious attachment styles are more likely to turn to self-deprecating humour as a coping strategy. According to Lynch, R., and Tragakis, M. W. (2016), people with an anxious attachment style tended to use less adaptive humour and more self-defeating humour as coping mechanisms. Furthermore, Kuiper et al. (2004) discovered that people with high anxiety levels also

had higher levels of self-defeating humour. Additionally, Heintzelman et al. (2018) discovered that people with anxious attachment styles tended to use self-defeating humour more frequently and affiliative humour less frequently. According to research by Martin, R. A., et al. (2003), people with an anxious attachment style have a propensity for using more self-deprecating humour to cope.

2.2. Humour Styles in Relation to Conflict Management.

Humour styles have been recognized as a significant psychological personality trait that affects interpersonal interactions and conflict management.

Pasupuleti (2021) found that affiliative humour and self-enhancing humour had a positive relationship with a solution-oriented approach to conflict management. Additionally, the solution-focused conflict management style and the aggressive humour style had an inverse relationship. IT professionals preferred using affiliative humour and self-enhancing humour over other types of humour and approached conflict situations using a more solution-focused conflict management approach. In a study by Lykins et al. (2013), it was discovered that people who used more affiliative and self-enhancing humour styles reported lower levels of perceived stress during conflict. Contrarily, Alberts' (1990) sample revealed that humour was used to settle interpersonal disputes, and those who employed aggressive and self-defeating humour during conflicts claimed to feel more stressed. Similar to this, one third of passionate relationships. Bell et al. (2019) discovered that aggressive humour was positively associated with a competitive conflict management style, while affiliative and self-enhancing humour was positively associated with a collaborative conflict management style. According to Alberts (1990), people who use self-defeating humour can manage conflict well. People who employed more affiliative and less aggressive humour during a conflict conversation between romantic partners reported being happier in their relationship (Campbell et al., 2008). As stated by Campbell et al. (2008), affiliative humour use was associated with better conflict resolution in dating couples; the findings showed that people were happier in their relationships, reported an increase in perceived closeness, and reported better problem-solving after the discussion when their partners used more affiliative and less aggressive humour. As demonstrated by Cann et al. (2011), having a self-enhancing sense of humour was also associated with fewer arguments in relationships. It makes sense that using humour

to reduce stress and let go of relationship conflict would be related to a self-enhancing style of humour. In closing, humour can be used in romantic relationships to effectively handle challenges and conflict.

The body of research suggests that how people handle conflicts can be significantly impacted by their use of various humour styles. Aggressive and self-defeating humour is typically associated with destructive conflict management techniques and unfavourable results, whereas affiliative and self-enhancing humour is typically associated with constructive conflict management techniques and favourable results.

2.3. Gender difference in humour styles

The results of several studies have indicated that the use of humour styles varies significantly based on an individual's sex. It is likely that numerous factors, including gender, can impact a person's ability to both create and appreciate humour. Yip and Martin (2006) conducted research with an undergraduate sample and discovered that males exclusively preferred an aggressive humour style. Conversely, Chan et al. (2009) studied a Chinese sample and found that males favoured unfriendly humour styles while females preferred affiliative humour to improve interpersonal relationships. Kazarian and Martin (2006) demonstrated that male adults typically employed aggressive humour and self-defeating humour. These disparities across studies may be due to humour having distinct meanings and functions for men and women (Lefcourt, 2001). For instance, women are more likely to use self-deprecating humour as a coping mechanism to laugh at themselves and promote social support within a group (Carnes, 2001; Lefcourt, 2001a). According to Freud (1905), women do not require a sense of humour because they experience fewer intense emotions to repress. Greengross and Miller (2011) conducted a study and discovered that, on average, men were better at producing humour. In a similar study carried out by Salavera, Usán, and Jarie in 2018, males outscored females slightly for the four humour types (affiliative, self-enhancing, aggressive, and self-defeating). Thus, women use self-deprecating humour to serve self-enhancing and affiliative purposes. Other studies conducted with college students (Yip & Martin, 2006) and adolescents (Penzo et al., 2011) confirmed that males exhibited a greater inclination to use aggressive humour than females, but there were no notable differences for

the other humour idioms. The results of a study conducted by Thorson and Powell in 1996 showed no significant gender difference in overall humour scores.

2.4. Research Gap

The current study emphasizes humour styles, attachment styles, and conflict management individually. There are few studies that investigated these three variables together. The relationship between humour styles and conflict management has not been studied to a great extent. Researchers have looked into how various humour styles are related to attachment styles and conflict management given the significant role that humour plays in social interactions. However, there is still a research gap that needs to be filled, especially in terms of figuring out how humour affects conflict resolution and attachment styles. There is limited research that has specifically focused on how humour styles impact attachment and conflict management in young adults.

Despite the aforementioned results, the underlying mechanisms by which humour styles affect attachment styles are not well understood. One explanation is that people's senses of humour affect how they view and anticipate their interactions with others, which in turn affects how they attach to people. Additionally, earlier studies on humour and conflict resolution discovered that different humour styles can have various effects on how people handle conflict. This research aims to add to the body of literature by investigating the specific relationship of humour styles with attachment styles and conflict management among young adults, particularly in the Indian context. In addition, it's crucial to investigate how humour, attachment, and conflict resolution interact. According to earlier studies, attachment types affect how people use humour to resolve conflicts. The intricate connections between these variables are not entirely understood, though.

In conclusion, there is still much to learn about the complex and nuanced relationship between humour styles, attachment styles, and conflict management. Future research should concentrate on figuring out the fundamental ways that humour influences attachment patterns and conflict resolution. Researchers can create more efficient interventions to enhance interpersonal relationships and conflict management skills by increasing our understanding of these relationships.

2.5. Theoretical Understanding

The 'Superiority Theory of Humour' comes in two forms: the strong assertion that all humour entails a superiority complex, and the weak argument that superiority complexes are frequently present in a variety of humorous situations. Though Thomas Hobbes played a crucial role in developing the superiority theory of humour, it has origins in both Plato and Aristotle's philosophy. The Superiority theory, which was most famously proposed by Thomas Hobbes, holds that laughter is an expression of unexpected glory resulting from an idea of superiority in ourselves. Hobbes' idea is interestingly modified by Charles Baudelaire (1956), who combines it with mortal inferiority. He contends that laughing is demonic, a sign of domination over animals, and a disgruntled grumble about our impermanence. Hobbes' theory of humour seems more like a theory of laughter.

