

Effect of Laughter Therapy on the Psychological and Physiological State of a Person

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Summary. The study of laughter therapy can help people better understand how laughter can reduce stress, boost mood, and improve the immune system and overall physical condition, so this topic is quite relevant and necessary in the modern world. The influence of laughter, as a nonverbal emotional component, helps to socialise faster, so studying changes in the psycho-emotional state of a person after laughter therapy is a necessary aspect. The study aims to determine the interaction of the psycho-emotional state and physiological indicators with laughter. The study used the methods of survey, analysis, statistics and generalisation. The dependence of a person's physical condition and mood before and after positive emotions and laughter was determined. The survey results were also analysed, and the data obtained were summarised. The study summarised the impact of laughter on everyday life and mood. The study also noted that an increase in the level of endorphins in the blood after laughter leads to an improvement in mood and overall well-being. The study analysed and formed a percentage of the main effects of the therapy on people, which included an improvement in mood after laughter 24%, a reduction in stress and an improvement in overall well-being 34%, an increase in energy and life optimism 22%, and an increase in productivity and creativity 20%. The study of laughter and its effects on the body can help in the development of new methods of treating psychological and physiological diseases of the body. Laughter therapy, which is used to improve health through laughter, can have a positive impact on a person's mental state, reduce stress, improve mood and promote the production of endorphins. Such research could provide a basis for the development of new health and well-being programmes based on the use of humour and laughter to improve both mental and physical health.

Keywords: laughter therapy, psychological state, psycho-emotional health, endorphins, productivity improvement.

Juoko terapijos poveikis žmogaus psichologinei ir fiziologinei būklei

Santrauka. Juoko terapijos tyrimai gali padėti žmonėms geriau suprasti, kaip juokas gali sumažinti stresą, pakelti nuotaiką, stiprinti imuninę sistemą ir pagerinti bendrą fizinę būklę, todėl ši tema yra gana aktuali ir būtina šiuolaikiniame pasaulyje. Juoko, kaip neverbalinio emocinio komponento, įtaka padeda greičiau socializuotis, todėl tyrinėti psichoemocinę žmogaus, kuriam taikyta juoko terapija, būklę yra būtina. Tyrimo tikslas – nustatyti psichoemocinės būklės ir fiziologinių rodiklių sąveiką su juoku. Tyrime buvo taikomi apklausos, analizės, statistikos ir apibendrinimo metodai. Buvo nustatyta žmogaus fizinės būklės ir nuotaikos priklausomybė prieš patiriant teigiamas emocijas bei juokiantis ir paskui. Taip pat buvo analizuoti apklausos rezultatai ir apibendrinti gauti duomenys. Tyrime apibendrinta juoko įtaka kasdieniam gyvenimui ir nuotaikai. Jame taip pat pažymėta, kad padidėjęs endorfinų kiekis kraujyje pasijuokus lemia nuotaikos ir bendros savijautos pagerėjimą. Tyrime buvo analizuojami ir nustatomi pagrindiniai terapijos poveikio žmonėms procentai: nuotaikos pagerėjimas pasijuokus – 24 %, streso sumažėjimas ir bendros

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savijautos pagerėjimas – 34 %, energijos ir gyvenimo optimizmo padidėjimas – 22 %, produktyvumo ir kūrybiškumo padidėjimas – 20 %. Juoko ir jo poveikio kūnui tyrimas gali padėti plėtoti naujus psichologinių ir fiziologinių ligų gydymo metodus. Juoko terapija, naudojama sveikatai gerinti pasitelkus juoką, gali teigiamai paveikti žmogaus psichinę būklę, sumažinti stresą, pagerinti nuotaiką ir skatinti endorfinų gamybą. Tokie tyrimai galėtų suteikti pagrindą naujų sveikatos ir gerovės programų, pagrįstų humoro ir juoko naudojimu psichinei ir fizinei sveikatai gerinti, kūrimui.

Pagrindiniai žodžiai: juoko terapija, psichologinė būklė, psichoemocinė sveikata, endorfinai, produktyvumo gerinimas.

