

Humor am Arbeitsplatz

Ein wirkungsvolles Instrument zur Förderung der Gesundheit

Literatur

- Alcantara, P. L., Wogel, A. Z., Rossi, M. I. L., Neves, I. R., Sabates, A. L. & Puggina, A. C. (2016). Effect of interaction with clowns on vital signs and non-verbal communication of hospitalized children. *Revista Paulista de Pediatria*, 34(4), 432–438.
- Avolio, B. J., Howell, J. M. & Sosik, J. J. (1999). A funny thing happened on the way to the bottom line: Humor as a moderator of leadership style effects. *The Academy of Management Journal*, 42, 219–227.
- Banas, J. A., Dunbar, N., Rodriguez, D. & Liu, S.-J. (2011). A review of humor in educational settings: Four decades of research. *Communication Education*, 60(1), 115–144.
- Bartzik, M. & Peifer, C. (2021). On the relationships between humour, stress and flow experience—Introducing the Humour-Flow Model. In E. Vanderheiden & C.-H. Mayer (Hrsg.), *The Palgrave Handbook of Humour Research* (S. 479–496). Cham: Palgrave Macmillan.
- Bartzik, M., Aust, F. & Peifer, C. (2021a). Negative effects of the COVID-19 pandemic on nurses can be buffered by a sense of humor and appreciation. *BMC Nursing*, 20, 257.
- Bartzik, M., Bentrup, A., Hill, S., Bley, M., von Hirschhausen, E., Krause, G., Ahaus, P., Dahl-Dichmann, A. & Peifer, C. (2021b). Care for Joy: Evaluation of a humor intervention and its effects on stress, flow experience, work enjoyment, and meaningfulness of work. *Frontiers in Public Health*, 9, 667821.
- Bartzik, M., Wolters, G. & Peifer, C. (2020). Flow-Erleben im Arbeitskontext? – Eine Untersuchung der Zusammenhänge von affektivem tätigkeitsbezogenem Commitment mit Stress, Leistung und subjektivem Wohlbefinden. In M. Brohm-Badry, V. S. Franz & C. Peifer (Hrsg.), *Zusammen wachsen – Förderung der positiv-psychologischen Entwicklung von Individuum, Organisation und Gesellschaft. Nachwuchsforschung der DGPPF, Band II* (S. 51–71). Lengerich: Pabst Science Publishers.
- Bennett, M. P. & Lengacher, C. (2009). Humor and laughter may influence health IV. Humor and immune function. *Evidence-based Complementary and Alternative Medicine*, 6(2), 159–164.
- Berk, L. S., Tan, S. A., Fry, W. F., Napier, B. J., Lee, J. W., Hubbard, R. W. et al. (1989). Neuroendocrine and stress hormone changes during mirthful laughter. *The American Journal of the Medical Sciences*, 298(6), 390–396.
- Cohen, S. & Wills, T. A. (1985). Stress, social support, and the buffering hypothesis. *Psychological Bulletin*, 98(2), 310–357.
- Cooper, C. D., Kong, D. T. & Crossley, C. D. (2018). Leader humor as an interpersonal resource: integrating three theoretical perspectives. *Academy of Management Journal*, 61(2), 769–796.
- Csikszentmihalyi, M. (1975). *Beyond boredom and anxiety: Experiencing Flow in Work and Play*. Hoboken: John Wiley & Sons.
- Csikszentmihalyi, M. (1996). *Creativity: The Psychology of Discovery and Invention*. New York: HarperCollins Publishers.
- de Manzano, Ö., Theorell, T., Harmat, L. & Ullén, F. (2010). The Psychophysiology of Flow During Piano Playing. *Emotion*, 10(3), 301–311.