A hypothesis of humour based on inferiority or modesty proposed by Robert Solomon (2002) contends that the Three Stooges' stupid antics and self-deprecating behaviour demonstrate self-recognition, which is a hallmark of humour derived from inferiority or modesty. He views the capacity for self-deprecation or for seeing oneself as less than perfect as a source of moral modesty and compassion. The Three Stooges study by Solomon is not a full-fledged theory of humour; rather, it proposes a potential source of humour or what humour might be and how it might work. Solomon's inferiority theory of humour argues that humour does not require a sense of superiority. Morrell provides anecdotes that do not necessarily demonstrate superiority, such as discovering a bowling ball in his refrigerator. Francis Hutcheson suggests that humans may feel superior to many objects without finding it funny. However, if the weaker version of the superiority theory is that humour is often motivated by feelings of superiority, then an empirical claim is supported and can be verified by personal observation.

British psychoanalyst and psychiatrist John Bowlby developed the Attachment Theory after researching the detrimental effects of maternal neglect on young infants. Early attachments, according to Bowlby, can have a big impact on a child's emotional growth and adult relationships later in life. Bowlby was the original proponent of attachment theory and set the groundwork for this well-known concept. Early emotional connections are essential for developing various types of attachments between a child and the primary carer, according to attachment theory. The emotional attachment that results shapes the child's internal working model throughout their lives, influencing their own emotions and close relationships. These

internal representations are predicated on the anticipated responsiveness of the carer. Their expectations grow into more expansive representations of who they are, their experiences with their carer attachment, close relationships, and decision-making guidelines for social interaction. The ongoing psychological closeness can persist into adulthood, impacting the adult attachment style and long-term partnerships, despite the fact that an individual's attachment style is variable and subject to change over time.

The Superiority Theory of humour, which holds that a sense of superiority or the need to exert control over others is the source of humour, may have ramifications for attachment and conflict resolution in specific situations. The use of humour based on the Superiority Theory in the context of attachment may change how relationships function. The sense of security and trust in a relationship can be undermined if one person constantly uses humour to challenge or dominate their attachment figure. This may be especially true when the attachment figure is regularly the subject of disparaging or demeaning humour. Such humour may eventually cause insecurities, emotional separation, or a weakened attachment link. For instance, an insecure attachment style can be exacerbated by superiority-based humour. People may develop anxious or avoidant attachment habits if they regularly encounter or witness humour that diminishes their sense of self-worth or their emotions. Due to the detrimental effects of humour on their attachment connections, they could find it difficult to trust others, dread criticism or judgement, or avoid showing emotional vulnerability.

The use of humour based on the Superiority Theory might be detrimental to a positive resolution of a conflict when it comes to conflict management. Humour that involves making fun of or insulting someone else while a dispute is ongoing can exacerbate tensions and obstruct good discussion. It could make people feel more defensive, resentful, or hostile rather than encouraging understanding and cooperation. Humour that implies superiority can damage trust and reduce the willingness of both parties to work together to solve problems. For instance, humour based on the Superiority Theory can affect someone's capacity to appropriately understand the context around a conflict. When humour is used to establish control, it can distort reality and ignore other people's feelings and worries. Setting aside the demand for superiority or domination and concentrating on establishing open communication, trust, and respect are essential components of applying a constructive conflict resolution technique.

CHAPTER 3

MOTIVATION, OBJECTIVES, AND HYPOTHESES OF STUDY

3.1. Motivation of the study

The study was aimed at examining the relationship of different humour styles with attachment styles and conflict management. There was an abundance of literature on humour styles that examines their relationship with attachment styles, but not much could be found with conflict management with the same variables as used in this research. Also, insufficient literature is found exploring the relationship between these three particular variables and sub-variables. There is a need for more studies that intend to analyze the relationship between humour styles and conflict management. The research study aimed at filling the gap in the existing literature.

The study was motivated by the need to expand our understanding of the dynamics of close relationships, particularly the role of humour in attachment and conflict management; the findings may help clarify how humour can be used in various interpersonal relationships to enhance social bonds, improve communication, and ease tensions as well as how people can use humour to handle conflicts more skilfully. We were interested in exploring the relationship because humour is an important aspect of human interaction and has been shown and proven to play a crucial role in the development of close relationships.

The study's overall goal was to advance our knowledge of the relationships between humour, attachment, and conflict management, which may have implications for fostering better interpersonal bonds and promoting social well-being.

3.2. Objectives

To study the impact of humour style on young adults' attachment and conflict management.

3.3. Hypotheses

H1: There will be a positive relationship between Affiliative Humour Style and Closed Attachment Style.

- H2: There will be a negative relationship between Affiliative Humour Style and Depend Attachment style.
- H3: There will be a negative relationship between Affiliative Humour Style and Anxiety Attachment Style.
- H4: There will be a positive relationship between Self-Enhancing Humour Style and Closed Attachment style.
- H5: There will be a negative relationship between Self-Enhancing Humour Style and Depend Attachment style.
- H6: There will be a negative relationship between Self-Enhancing Humour Style and Anxiety Attachment style.
- H7: There will be a negative relationship between Aggressive Humour Style and Closed Attachment Style.
- H8: There will be a positive relationship between Aggressive Humour Style and Depend Attachment style.
- H9: There will be a positive relationship between Aggressive Humour Style and Anxiety Attachment Style.
- H10: There will be a positive relationship between Self-Defeating Humour Style and Closed Attachment Style.
- H11: There will be a negative relationship between Self-Defeating Humour Style and Depend Attachment Style.
- H12: There will be a positive relationship between Self-Defeating Humour Style and Anxiety Attachment Style.
- H13: There will be a positive relationship between Affiliative Humour Style and Understanding Natural Response.
- H14: There will be a positive relationship between Affiliative Humour Style and Understanding Context.
- H15: There will be a positive relationship between Affiliative Humour Style and Apply Approach.
- H16: There will be a positive relationship between Self-Enhancing Humour Style and Understanding Natural Response.
- H17: There will be a positive relationship between Self-Enhancing Humour Style and Understanding Context.
- H18: There will be a positive relationship between Self-Enhancing Humour Style and Apply Approach.

- H19: There will be a negative relationship between Aggressive Humour Style and Understanding Natural Response.
- H20: There will be a negative relationship between Aggressive Humour Style and Understanding Context.
- H21: There will be a negative relationship between Aggressive Humour Style and Apply Approach.
- H22: There will be a negative relationship between Self-Defeating Humour Style and Understanding Natural Response.
- H23: There will be a negative relationship between Self-Defeating Humour Style and Understanding Context.
- H24: There will be a negative relationship between Self-Defeating Humour Style and Apply Approach.
- H25: There will be a gender difference in the use of humour style of young adults.