Introduction

Modern society is constantly experiencing stress and negative emotions, and a person who does not know how to deal with excessive impact on psycho-emotional health requires psychological assistance. In this case, laughter therapy is appropriate and provides immediate, positive results. Psychologically, laughter helps reduce stress, improves mood, facilitates communication and improves social relationships. The main problem with studying this issue is its lack of research and low popularity. Laughter therapy is a relatively new method; therefore, it is not widespread, but it has a positive result and helps to reduce the impact of stressful situations, thereby improving the quality of life. However, it is important to conduct additional research to understand this phenomenon in more detail.

The term “physiological state of a person” is defined as the measurable bodily responses of the human body, including but not limited to heart rate, blood pressure, cortisol levels, and the presence of endorphins. These indicators are fundamental to the comprehension of the body’s response to positive stimuli, such as laughter, and the potential for such reactions to engender enhancements in both psychological and physical well-being. The objective of the study is to ascertain the impact of laughter therapy on these physiological markers in a diverse cohort comprising healthy individuals, patients with long-term illnesses and those who adhere to a paleo diet.

In particular, laughter therapy offers distinctive advantages for individuals with a paleo-aged profile and for patients with chronic diseases. For these groups, the physiological and psychological challenges they face, such as increased stress levels and decreased immune function, are often more pronounced. Laughter therapy, with its focus on improving mood and physical well-being, is particularly beneficial in this context. It has been demonstrated that laughter therapy can assist in the alleviation of chronic stress, which frequently serves to exacerbate these conditions. This approach has been shown to result in improvements in mood, energy levels, and social connections.

Veraksa et al. (2023) have reviewed the pervasive impact of stress and negative emotions on mental and physical health in modern society, noting that unaddressed stress can have substantial consequences. Gonot-Schoupinsky (2023) explored laughter therapy as an emerging approach to support psycho-emotional well-being, highlighting its potential as a therapeutic intervention. Prior studies have investigated the positive effects of laughter on mental health, framing it as an effective coping mechanism within the context of stress-coping theory (Jang et al., 2022; Rammal et al., 2024). According to Krepesz et al. (2024), laughter acts as an adaptive response to stress, facilitating the release of tension

and helping individuals manage the psychological demands of stressful experiences. Research by Kostiuk & Kostiuk (2023) emphasises humour and laughter's socio-cultural role in balancing emotions during challenging times. Their analysis of humour's function in wartime settings suggests that laughter fosters resilience by balancing positive and negative emotions, aiding individuals in navigating extreme stressors. This aligns with the adaptive role of humour in fostering psychological resilience, supporting emotional adjustment amid adversity.

Caruana et al. (2022) and Shi et al. (2024) have demonstrated laughter's physiological benefits, such as endorphin release and cortisol reduction, which enhance immune function and cardiovascular health. Similarly, Lee & Park (2021) found that laughter induces beneficial physiological responses like increased heart rate and oxygen intake, consistent with stress-coping theory. Kmita et al. (2017) further support the role of laughter in tension reduction and emotional regulation. Building on this foundation, Uğuz (2023) and Ozturk & Tekkas-Kerman (2022) have underscored laughter therapy's value as a cost-effective intervention for individuals experiencing chronic stress or illness. Dekawati et al. (2023) have investigated laughter therapy's potential to improve psychological and physiological states, proposing it as a viable nonverbal intervention in therapeutic settings.

Previous researchers analysed the psycho-emotional health of a person and the impact of laughter on the general state quite successfully and reasonably, but it is worth noting that they devoted less attention to the conduct and methodology of laughter therapy. It is also important to note that when studying the impact of laughter on a person's psycho-emotional state, it is worth paying attention to the person's perception of the environment. This primarily depends on the quality of life, housing conditions, social communication skills and other important aspects.

The present study hypothesises that laughter therapy can significantly enhance psychological and physiological health, specifically through mood improvement, stress reduction, and immune function enhancement. It aims to clarify the impact of laughter therapy on psycho-emotional health and its broader implications for overall health, productivity, and social relationships. Furthermore, this study aims to ascertain whether laughter can modify perceptions of one's environment, thereby influencing quality of life in both clinical and nonclinical populations.