- Decker, W. H. & Rotondo, D. M. (2001). Relationships among gender, type of humor, and perceived leader effectiveness. *Journal of Managerial Issues*, 13, 450–465.
- Evans, J. B., Slaughter, J. E., Ellis, A. P. J. & Rivin, J. M. (2019). Gender and the evaluation of humor at work. *Journal of Applied Psychology*, 104, 1077–1087.
- Fredrickson, B. (2001). The role of positive emotions in positive psychology: The Broaden-and-Build Theory of Positive Emotions. *American Psychologist*, 56(3), 218–226.
- Fritz, H. L., Russek, L. N. & Dillon, M. M. (2017). Humor Use Moderates the Relation of Stressful Life Events With Psychological Distress. *Personality and Social Psychology Bulletin*, 43(6), 845–859.
- Fry, W. F. (2013). Humor, physiology, and the aging process. In L. Nahemow, K. A. McCluskey-Fawcett & P. E. McGhee (Hrsg.), *Humor and aging* (S. 81–98). Amsterdam: Elsevier.
- Gockel, C. (2025). Humor in leadership. In T. Scheel & C. Gockel (Hrsg.), *Humor in teams, leadership, negotiation, learning and health* (S. 61–83). Cham: Springer.
- Greve, W., Hauser, J. & Rühls, F. (2021). Humorous coping with unrequited love: Is perspective change important?. *Frontiers in Psychology*, 12, 653900.
- Homan, C. A., Landry, A. R. & Lawson, S. (2019). Exploring how trainers can use humor to increase self-efficacy of employees. *Journal of Organizational Psychology*, 19(3), 121–126.
- Karakowsky, L., Podolsky, M. & Elangovan, A. R. (2020). Signaling trustworthiness: The effect of leader humor on feedback-seeking behavior. *The Journal of Social Psychology*, 160(2), 170–189.
- Keller, J., Bless, H., Blomann, F. & Kleinböhl, D. (2011). Physiological aspects of flow experiences: Skills-demand-compatibility effects on heart rate variability and salivary cortisol. *Journal of Experimental Social Psychology*, 47(4), 849–852.
- Kim, T.-Y., Lee, D.-R. & Wong, N. Y. S. (2016). Supervisor humor and employee outcomes: The role of social distance and affective trust in supervisor. *Journal of Business and Psychology*, 31, 125–139.
- Kong, D. T., Cooper, C. D. & Sosik, J. J. (2019). The state of research on leader humor. *Organizational Psychology Review*, 9(1), 3–40.
- Korock, L., Ullmann, E. & **Scheel, T.** (2025). Effectiveness of work-related humour trainings: Humour use, humour styles and well-being. *Human Resource Development International*, doi: 10.1080/13678868.2025.2535292.
- Kuiper, N. A. (2012). Humor and resiliency: Towards a process model of coping and growth. *Europe's Journal of Psychology*, 8(3), 475–491.
- Lett, H. S., Blumenthal, J. A., Babyak, M. A., Catellier, D. J., Carney, R. M., Berkman, L. F. et al. (2009). Dimensions of social support and depression in patients at increased psychosocial risk recovering from myocardial infarction. *International Journal of Behavioral Medicine*, 16(3), 248–258.
- Lujan, H. L. & DiCarlo, S. E. (2016). Humor promotes learning!. *Advances in Physiology Education*, 40(4), 433–434.
- Martin, R. A. & Ford, T. (2018). *The psychology of humor: An integrative approach*. London: Elsevier Academic Press.
- Martin, R. A. & Lefcourt, H. M. (1983). Sense of humor as a moderator of the relation between stressors and moods. *Journal of Personality and Social Psychology*, 45, 1313–1324.
- Martin, R. A., Puhlik-Doris, P., Larsen, G., Gray, J. & Weir, K. (2003). Individual differences in uses of humor and their relation to psychological well-being: Development of the Humor Styles Questionnaire. *Journal of Research in Personality*, 37(1), 48–75.