Chapter 4

METHODOLOGY

4.1. Sample

The sample comprised 120 participants in the age group 18 to 25 years. The mean age of the female participants was 21.83 years (SD = 1.8), while the mean age of the male participants was 22.55 years (SD = 1.9).

4.2. Design

A correlational design was used. Humour styles, Adult Attachment and Conflict Management were the predictor criterion.

4.3. Tools

A self-reported questionnaire was used in the data collection of the current study. Three measures were used:

1. ***Humour styles questionnaire (HSQ), (Martin et al. 2003)***: It was employed to assess Humour styles. It is a 32-item self-report measure with response options on a seven-point Likert scale. It measures the four Humour styles, affiliative Humour, self-enhancing Humour, aggressive Humour, and self-defeating Humour. There are 8 items for each style. The reliability of the scales for the original sample is 0.80 (affiliative), 0.81 (self-enhancing), 0.77 (aggressive), and 0.80 (self-defeating). The Cronbach's alpha is 0.73 (affiliative), 0.72 (self-enhancing), 0.80 (aggressive), and 0.72 (self-defeating) in the Indian context (N=120).
2. ***Revised Adult Attachment Scale- Close Relationships Version (Collins, 1996)***: It is an 18-item scale containing three subscales, each composed of six items. The three subscales are CLOSE, DEPEND, and ANXIETY. The CLOSE scale measures the extent to which a person is comfortable with closeness and intimacy. The DEPEND scale measures the extent to which a person feels he/she can depend on others to be available when needed. The ANXIETY subscale measures how much a person worries about being abandoned or unloved. Cronbach's alpha for anxiety= 0.72, dependence = 0.75, and closeness= 0.69. Satisfactory evidence of discriminatory and construct-related validity. The Cronbach's alpha in the Indian context (N=120) for anxiety is 0.80, dependence = 0.78, and closeness= 0.71.
3. ***Conflict Management Formative Questionnaire***: It was developed by Research Collaboration in 2015. It is a 21-item scale that identifies the three components that are essential for applying conflict management. This scale ranges from 1 (Not very like me) to 5 (Very like me). It was found to be moderately reliable (21 items; $\alpha = .871$). The 'understand natural response' subscale consisted of 9 items ($\alpha = .787$), the 'understand context' subscale consisted of 6 items ($\alpha = .703$), and the 'apply approach' subscale consisted of 6 items ($\alpha = .604$). The reliability in the Indian context (N=120) for the 'understand natural response' subscale which consisted of 9 items ($\alpha = .85$), the 'understand context' subscale consisted of 6 items ($\alpha = .78$), and the 'apply approach' subscale consisted of 6 items ($\alpha = .73$).

4.4. Procedure

An online questionnaire was circulated to gather data. Informed consent was needed. The questionnaire was distributed to participants over the Internet. They were assured that absolute confidentiality would be maintained, and they were required to complete the questionnaire with utmost honesty. There were three questionnaires, and the subjects were only to move on to the next after completing the first. The surveys were used to assess the impact of humour style on young adults' attachment and conflict management. The scoring was completed later, and the findings were interpreted.

CHAPTER 5 RESULTS

For the data analysis, the mean and standard deviation was computed for all the variables. Independent variable was humour styles. Dependent variables were attachment styles and conflict management. Regression was also computed using SPSS 22.0 software.

Table 1: Descriptive Statistics of Humour Styles, Adult Attachment Styles, and Conflict Management.

	N	Range	Min	Max	Mean	SD
CAS	120	21	8	29	18.72	4.11
DAS	120	22	6	28	15.84	4.52
AAS	120	24	6	30	18.98	5.59
AHS	120	42	14	56	40.22	8.32
SEHS	120	42	14	56	34.43	7.22
AgHS	120	36	10	46	27.63	7.68
SDHS	120	42	11	53	32.03	8.53

UNR	120	36	9	45	33.35	6.84
UC	120	20	9	29	20.22	4.35
AA	120	20	10	30	20.39	4.12
Valid N (listwise)	120					

Note: CAS- closed attachment style, DAS- depend attachment style, AAS- anxiety attachment style, AHS- affiliative humour style, SEHS- self-enhancing humour style, AgHS- aggressive humour style, SDHS- self-defeating humour style, UNR- understanding natural response, UC- understanding context, AA- apply approach.

The characteristics of the total sample (N=120) are presented in Table 1. The participants' mean age was 22.55 years (SD = 1.9). The mean score and standard deviation of the closed attachment style were 18.72 and 4.11 respectively. The mean score and standard deviation of Depend Attachment Style were 15.84 and 4.52 respectively. The mean score and standard deviation of anxious attachment style were 18.98 and 5.59 respectively. The mean score and standard deviation of affiliative humour style were 40.22 and 8.32 respectively. The mean score and standard deviation of the self-enhancing humour style were 34.43 and 7.22 respectively. The mean score and standard deviation of the aggressive humour style were 27.63 and 7.68 respectively. The mean score and standard deviation of the self-defeating humour style were 32.03 and 8.53 respectively. The mean score and standard deviation of understanding natural response were 33.35 and 6.84 respectively. The mean score and standard deviation of understanding context were 20.22 and 4.35 respectively. The mean score and standard deviation of apply approach were 20.39 and 4.12 respectively.

Table 2: Correlation Analysis for Humour Styles, Adult Attachment Styles, and Conflict Management.

	CAS	DAS	AAS	AHS	SEHS	AgHS	SDHS	UNR	UC	AA
CAS	1									
DAS	.457**	1								
AAS	-.145	-.501**	1							
AHS	.305**	-.069	.068	1						
SEHS	.262**	-.100	.010	.181*	1					
AgHS	-.085	.055	.204*	-.071	-.130	1				
SDHS	.040	-.252**	.436**	.160	.277**	.217*	1			
UNR	.330**	-.133	.129	.369**	.322**	-.332**	.035	1		
UC	.294**	-.035	.101	.315**	.378**	-.391**	.096	.704**	1	
AA	.298**	-.042	-.071	.347**	.339**	-.484**	.004	.613**	.740**	1

** . Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Note: CAS- closed attachment style, DAS- depend attachment style, AAS- anxiety attachment

style, AHS- affiliative humour style, SEHS- self-enhancing humour style, AgHS- aggressive humour style, SDHS- self-defeating humour style, UNR- understanding natural response, UC- understanding context, AA- apply approach.