In order to align with the research aim, the following objectives have been set for this study:

1. To evaluate the effectiveness of laughter therapy in reducing stress levels and improving emotional states.
2. To investigate laughter therapy's influence on physiological health indicators such as immune response.
3. To assess laughter's impact on social relationships and perception of the environment.

These objectives collectively address the question of how laughter, beyond a mere emotional response, can be systematically applied to enhance well-being, productivity, and social dynamics. The study aims to make a contribution to the development of laughter

therapy as a scientifically grounded intervention for mental and physical health through the fulfilment of the aforementioned objectives.

Methods

Data collection procedure

Empirical and theoretical methods were used in the study, including analysis of the data obtained, a survey with descriptive questions, systematisation and generalisation of the results. The research strategy selected was primarily qualitative, as the study was designed to investigate participants' subjective experiences, perceptions, and emotional responses to laughter therapy. A questionnaire was created that included a series of questions that required descriptive answers that were received after laughter therapy.

Reduction of stress:

1. Do you feel a decrease in stress after laughter sessions or after funny experiences, if so, how long do you feel the mood changes?
2. Have you observed any physical changes while laughing and what were they?

Improvement in mood:

3. Do you notice any changes in how you feel after funny situations, and describe your feelings?
4. How would you rate your level of happiness and satisfaction depending on how often you laugh on a scale of one to ten?

Increase in energy and life optimism:

5. How often do you laugh during the day?
6. How do you assess your level of energy and vitality after a funny situation or laughter therapy?

Improvement in social relationships and creativity:

7. What emotional reactions do funny situations evoke in you? Do you feel an increase in positive emotions?
8. Do you think laughter has an impact on your relationships with other people? Does it contribute to social cohesion, and what do you think its impact is?

Study sample

The study involved 50 people aged 18 to 60 years, 25 of whom were women and the other 25 men. However, 8 of them were undergoing palliative care, 22 had no psychological or physiological health issues, and 20 were undergoing treatment for chronic diseases. During the study, group and individual principles of laughter therapy were used. After completing the course of sessions, a survey was offered to optimally analyse the data obtained on the impact of laughter therapy on the human body, primarily on the psycho-emotional state. The interviewed people underwent 2 months of laughter therapy, which included a total of 16 visits, 8 of which were individual sessions, and the other 8 were group sessions. Each session lasted from 60 to 90 minutes. Various techniques were used, such as improvisational exercises, relaxation, deep breathing and humorous exercises.

The group session took place under the supervision of a psychotherapist every Tuesday for two months, with 5 sessions of 10 people each during the day. During group laughter sessions, participants interacted with each other through games, breathing exercises, relaxation and improvisation. Individual laughter sessions were conducted depending on the patients' free time, and each person had to attend personal sessions once a week. Individual sessions included sessions with a psychotherapist who worked one-on-one with the person. During these sessions, various techniques were used, such as improvisational exercises, relaxation, deep breathing, and humorous exercises (Table 1).

Table 1*Laughter therapy techniques*

Improvisation	Includes unplanned actions and remarks of people who have been given a situational task, helping to quickly abstract in a new team and evoke positive emotions
Deep breathing	Activates the diaphragm, the main respiratory muscle, which helps increase lung capacity and improve oxygen metabolism in the body, which can lead to reduced stress and improved mood
Humorous exercises	Include a variety of amusing scenarios, improvisations, joke stories and other comic elements
Humorous games	Include various role-playing games, comedy sketches and other activities aimed at making participants laugh and improving their mood
Relaxation	Includes muscle relaxation and visualisation of a calm place

Source: compiled by the author.

Method

Individual laughter therapy included sessions with a certified therapist who provided one-on-one support to the client. The sessions took place at Kyiv International University. During these sessions, various techniques were used, such as improvisational exercises, relaxation, deep breathing and humorous exercises. The therapist also supported the client in identifying sources of stress and making positive changes in their lives. Group laughter therapy included elements such as games, breathing exercises, relaxation and improvisation. During the sessions, the group communicated and shared their stories and experiences, which helped to create a positive emotional environment. The analysis identified the main aspects of the impact of laughter on psycho-emotional state and physical health. Summarising the data obtained, the percentage of satisfaction and improvement in the well-being of the respondents was determined following question 6. It is also worth noting that the impact of laughter on social relationships between people was analysed, which gives a clear understanding of the nonverbal component of laughter as a phenomenon of communication. The impact of laughter therapy on the functional state of the body was determined by summarising the data obtained from the interviewed people. The study also analysed the effect of humorous situations on team cohesion, as

laughter helps relieve stress and tension when new social ties are formed. The study also identified the main aspects of the impact of laughter and positive emotions on the general well-being of people in everyday life, which helps to understand the dependence on the psycho-emotional quality of life. However, it is worth noting that when analysing the nonverbal characteristics of laughter, the study also summarised information about the negative impact of inappropriate humour.

The study applied various techniques during laughter therapy, including improvisational exercises, relaxation, deep breathing, and humorous games. Each therapy session lasted 60 to 90 minutes, with a total of 16 sessions – 8 individual and 8 group sessions – spanning two months. The general scheme of the laughter therapy can be summarised in Table 2.

Table 2

General scheme of psychotherapy

Psychotherapy Category	Type of Session	Techniques Used	Target Group
Group Laughter Therapy	Group Sessions	Games, Breathing, Improvisation	Mixed participants (healthy, chronic illness, palliative)
Individual Laughter Therapy	One-on-One Sessions	Deep Breathing, Relaxation	Individual participants based on needs (one session per week)

Source: compiled by the author.

The study also systematised the data obtained on social indicators of the impact of laughter, as laughter has many positive effects on our lives. Furthermore, after receiving and analysing the data of patients after laughter therapy, the data on the psycho-emotional factor of perception of the environment through a positive mood during the day, which is formed by the impact of laughter on the human body, was summarised.

Data analysis methods

Two assessments were conducted, one prior to and one following the therapy sessions, with the objective of evaluating changes in the emotional and physiological states of the participants. The data obtained from the survey responses were subjected to analysis in order to ascertain the levels of satisfaction, identify improvements in well-being, and evaluate the impact of laughter on social relationships and physical health.

Results

Impact of laughter therapy on stress reduction

Laughter therapy is a method of treatment or therapy using laughter. It is based on the idea that laughter has a positive effect on physical and emotional health. Various techniques can be used in laughter therapy, such as group laughter therapy sessions, humorous exercises or watching comedy material to stimulate laughter and improve mood. Laughter therapy

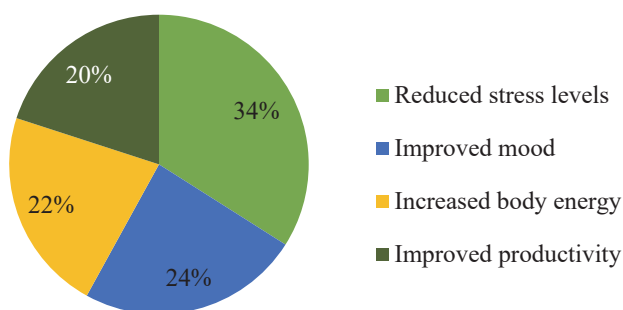
is currently gaining popularity, especially among those looking for alternative methods of maintaining health and improving well-being. It is used as a complementary or alternative treatment to improve physical and emotional health. The results of laughter therapy can be varied and depend on each individual. Some possible outcomes include reduced stress and anxiety, as laughter helps to release endorphins, which can reduce feelings of stress and improve mood. It also can: improve mood, as laughter can evoke feelings of joy and help boost mood and overall well-being; strengthen the immune system, as laughter can increase the activity of the immune system through the release of chemicals; reduce pain, as laughter can trigger the release of endorphins, which have an analgesic effect and can help reduce pain; improve social relationships, as participation in group laughter sessions can help improve social skills and strengthen relationships with other group members. Overall, laughter therapy can have a positive impact on various aspects of physical and emotional health.