From Table 2 we can infer that the Affiliative humour Style (AHS) and Closed Attachment Style (CAS) is positively correlated ($r=.305$, $p<0.01$) and statistically significant at 0.01 level. The Self-Enhancing humour Style (SEHS) and Closed Attachment Style are positively correlated ($r=.262$, $p<0.01$) and statistically significant at 0.01 level. The Self-Defeating humour Style (SDHS) and Depend Attachment Style are negatively correlated ($r=-.252$, $p<0.01$) and statistically significant at 0.01 level. The Aggressive humour Style (AgHS) and Anxiety Attachment Style are positively correlated ($r=.204$, $p<0.05$) and statistically significant at 0.05 level. The Self-Defeating humour Style (SDHS) and Anxiety Attachment Style are positively correlated ($r=-.436$, $p<0.01$).

Similarly, it can be determined from Table 1 that the Affiliative humour Style (AHS) and Understanding Natural Response (UNR) positively correlated ($r=-.369$, $p<0.01$) and were statistically significant at 0.01 level. The Aggressive humour Style (AgHS) and Understanding Natural Response (UNR) are negatively correlated ($r=-.332$, $p<0.01$) and statistically significant at 0.01 level. The Affiliative humour Style (AHS) and Understanding Context (UC) positively correlated ($r=-.315$, $p<0.01$) and were statistically significant at 0.01 level. The Self-Enhancing humour Style (SEHS) and Understanding Context (UC) are positively correlated ($r=-.378$, $p<0.01$) and statistically significant at 0.01 level. The Aggressive humour Style (AgHS) and Understanding Context (UC) are negatively correlated ($r=-.391$, $p<0.01$) and statistically significant at 0.01 level. The Affiliative humour Style (AHS) and Apply Approach (AA) positively correlated ($r=-.347$, $p<0.01$) and were statistically significant at 0.01 level. The Self-Enhancing humour Style (SEHS) and Apply Approach (AA) is positively correlated ($r=-.339$, $p<0.01$) and statistically significant at 0.01 level. The Aggressive humour Style (AgHS) and Apply Approach (AA) are negatively correlated ($r=-.484$, $p<0.01$) and statistically significant at 0.01 level.

Table 3: Predicting Closed Attachment Style from Affiliative Humour Style and Self-Enhancing Humour Style.

Model	Unstandardized Coefficients	Standardized Coefficients	t	Sig.
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		B	Std. Error	Beta		F	Adjusted R Square
1	(Constant)	12.648	1.781		7.101	.000	
	AHS	.151	.043	.305	3.483	.001	12.133
2	(Constant)	9.217	2.236		4.123	.000	
	AHS	.132	.043	.267	3.055	.003	
	SEHS	.122	.050	.214	2.453	.016	9.334

a. Dependent Variable: CAS

From the above table, it was found that a 1 unit increase in affiliative humour style (AHS) led to a .13 increase in closed attachment style (CAS). Likewise, a 1 unit increase in self-enhancing humour style (SEHS) led to a .12 increase in Closed Attachment Style as indicated by the B value. Further 12.3% variance in closed attachment style was explained by affiliative humour style and self-enhancing humour style as indicated by Adjusted R Square.

Table 4: Predicting Depend Attachment Style from Self-Defeating Humour Style.

Model	Unstandardized Coefficients		Standardized Coefficients		t	Sig.	F	Adjusted R Square
	B	Std. Error	Beta					
1	(Constant)	20.12	1.56		12.85	.000		
	SDHS	-.13	.04	-.25	-2.83	.005	8.01	.056

a. Dependent Variable: DAS

From the above table, it was found that a 1 unit increase in self-defeating humour style (SDHS) led to a .13 decrease in depend attachment style (DAS) as indicated by the B value. Further 5.6% variance in depend attachment style was explained by self-defeating humour style as indicated by Adjusted R Square.

Table 5: Predicting Anxiety Attachment Style from Aggressive Humour Style and Self-Defeating Humour Style.

Model	Unstandardized Coefficients		Standardized Coefficients		t	Sig.	F	Adjusted R Square
	B	Std. Error	Beta					
1	(Constant)	14.86	1.88		7.90	.000		
	AgHS	.14	.06	.20	2.26	.025	5.14	.03
2	(Constant)	8.01	2.22		3.60	.000		
	AgHS	.08	.06	.11	1.36	.175		

SDHS	.27	.05	.41	4.86	.000	14.91	.19
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a. Dependent Variable: AAS

From the above table, it was conferred that 1 unit increase in aggressive humour style (AgHS) led to a .08 increase in anxiety attachment style (AAS). Likewise, a 1 unit increase in self-defeating humour style (SDHS) led to a .27 increase in anxiety attachment style as indicated by the B value. Further 19% variance in anxiety attachment style was explained by aggressive humour style and self-defeating humour style as indicated by Adjusted R Square.

Table 6: Predicting Understanding Natural Response from Affiliative Humour Style, Self-Enhancing Humour Style, and Aggressive Humour Style.

Model		Unstandardized Coefficients		Standardized Coefficients		F	Adjusted R Square
		B	Std. Error	Beta	t		
1	(Constant)	21.130	2.890		7.312	.000	
	AHS	.304	.070	.369	4.317	.000	18.640
2	(Constant)	14.104	3.572		3.949	.000	
	AHS	.265	.069	.322	3.835	.000	
	SEHS	.250	.079	.264	3.145	.002	14.968
3	(Constant)	22.579	4.169		5.416	.000	
	AHS	.253	.066	.308	3.844	.000	
	SEHS	.218	.076	.230	2.848	.005	
	AgHS	-.250	.071	-.281	-3.530	.001	15.109

a. Dependent Variable: UNR

From the above table, it was conferred that a 1 unit increase in affiliative humour style (AHS) led to a .25-unit increase in understanding natural response (UNR). Likewise, a 1 unit increase in self-enhancing humour style (SEHS) led to a .21 unit increase in understanding natural response as indicated by the B value. A 1 unit increase in aggressive humour style (AgHS) led to a .25 unit decrease in understanding natural response. Further 26.2% variance in understanding natural response was explained by affiliative humour style, self-enhancing humour style, and aggressive humour style as indicated by Adjusted R Square.

Table 7: Predicting Understanding Context from Affiliative Humour Style, Self-Enhancing Humour Style, and Aggressive Humour Style.