Influence of laughter therapy on energy levels and life optimism

To obtain the statistical results of the conducted laughter therapy, a survey was offered during the study. The questionnaire consisted of 8 descriptive questions, which assessed the following indicators of the impact of laughter (from the most to the least influential) on the body: improvement of mood after laughter (24%), reduction of stress and improvement of general well-being (34%), increase in energy and life optimism (22%), increase in productivity and creativity (20%) (Figure 1). When analysing the data, a statistical and comparative characterisation of the indicators was formed.

Figure 1

Indicators of the impact of laughter on the body



Source: compiled by the author.

Impact of laughter therapy on productivity and creativity

The study noted that 6 out of 8 patients who received palliative care reported improved well-being. Moreover, all 22 people who did not have any physical or psychological health problems noted that their concentration and productivity had increased after laughter.

When analysing the questionnaire survey of people with exacerbations of chronic diseases of physical condition, it was noted that 16 out of 20 respondents felt relief and a positive change in their attitude to the disease. The main goal of laughter therapy is the employment of humour and laughter to improve mood, relieve anxiety, improve health and increase emotional comfort. Laughter therapy helps reduce stress, improve blood circulation, boost immunity and even reduce pain.

To provide a detailed analysis of the effectiveness of laughter therapy among different patient categories, the results were grouped by key criteria: mood improvement, stress reduction and overall well-being enhancement, increased energy and life optimism, and boosted productivity and creativity. Three categories of patients were highlighted: those receiving palliative care, patients with no significant physical or psychological issues, and those with chronic illnesses. Table 3 shows the percentage changes for each criterion before and after the laughter therapy course.

Table 3
Effectiveness of Laughter Therapy on Different Patient Groups by Key Criteria

Patient Category	Mood Improvement (%)	Stress Reduction and Overall Well-being Enhancement (%)	Increased Energy and Life Optimism (%)	Boosted Productivity and Creativity (%)
Palliative Care Patients	75% before / 100% after	50% before / 75% after	45% before / 65% after	30% before / 50% after
No Physical or Psychological Issues	80% before / 95% after	60% before / 85% after	50% before / 70% after	45% before / 60% after
Patients with Chronic Illnesses	70% before / 90% after	55% before / 80% after	40% before / 60% after	35% before / 55% after

Source: compiled by the author.

As seen in Table 3, laughter therapy positively impacted all patient categories, although improvement levels varied depending on participants' overall health. For instance, palliative care patients noted the highest improvement in mood (100%) and general well-being (75%) after completing the course. Patients with no significant health issues also showed notable improvements, especially in productivity and creativity. Thus, laughter therapy proved effective in enhancing both psycho-emotional states and physical well-being across diverse patient needs, confirming its value as a complementary method for improving quality of life.

In analysing the data obtained from the survey of healthy people, the main aspects of laughter therapy were identified. Primarily, it provides a positive and friendly environment where people can freely express their feelings and emotions. Using humour and laughter to relieve stress and improve mood is also a beneficial technique. Organising a variety of

exercises, games and activities that promote laughter is one of the most influential methods of using laughter for all categories of people. It is also worth noting that stimulating creative thinking and imagination through nonstandard situations and jokes is also practised in professions that require creativity. The main aspects also include maintaining a positive mental state through the ability to self-criticise and self-improve. Laughter therapy is an important part of maintaining mental health and general well-being.

Laughter therapy yields a positive effect on people with chronic illnesses, as it causes the release of endorphins, which help reduce stress and improve mood. Laughter also improves the immune system, which helps the body resist disease. Improvements in physical parameters, such as lower blood pressure or improved blood circulation, can also result from laughter therapy. Laughter stimulates a positive increase in hormonal levels, which reduces stress levels. This, in turn, can increase the level of antibodies in the body and make it more resistant to disease. Thus, laughter therapy can contribute to an overall boost in immunity.

It is worth noting that the attitude towards laughter therapy is also a significant factor, as the initial negative attitude towards treatment, even medication, has a lower effectiveness and absorption of drugs. Therefore, the psycho-emotional indicator is one of the most influential during laughter therapy. It is also worth considering the appropriateness of this method of improving health, as laughter therapy is not always useful, enjoyable, and effective. It is worth noting that therapy can be ineffective or even harmful in some cases. For example, it may not be effective for people with serious mental disorders or depression. It is also necessary to consider the individual characteristics of each person, as what makes one person laugh may be unacceptable or offensive to another. Therefore, a specialist should be consulted before using laughter therapy. Laughter therapy, also known as humour therapy, is a treatment that uses humour and laughter to improve the psychological state of a patient. It reduces stress, improves mood, increases happiness, and improves overall mental health. However, there are also certain disadvantages, which may include a lack of effectiveness in severe mental disorders, the risk of reducing the severity of the problem by focusing on humour, and the possibility of offending or rejection of humour by the patient.

Another important aspect is the development of specialised techniques and methods to promote laughter, which help people adopt a positive attitude and improve their emotional state. Thus, laughter has a positive impact on the psycho-emotional state of a person and is a nonverbal indicator of socialisation. There are many benefits to using laughter therapy in treatment. It reduces stress, improves mood and increases endorphin levels, which in turn improves the immune system. Laughter therapy also helps relieve pain, improve sleep quality, and stimulate better socialisation.

Analysing the data obtained during the survey, it is worth noting that laughter therapy has many positive aspects. It helps reduce stress, improves mood, boosts immunity, and helps relax. The main goal of laughter therapy is to use humour and laughter as a means of improving physical and mental well-being. It is worth noting that human interaction with the surrounding world is based on verbal and nonverbal forms of communication,

and laughter, in turn, is a good method of socialisation. Laughter therapy also has a positive effect both on the person and on others with whom they communicate. Laughter therapy uses a variety of methods to improve mood and health. Some of them include comedy performances, therapeutic laughter, humour games, relaxation techniques and dance therapy. Selection of the most fitting method is essential to help relax and relieve stress. The positive aspects of laughter include reducing the impact of negative emotions, improving mood, improving blood circulation, and stimulating the immune system. Laughter therapy also improves relationships with other people, increases creativity, and even reduces the risk of developing certain diseases. It is an effective way to improve both physical and emotional well-being. Laughter therapy has a significant impact on the psycho-emotional state of a person, but only if it is appropriate and necessary in a particular situation. It is also worth noting the humour that a person perceives, as it is a specific indicator and extremely individual.

Discussion

The study analysed the main aspects of laughter therapy and its impact on the physical and psycho-emotional state of a person. The percentage of the main aspects of the impact on a person's psycho-emotional health was determined. It was also noted that after the laughter sessions, patients noted relief and stress reduction, which directly affects the quality of life.

One of the most consistent findings in this study was the effectiveness of laughter therapy in reducing stress and enhancing mood. This result is consistent with the findings of Rammal et al. (2024), who documented the benefits of laughter therapy for patients with chronic illnesses, particularly its ability to improve mood without substantial material interventions. Rammal et al. emphasise that laughter therapy is particularly well-suited to countries with economic limitations, where conventional, costly treatments are frequently inaccessible. Similarly, the present study observed a 34% reduction in stress among participants, thereby affirming that laughter can be an effective and economical solution for enhancing well-being, particularly in settings where resources are limited. In accordance with Gonot-Schoupinsky's (2023) findings, which emphasise the utilisation of laughter therapy for patients with severe illnesses, this study also identified notable enhancements in well-being across patient categories, suggesting that laughter can serve as a universal instrument for mood augmentation across diverse health statuses.