Model		Unstandardized Coefficients		Standardized Coefficients		F	Adjusted R Square
		B	Std. Error	Beta	t		
1	(Constant)	13.582	1.878		7.232	.000	
	AHS	.165	.046	.315	3.607	.000	13.009
2	(Constant)	7.956	2.270		3.506	.001	
	AHS	.134	.044	.255	3.046	.003	
	SEHS	.200	.050	.332	3.963	.000	15.168
3	(Constant)	14.424	2.586		5.578	.000	
	AHS	.125	.041	.239	3.057	.003	
	SEHS	.175	.047	.291	3.703	.000	
	AgHS	-.191	.044	-.337	-4.343	.000	17.945

a. Dependent Variable: UC

From the above table, it was conferred that a 1 unit increase in affiliative humour style (AHS) led to a .12-unit increase in understanding context (UC). Likewise, a 1 unit increase in self-enhancing humour style (SEHS) led to a .17 unit increase in understanding context as indicated by the B value. A 1 unit increase in aggressive humour style (AgHS) led to a .19 unit decrease in understanding context. Further 29.9% variance in understanding context was explained by affiliative humour style, self-enhancing humour style, and aggressive humour style as indicated by Adjusted R Square.

Table 8: Predicting Apply Approach from Affiliative Humour Style, Self-Enhancing Humour Style, and Aggressive Humour Style.

Model		Unstandardized Coefficients		Standardized Coefficients		F	Adjusted R Square
		B	Std. Error	Beta	t		
1	(Constant)	13.462	1.759		7.654	.000	
	AHS	.172	.043	.347	4.023	.000	16.181
2	(Constant)	8.877	2.160		4.110	.000	
	AHS	.147	.042	.296	3.515	.001	
	SEHS	.163	.048	.285	3.394	.001	14.573
3	(Constant)	16.783	2.327		7.212	.000	
	AHS	.136	.037	.275	3.702	.000	

SEHS	.133	.043	.233	3.118	.002		
AgHS	-.233	.040	-.434	-5.899	.000	24.122	.368

a. Dependent Variable: AA

From the above table, it was conferred that a 1 unit increase in affiliative humour style (AHS) led to a .13 unit increase in apply approach (AA). Likewise, a 1 unit increase in self-enhancing humour style (SEHS) led to a .13 unit increase in apply approach as indicated by the B value. A 1 unit increase in aggressive humour style (AGHS) led to a .23 unit decrease in apply approach. Further 36.8% variance in apply approach was explained by affiliative humour style, self-enhancing humour style, and aggressive humour style as indicated by Adjusted R Square.

Table 9: Gender Difference in Humour Styles.

	Gender	N	Mean	SD	t-value	Sig.
AHS	Female	60	42.33	6.96	2.870	.076
	Male	60	38.10	9.05	2.870	
SEHS	Female	60	34.50	6.58	.101	.294
	Male	60	34.37	7.87	.101	
AgHS	Female	60	26.47	7.06	-1.676	.291
	Male	60	28.80	8.14	-1.676	
SDHS	Female	60	30.97	7.96	-1.375	.682
	Male	60	33.10	9.00	-1.375	

Note: AHS- affiliative humour style, SEHS- self-enhancing humour style, AgHS- aggressive humour style, SDHS- self-defeating humour style

The above table illustrates the use of four different humour styles in both genders. The data was tested by using an independent sample t-test to determine the significant differences among genders.

CHAPTER 6 DISCUSSION

The current research aimed to investigate the impact of humour styles on attachment and conflict management in young adults. Individuals use humour in social situations; each person has a sense of Humour, resulting in different attachments to maintain close relationships, and maintaining those relationships necessitates conflict management skills.

Based on the past literature various hypotheses were formed. It was hypothesized (H1) that there is a positive relationship between affiliative humour style and closed attachment style. This hypothesis was accepted as we found a positive relationship between these two variables. Close attachment is a secure attachment type in which people are comfortable with closeness and dependability in their relationships. It measures the extent to which a person is comfortable with closeness and intimacy. The results of our study are consistent with previous literature. Martin, et al.'s (2003) research found that the affiliative humour style and secure attachment style are positively correlated. People who use humour in an affiliative way to improve social interactions are more likely to have a secure attachment style, which expresses a good self-perception and the capacity to build fulfilling relationships.

It was hypothesized (H2) that there would be a negative relationship between Affiliative Humour Style and Depend Attachment style. This hypothesis was rejected. Castro-Schilo et al. (2017) carried out a study. Contrary to the study's proposed hypothesis (H2), the study's findings revealed a significant positive correlation between affiliative humour style and dependence attachment style. According to this research, people who use humour to form social connections are also more likely to ask for help and consolation from others.

It was hypothesized (H3) that there would be a negative relationship between Affiliative Humour Style and Anxiety Attachment style. This hypothesis was rejected. Cheng and Cheung (2005) discovered a negative correlation between an anxious attachment type and affiliative humour style. According to their research, those who reported lower levels of anxiety attachment style tended to have high levels of affiliative humour, whereas those who reported higher levels of anxiety attachment style had low levels of affiliative humour.

It was hypothesized (H4) that there is a positive relationship between self-enhancing humour style and closed attachment style. This hypothesis was accepted. Close attachment is a sort of secure attachment in which people are at ease with closeness and dependability in their relationships. It assesses how comfortable a person feels with closeness and intimacy. According to a study by Cann et al. (2010), people who used self-enhancing humour had higher levels of secure attachment and lower levels of anxious and avoidant attachment.

It was hypothesized(H5) that there would be a negative relationship between self-enhancing humour style and depend attachment style. This hypothesis was rejected because of insignificant results. According to the findings of the study by Pournaghash-Tehrani et al.

(2018), self-enhancing humour style and dependent attachment style have a significant positive correlation, which is the opposite of the study's proposed hypothesis (H5). According to this research, young people who use humour as a coping strategy to foster positive emotions are also more likely to look to others for solace and support.

It was hypothesized(H6) that there would be a negative relationship between self-enhancing humour style and anxiety attachment style. This hypothesis was rejected. In accordance to a study by Ruiz-Palomino et al. (2014), students with high anxiety attachment levels tended to use self-enhancing humour more frequently as a coping strategy, possibly in an effort to lessen anxiety and control their emotions.

It was hypothesized(H7) that there would be a negative relationship between aggressive humour style and closed attachment style. This hypothesis was rejected due to insignificant results. Abu Alhaija'a et al. (2019), research suggested that people who use aggressive humour have lower levels of secure attachment and perceived social support.

It was hypothesized (H8) that there would be a positive relationship between aggressive humour style and depend attachment style. This hypothesis was rejected due to insignificant results. In the study conducted by Cann et al. (2011), people with dependent attachment styles used aggressive humour more frequently than people with secure attachment styles. These findings indicate a positive correlation between dependent attachment style and the use of aggressive humour as a coping mechanism.