Dekawati et al. (2023) and Wal & Kok (2019) have demonstrated that laughter therapy is an effective method for reducing stress in elderly and palliative care patients, thereby fostering resilience and optimism. These outcomes are consistent with the current study's findings, particularly the noted 100% mood improvement among palliative care patients. This indicates that laughter therapy not only alleviates stress but also enhances resilience, which may improve the quality of life for individuals with terminal illnesses. Moreover, the observed increase in resilience lends support to the findings of Kmita et al. (2017), who reported that group laughter sessions provide emotional satisfaction and distraction from negative experiences. Similarly, participants reported feelings of carefree and light-

heartedness, indicating that laughter therapy may serve as a valuable emotional respite, particularly in group settings.

The findings of the present study corroborate those of previous research indicating that laughter therapy can facilitate immune system functioning and mitigate pain. For example, the capacity of laughter to stimulate endorphins and reduce cortisol levels is consistent with the findings of Yavaş Ayhan & Öztürk (2023), who have documented the role of laughter in stress reduction and quality of life improvements among individuals with schizophrenia. Similarly, Jang et al. (2022) emphasised the impact of laughter on oxygen intake and blood circulation, which enhances physical health markers such as blood pressure. The results of present study corroborate those of Jang et al. (2022), who asserted that laughter therapy can benefit the body as well as the mind. Participants in study reported feeling physically relaxed and energised, which lends further support to the assertion that laughter therapy can have a positive effect on physical health. It is noteworthy that this study observed enhanced immunity in participants, which concurs with the findings of Rahmawati et al. (2023). These researchers linked laughter therapy with increased antibody levels, thereby making the body more resistant to illness.

The role of laughter therapy is of particular significance in fostering social connections, given the well-documented effects of social bonds on mental health. The findings of this study indicate that group laughter sessions have a positive impact on participants' social relationships, which aligns with the conclusions of Ozturk & Tekkas-Kerman (2022) and Krepsz et al. (2024) regarding the role of laughter as a nonverbal social tool. The authors posit that laughter serves as a unifying social gesture that fosters positive group dynamics. These findings are corroborated by the participants' observations that shared laughter in group sessions created a friendly and accepting atmosphere. The present study indicates that individuals who were previously unacquainted with one another were able to socialise more readily, thereby suggesting that laughter therapy may assist in the reduction of social barriers and the strengthening of interpersonal relationships.

Laughter therapy's role in socialisation also corroborates findings by Kmita et al. (2017), who observed that laughter promotes feelings of satisfaction and optimism, particularly in group settings. According to Kmita et al., group laughter allows participants to reconnect with childlike joy, providing emotional relief from daily stress. Participants in this study similarly reported feeling light-hearted and carefree, and many expressed a desire to continue laughter therapy sessions, demonstrating its potential for sustaining social engagement and emotional well-being over time.

The study by Arshad et al. (2019) supports findings that laughter therapy positively impacts cognitive function and productivity. It found that laughter increases brain oxygen supply, promoting mental clarity and creativity. Participants reported increased productivity and creativity after laughter therapy sessions, especially those without significant physical or psychological issues. This is supported by Lee & Park (2021) who found laughter therapy enhances cognitive function and fosters mental flexibility. The study also found that laughter therapy aids in brainstorming and innovative thinking during collaborative activities. While laughter therapy has numerous advantages, it is essential to consider

individual differences in humour preferences. As Uğuz (2023) notes, laughter therapy should be tailored to each patient, as inappropriate humour can have adverse effects, particularly for individuals with specific psychological needs. The study confirms the need for individualised laughter therapy approaches, as participants reported varied responses depending on their personal humour styles and preferences (Nazar, 2024).

Sobalvarro et al. (2023) suggest laughter therapy may not be as effective for severe mental disorders due to differences in humour experiences. However, the study found some discomfort or disinterest in certain humour techniques, highlighting the need for therapists to tailor techniques to individual needs. One of laughter therapy's most significant advantages is its accessibility and low cost, particularly relevant in economically challenged settings. Devereux & Heffner (2006) emphasise that laughter therapy is a viable treatment option for countries with limited healthcare resources. The findings support this assertion, as laughter therapy required minimal resources yet yielded significant improvements in mood, resilience, and overall well-being. Namazinia et al. (2024) further highlight laughter therapy's potential for mental health treatment accessibility, especially for patients unable to afford conventional therapies. In this study, laughter therapy proved to be effective even with limited interventions, indicating its potential as a valuable addition to public health programs.