It was hypothesized (H9) that there is a positive relationship between aggressive humour style and anxiety attachment style. This hypothesis was accepted. These findings are consistent with the theoretical underpinnings of our research, which hold that a superiority complex-driven sense of humour might exacerbate an insecure attachment style. People may exhibit anxious or avoidant attachment behaviours if they frequently encounter or witness humour that diminishes their sense of self-worth or their feelings. A study by Martin et al. (1984) reported individuals using aggressive humour styles reacted to anxiety more nervously than those who reported using non-aggressive humour styles. According to the authors, this could be because aggressive humour typically involves making fun of others, which can lead to social rejection and extra stress.

It was hypothesized(H10) that there would be a positive relationship between self-defeating humour style and closed attachment style. This hypothesis was rejected. In a study by Martin

et al. (2003), it was discovered that individuals who claimed to have had a closed attachment style as children were more likely to later adopt a self-defeating humour style.

It was hypothesized (H11) that there is a negative relationship between self-defeating humour style and dependent attachment style. This hypothesis was accepted. Those with an avoidant style avoid intimacy and connection with others, while those with a dependent style feel comfortable depending on others and have partners dependent on them. They may have trouble expressing themselves and suppress their emotions, which can limit the support they receive. According to Cann et al. (2015), those who avoid attachment use self-defeating humour as a coping strategy in close relationships more frequently. Attachment-avoidant people have confessed to using self-defeating humour to keep a safe distance from others and avoid emotional commitment in close relationships.

It was hypothesized (H12) that there is a positive relationship between self-defeating humour style and anxiety attachment style. This hypothesis was accepted. Kazarian et al. (2004) discovered that self-deprecating humour was a predictor of the anxious attachment type in friendship relationships, which entails relational anxiety and fear of rejection and abandonment. People who struggle with these issues may utilize this form of humour to improve relationship security at their own expense.

It was hypothesized (H13) that there is a positive relationship between affiliative humour style and understanding natural response. This hypothesis was accepted as. Understanding one's natural reaction to conflict can help one create tactics for handling conflicts more successfully. The collaborating conflict style involves cooperating with the other party to resolve a dispute in a way that benefits both parties. This includes engaging in open dialogue, paying attention to other people's points of view, and collaborating with others. According to Brandt's (2013) study, University Line Officers who use "positive" humour, such as "Affiliative" Humour Styles, also utilize "Collaborating" Conflict Management Styles. This implies that using Collaborative approaches may help people better understand their feelings and emotions by actively listening to others and empathizing with their points of view.

It was hypothesized (H14) that there is a positive relationship between affiliative humour style and understanding context. This hypothesis was accepted. Understanding the context of a conflict is essential for managing it effectively. The compromising conflict style involves finding a middle ground where each party can make concessions to reach an agreement. By

understanding the context and perspectives at play, it is possible to find a compromise that meets the needs of everyone involved. Wanzer, et al. (2006) found in one of their studies that teachers who utilized Humour in an associative manner were more likely to resolve problems with pupils using a compromising style. They may be more able to understand the context of a conflict and, as a result, use a compromise conflict style when resolving disputes with students.

It was hypothesized (H15) that there is a positive relationship between affiliative humour style and apply approach. This hypothesis was accepted. The accommodating conflict style prioritises the relationship between the parties over achieving personal goals or interests. According to Bakker, et al. 's (1996) study, those who use humour in an affiliative manner are more likely to resolve conflicts in the workplace by employing an accommodating conflict style. To reduce the tension and put more emphasis on the relationship than the conflict, they could apply a suitable approach to conflict management style.

It was hypothesized (H16) that there is a positive relationship between Self-Enhancing Humour Style and Understanding Natural Response. This hypothesis was accepted. Understanding your natural response to conflict can help you to identify your own strengths and weaknesses, as well as your natural tendencies when it comes to resolving conflicts. By recognizing whether you tend to naturally gravitate towards a collaborative approach or not, you can begin to develop strategies for managing conflicts more effectively. According to Doyle-Portillo's (2019) research, persons who use self-enhancing humour are more likely to collaborate during conflict resolution and approach problems with a constructive and positive attitude. It can assist people in understanding their natural reaction to a disagreement in a favourable manner.

The hypothesis (H17) that there is a positive relationship between self-enhancing humour style and understanding context was accepted. For a conflict to be managed successfully, the context must be understood. The compromising conflict style is locating a compromise point where each party can make a concession in order to come to an understanding. Finding a solution that satisfies the needs of all parties concerned requires understanding the context and viewpoints at work. Additionally, Brandt's (2013) research on the Conflict Management Styles of Line Officers showed that University Line Officers who use positive Humour, including Self-Enhancing Humour Styles, are also likely to use Compromising Conflict Management Styles. This suggests that those who are skilled at compromising are probably

good at comprehending the context of a conflict and the requirements of the various parties involved.

It was hypothesized (H18) that there is a positive relationship between self-enhancing humour style and apply approach. This hypothesis was accepted. The integrative conflict style is a method of conflict resolution that aims to benefit all parties. Applying the right conflict management strategy requires analyzing the situation to determine which strategy will best serve the needs and interests of all parties involved. Both require a willingness to hear the opinions and needs of others and a dedication to working toward a just and equitable solution. According to Cann, et al. (2008), the self-enhancing Humour style was associated with integrative conflict styles and had a positive correlation. Applying a situation-appropriate conflict management strategy requires using suitable techniques and understanding one's natural response and the context of the conflict.

It was hypothesized (H19) that there is a negative relationship between aggressive humour style and understanding natural response. This hypothesis was accepted. The collaborative conflict style helps people understand their natural reactions by actively listening, communicating, and cooperating to create a win-win resolution. A study conducted by Bippus, (2019), suggested that people who rely on aggressive Humour are less inclined to engage in collaborative conflict resolution.

It was hypothesized (H20) that there is a negative relationship between aggressive humour style and understanding context. This hypothesis was accepted. Understanding the context entails understanding the conflict's background, including everyone's points of view. The use of compromise conflict management techniques necessitates a readiness to hear and comprehend everyone's viewpoints. According to research by Gross & Levenson from 1997, those who had high scores for aggressive humour style were less likely to employ compromising conflict management techniques than people with low scores.

It was hypothesized (H21) that there is a negative relationship between aggressive humour style and apply approach. This hypothesis was accepted. The apply approach involves choosing a course of action that is appropriate for the given circumstances. Martin's (2007) research findings suggested that people who used aggressive humour in workplace interaction were more likely to experience conflict with colleagues and have lower levels of job

satisfaction. It may as well be because they are less likely to use an Apply Approach to conflict management.

It was hypothesized(H22) that there would be a negative relationship between self-defeating humour style and understanding natural response. This hypothesis was rejected. Understanding one's natural response to the conflict requires introspection and self-awareness, which can be hampered by a self-defeating sense of humour. If someone constantly criticizes themselves or makes jokes about their shortcomings, they may find it more difficult to identify and deal with their own emotional reactions to conflict. According to a study by Heisel and Dayton (2014), people who employ self-defeating humour are more likely to use avoidance or compromise as conflict management methods and are less likely to engage in constructive problem-solving during a conflict.

It was hypothesized (H23) that there would be a negative relationship between self-defeating humour style and understanding context. This hypothesis was rejected. Similar to understanding context in conflict, the integrative style emphasises the significance of context and understanding the underlying causes and elements that lead to a conflict. It entails acknowledging any possible emotions and feelings present as well as actively exploring the concerns and goals of all persons concerned. Koerner and Schroeder's (2014) research found that self-defeating humour had a negative association with integrative conflict management, suggesting it could be a sign of underlying fears or unfavourable self-perceptions that hinder productive dispute resolution.

It was hypothesized(H24) that there would be a negative relationship between the self-defeating humour style and apply approach. This hypothesis was rejected. In the same vein as Apply approach, the collaborative conflict management focuses on flexibility and situational adaptation, allowing individuals to alternate between different conflict management strategies depending on the specific requirements of the scenario. Mesquita and Frijda (1992) conducted research on the connection between humour and conflict resolution in interpersonal interactions. The findings showed that when used constructively and favourably, humour could increase the efficiency of cooperative conflict management techniques. However, when used self-defeatingly, humour was associated with less successful conflict resolution outcomes and less use of collaborative tactics.

It was hypothesized (H25) that there would be a gender difference in humour styles of young adults. This hypothesis was not accepted. Findings in a study by Crawford and Gressley (1991), which examined a sample of college students, found that females used more affiliative humour styles than males. The authors also contend that socialization and societal expectations may play a role in gender differences in humour use.

Chapter 7

CONCLUSION, LIMITATIONS, and FUTURE IMPLICATIONS

7.1. Conclusion

This research study aimed to study the impact of humour styles of young adults on their adult attachment styles and conflict management. It was found the humour styles predicted both adult attachments and conflict management. Both the positive or adaptive humour styles, affiliative humour style and self-enhancing humour style, had a significant positive relationship with closed attachment style. A positive relationship was found between the aggressive humour style and the anxiety attachment style. A negative relationship was found between self-defeating humour style and dependent attachment style. It was established that the affiliative humour style had a positive relationship with understanding natural response, understanding context, and apply approach. Likewise, the self-enhancing humour style also had a significantly positive relationship with understanding natural response, understanding context, and apply approach, whereas, the aggressive humour style had a significantly negative relationship with understanding natural response, understanding context, and apply approach. The findings of the research no gender difference in the use of humour styles. There are a few possible limitations to the research study, like all the measures were self-reports, with potential biases. A future implication of this research could be that it could examine the impact on gender over a larger sample size as well as across different age groups. Additionally, since there aren't many studies that have looked at these aspects of conflict management with humour types, additional research may be done in this area.

7.2. Limitations

The present study has several limitations that must be acknowledged. First, the study relied on a questionnaire, which raises the possibility of response bias among the participants. It is unclear whether the participants answered honestly or whether they had a good overall understanding of the items in the questionnaires. Second, the study used self-report measures, which may be prone to social desirability bias. Respondents may be more likely to report their conflict style as cooperative rather than avoiding or competitive, leading to a concern that social desirability is operating. Third, the study was limited to young adults, so its results might not generalize to other age groups. Finally, the study used an online survey method, which may introduce additional limitations, such as limited control over the survey environment and potential technical difficulties that may impact data collection. In light of these limitations, caution should be exercised when interpreting the results of the present study, and future research should strive to address these limitations to improve the validity and generalizability of findings.

7.3. Future Implications

The present research examines the relationship of humour styles with attachment styles and conflict management in young adults. Each variable plays an extremely significant role in people's lives in how they form and maintain relationships. They are used by individuals on a day-to-day basis. The study also adds to the existing pool of literature as it can be seen that a paucity of literature examines the relationship between these three variables. A future implication of this research could be that it could examine the impact on gender over a larger sample size as well as across different age groups. Another important implication of this research is that it amplifies the Indian literature pool.

The findings of this study have significant implications for both theoretical research and real-world applications. First, more research can be done to see if the findings hold true across a range of cultures and age groups. This might make it easier to comprehend how various contexts' use of humour affects adult attachment and conflict resolution. Second, the findings can be applied to interventions that aim to enhance conflict management and attachment behaviours. The findings, for instance, can be used by therapists to customize their approach to each client's unique sense of humour, which could increase the effectiveness of interventions. Therapists and counsellors can use their understanding of the connection

between humour styles, attachment styles, and conflict management to enhance the well-being of their clients. For instance, therapists can use humour as an intervention technique during therapy sessions to support people with closed attachment styles in establishing more gratifying and warm connections with others. Additionally, people can seek out the right resources to enhance their conflict management and attachment style and become more conscious of their humour style and how it may affect their relationships. Overall, this study offers insightful information about the function of humour in adult attachment and conflict resolution, which may have real-world applications for strengthening positive interpersonal connections and overall well-being.

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APPENDIX A: CONSENT FORM

Greetings!

I, Jahnvi Gupta, a student of Thapar Institute of Engineering and Technology pursuing an M.A. in Psychology, am conducting research as a part of my dissertation on the humor styles of young adults. You're eligible to fill this form if you fall in the age group 18-to-25 years old.

Please read the instructions carefully and respond to every statement truthfully. There is no right or wrong answer.

Anonymity:

-You don't have to give out your name, email, or any other identifiers.

-All your responses will be kept strictly confidential and used for research purposes only.

If you have any queries regarding the research, please feel free to mail:

Jahnvi Gupta (jgupta_ma21@thapar.edu)

CONSENT

Kindly provide your informed consent

- I understand that I have given my consent to participate in the study. I know my identity and responses will remain confidential.