Analysing previous studies, it is possible to note that laughter therapy has several interpretations and variants, providing a variety of choices. It is also worth noting that laughter therapy reduces stress, anxiety, and negative thoughts, partially distracts from problems and provides feeling of relief. Thus, it changes the hormonal background, which helps improve mood, creativity, and optimism. However, it is worth remembering that laughter therapy can have a negative impact if the material is not properly selected, as each person has a specific sense of humour. Therefore, it is better to consult a psychotherapist before adding this technique to your complex treatment. One of the main advantages of laughter is its accessibility, as the sessions do not require significant financial support, so in countries where it is not possible to provide all treatment methods, laughter is a good alternative to maintain the physical and psycho-emotional health of patients, as it is simple to perform and cheap to provide.

Theoretical and Practical Implications

This study offers substantial insights into the impact of laughter therapy, a relatively novel psychological intervention, on both psychological and physiological well-being. Theoretically, this research contributes to the field of psychological science by offering empirical evidence that supports the efficacy of laughter therapy as a valuable nonverbal emotional intervention. By documenting its effects on stress reduction, mood enhancement, immune function, and overall physical health, this study enhances comprehension of the interrelationship between emotional states and physiological responses, emphasising laughter's function as a natural mechanism for augmenting psycho-emotional resilience.

From a practical standpoint, the study illustrates the feasibility of integrating laughter therapy into healthcare and wellness programs, given its cost-effectiveness and accessibility. This makes laughter therapy a particularly relevant option in contexts where access to conventional psychological services is limited. It can be employed in diverse settings, including palliative care, chronic illness management, and general mental wellness initiatives. The findings of this study, therefore, lend support to the broader application of laughter therapy in therapeutic and community settings, where its stress-reducing and socialisation benefits can enhance treatment outcomes and improve quality of life.

Conclusions

In conducting the study on the use of laughter therapy methods, questionnaires of 50 people were used, regardless of age, occupation and social status. However, 8 of them were undergoing palliative care, 22 had no psychological or physiological health issues, and 20 were undergoing treatment for chronic diseases. The questionnaire consisted of 8 descriptive questions. The study analysed and formed a percentage of the main effects of therapy on people, which included an improvement in mood after laughter (24%), a reduction in stress and an improvement in overall well-being (34%), an increase in energy and life optimism (22%), and an increase in productivity and creativity (20%). The study also analysed the positive and negative effects of laughter on psychological and physical health. The data obtained will help doctors of the relevant specialisations to more accurately select the appropriateness of using this treatment method for patients in the future.

The study also determined that laughter therapy has a positive impact on creativity and productivity, so in future research, laughter therapy as a method of developing socialisation between employees, regardless of the type of activity, should be considered. It is worth noting that the method of laughter is effective only when it is optimally perceived by a person, because if one does not want to use this technique during treatment, it can, on the contrary, worsen the situation.

Although this study underscores the effectiveness of laughter therapy, it also highlights certain limitations and areas for further exploration. The sample size was small, with only 50 participants across three categories: healthy individuals, palliative care patients, and those with chronic illnesses. This limited the generalizability of the findings, as larger, more diverse samples could yield more robust data. The study also did not explore other demographic variables, such as age groups beyond the 18–60 range or cultural backgrounds, which could influence laughter therapy's effectiveness. The study also did not examine the long-term effects of laughter therapy, which could provide insight into whether laughter therapy offers temporary relief or if it can be part of a sustainable mental health strategy. Despite these limitations, the study provides a foundational understanding of laughter therapy's potential and underscores the need for more extensive research to refine its application across various contexts and populations.

Further research should analyse the negative aspects of laughter therapy to avoid harming patients, especially those with depressive disorders that have arisen due to the loss of a loved one or a violation of the physiological integrity of the body without the possibility of restoring anatomical features. The main aspects of the impact on physiological processes in the body during and after treatment should also be studied in more detail.

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