APPENDIX B: HUMOR STYLES QUESTIONNAIRE

People experience and express humor in many different ways. Below is a list of statements describing different ways in which humor might be experienced. Please read each statement carefully, and indicate the degree to which you agree or disagree with it. Please respond as honestly and objectively as you can. Use the following scale:

Totally Disagree Moderately Disagree Slightly Disagree Neither Agree nor Disagree Slightly Agree Moderately Agree Totally Agree

1 2 3 4 5 6 7

Sr. No.	1	2	3	4	5	6	7
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1.	I usually don't laugh or joke around much with other people.	o	o	o	o	o	o	o
2.	If I am feeling depressed, I can usually cheer myself up with humor.	o	o	o	o	o	o	o
3.	If someone makes a mistake, I will often tease them about it.	o	o	o	o	o	o	o
4.	I let people laugh at me or make fun at my expense more than I should.	o	o	o	o	o	o	o
5.	I rarely make other people laugh by telling funny stories about myself	o	o	o	o	o	o	o
6.	I don't often say funny things to put myself down.	o	o	o	o	o	o	o
7.	I usually don't like to tell jokes or amuse people.	o	o	o	o	o	o	o
8.	I enjoy making people laugh.	o	o	o	o	o	o	o
9.	If I am feeling sad or upset, I usually lose my sense of humor.	o	o	o	o	o	o	o
10.	I don't often joke around with my friends.	o	o	o	o	o	o	o
11.	Even when I'm by myself, I'm often amused by the absurdities of life.	o	o	o	o	o	o	o
12.	I usually can't think of witty things to say when I'm with other people.	o	o	o	o	o	o	o
13.	People are never offended or hurt by my sense of humor	o	o	o	o	o	o	o
14.	I laugh and joke a lot with my friends.	o	o	o	o	o	o	o
15.	If I don't like someone, I often use humor or teasing to put them down.	o	o	o	o	o	o	o
16.	I don't have to work very hard at making other people laugh -- I seem to be a naturally humorous person.	o	o	o	o	o	o	o
17.	I will often get carried away in putting myself down if it makes my family or friends laugh.	o	o	o	o	o	o	o
18.	If I am feeling upset or unhappy, I usually try to think of something funny about the situation to make myself feel better.	o	o	o	o	o	o	o

19.	When telling jokes or saying funny things, I am usually not very concerned about how other people are taking it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20.	I often try to make people like or accept me more by saying something funny about my own weaknesses, blunders, or faults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21.	My humorous outlook on life keeps me from getting overly upset or depressed about things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22.	I do not like it when people use humor as a way of criticizing or putting someone down.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23.	If I'm by myself and I'm feeling unhappy, I make an effort to think of something funny to cheer myself up.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24.	Sometimes I think of something that is so funny that I can't stop myself from saying it, even if it is not appropriate for the situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25.	I often go overboard in putting myself down when I am making jokes or trying to be funny.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26.	I never participate in laughing at others even if all my friends are doing it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27.	When I am with friends or family, I often seem to be the one that other people make fun of or joke about.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28.	It is my experience that thinking about some amusing aspect of a situation is often a very effective way of coping with problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29.	If I am having problems or am unhappy, I often cover it up by joking around, so that even my closest friends don't know how I really feel.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30.	I don't need to be with other people to feel amused -- I can usually find things to laugh about even when I'm by myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31.	Even if something is really funny to me, I will not laugh or joke about it if someone will be offended.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

32.	Letting others laugh at me is my way of keeping my friends and family in good spirits.	o	o	o	o	o	o	o
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**APPENDIX C: REVISED ADULT ATTACHMENT SCALE- CLOSED
RELATIONSHIPS VERSION (COLLINS, 1996)**

The following version of the scale has revised instructions and slightly reworded items to refer to “close” relationships rather than “romantic” relationships. The scoring for this scale is the same as the scoring on p.5

The following questions concern how you generally feel in important close relationships in your life. Think about your past and present relationships with people who have been especially important to you, such as family members, romantic partners, and close friends. Respond to each statement in terms of how you generally feel in these relationships.

Please use the scale below by placing a number between 1 and 5 in the space provided to the right of each statement.

1-----2-----3-----4-----5

**Not at all Very
characteristic of me**

**Very characteristic
of me**

- 1) I find it relatively easy to get close to people. _____
- 2) I find it difficult to allow myself to depend on others. _____
- 3) I often worry that other people don't really love me. _____
- 4) I find that others are reluctant to get as close as I would like. _____
- 5) I am comfortable depending on others. _____
- 6) I don't worry about people getting too close to me. _____
- 7) I find that people are never there when you need them. _____
- 8) I am somewhat uncomfortable being close to others. _____
- 9) I often worry that other people won't want to stay with me. _____
- 10) When I show my feelings for others, I'm afraid they will not feel the
same about me. _____
- 11) I often wonder whether other people really care about me. _____
- 12) I am comfortable developing close relationships with others. _____
- 13) I am uncomfortable when anyone gets too emotionally close to me. _____
- 14) I know that people will be there when I need them. _____
- 15) I want to get close to people, but I worry about being hurt. _____
- 16) I find it difficult to trust others completely. _____
- 17) People often want me to be emotionally closer than I feel comfortable being. _____
- 18) I am not sure that I can always depend on people to be there when I need them. _____

APPENDIX D: CONFLICT MANAGEMENT FORMATIVE QUESTIONNAIRE

Please **CHECK ONE** response that best describes you. Be honest, there are no right or wrong answers!

Not very like me \longrightarrow Very like me

1 2 3 4 5

Sr. No.		1	2	3	4	5
1.	I can think of several different ways to deal with a disagreement.					
2.	I can think of several different ways to deal with a disagreement.					
3.	I feel good about how I handle most conflicts or					

	disagreements.					
4.	The ways I try to resolve conflicts usually work for me.					
5.	I respond to different disagreements differently.					
6.	In an argument, I try to understand the other person's point of view.					
7.	When someone is upset with me, I try to find out why.					
8.	If two friends are arguing, I try to understand both sides of the argument.					
9.	I try to figure out if someone is arguing just because they're in a bad mood.					
10.	Instead of jumping to conclusions, I try to figure out why there's a disagreement.					
11.	I try to understand if a disagreement is caused by a misunderstanding.					
12.	When I'm mad at a friend, I avoid talking to him or her. (N)					
13.	I try to find win-win solutions to disagreements.					
14.	When I disagree with someone, I talk about how I feel and listen to them talk about how they feel.					
15.	When I'm involved in a disagreement, I stop and think about what I should say or do.					
16.	During a disagreement I try to find a compromise.					
17.	If I'm angry with someone, I try to stay calm when we're talking.					
18.	I try to win every argument, even if I lose friends over it. (N)					
19.	When I disagree with someone, I try to talk it through with them.					
20.	When I disagree with someone, I defend my position, but I don't put the other person down in the process.					
21.	When I disagree with someone, I defend my position, but I don't put the other person down in the process.					

APPENDIX E: PUBLICATION ACCEPTANCE

Reference:

Gupta, J. & Ganguly, S. (2023). Humour in Attachment and Conflict. *Indian Journal of Psychology and Education*, 13(2).