- Martineau, W. H. (1972). A model of the social functions of humor. In J. H. Goldstein & P. E. McGhee (Hrsg.), *The psychology of humor* (S. 101–125). Cambridge: Academic Press.
- McCreaddie, M. & Wiggins, S. (2008). The purpose and function of humour in health, health care and nursing: A narrative review. *Journal of Advanced Nursing*, 61(6), 584–595.
- McGhee, P. (2010). *Humor: The lighter path to resilience and health*. Bloomington: AuthorHouse.
- Mesmer-Magnus, J., Glew, D. J. & Viswesvaran, C. (2012). A meta-analysis of positive humor in the workplace. *Journal of Managerial Psychology*, 27(2), 155–190.
- Mora-Ripoll, R. (2010). The therapeutic value of laughter in medicine. *Alternative Therapies in Health and Medicine*, 16(6), 56–64.
- Müller, G. F. (1999). Organisationskultur, Organisationsklima und Befriedigungsquellen der Arbeit. *Zeitschrift für Arbeits- und Organisationspsychologie*, 43(4), 193–201.
- Peifer, C. & Engeser, S. (2021). Theoretical integration and future lines of flow research. In C. Peifer & S. Engeser (Hrsg.), *Advances in flow research* (S. 417–439). New York: Springer.
- Peifer, C., Schulz, A., Schächinger, H., Baumann, N. & Antoni, C. H. (2014). The relation of flow-experience and physiological arousal under stress – Can u shape it?. *Journal of Experimental Social Psychology*, 53, 62–69.
- Peifer, C., Schächinger, H., Engeser, S. & Antoni, C. H. (2015). Cortisol effects on flow-experience. *Psychopharmacology*, 232(6), 1165–1173.
- Robert, C. & Wilbanks, J. E. (2012). The wheel model of humor: Humor events and affect in organizations. *Human Relations*, 65(9), 1071–1099.
- Romero, E. J. & Cruthirds, K. A. (2006). The use of humor in the workplace. *The Academy of Management Perspectives*, 20, 58–69.
- Santos, V., Paes, F., Pereira, V., Arias-Carrion, O., Silva, A. C., Carta, M. G. et al. (2013). The role of positive emotion and contributions of positive psychology in depression treatment: systematic review. *Clinical Practice and Epidemiology in Mental Health*, 9, 221–237.
- Schneider, M., Voracek, M. & Tran, U. S. (2018). »A joke a day keeps the doctor away?« Meta-analytical evidence of differential associations of habitual humor styles with mental health. *Scandinavian Journal of Psychology*, 59(3), 289–300.
- Schnurr, S. (2008). Surviving in a man's world with a sense of humour: An analysis of women leaders' use of humour at work. *Leadership*, 4, 299–319.
- Sugawara, J., Tarumi, T. & Tanaka, H. (2010). Effect of mirthful laughter on vascular function. *The American Journal of Cardiology*, 106(6), 856–859.
- Tan, S. A., Tan, L. G., Lukman, S. T. & Berk, L. S. (2007). Humor, as an adjunct therapy in cardiac rehabilitation, attenuates catecholamines and myocardial infarction recurrence. *Advances in Mind-body Medicine*, 22(3-4), 8–12.
- Tsukawaki, R. & Imura, T. (2020). Preliminary verification of instructional humor processing theory: Mediators between instructor humor and student learning. *Education and School Psychology*, 123(6), 2538–2550.
- van Oortmerssen, L. A., Caniëls, M. C. J. & van Assen, M. F. (2020). Coping with Work Stressors and Paving the Way for Flow: Challenge and Hindrance Demands, Humor, and Cynicism. *Journal of Happiness Studies*, 21, 2257–2277.
- Vecchio, R. P., Justin, J. E. & Pearce, C. L. (2009). The influence of leader humor on relationships between leader behavior and follower outcomes. *Journal of Managerial Issues*, 21, 171–194.

- Wang, R., Chan, D. K. S., Goh, Y. W., Penfold, M., Harper, T. & Weltewitz, T. (2018). Humor and workplace stress: A longitudinal comparison between Australian and Chinese employees. *Asia Pacific Journal of Human Resources*, 56(2), 175–195.
- Weisenberg, M., Tepper, I. & Schwarzwald, J. (1995). Humor as a cognitive technique for increasing pain tolerance. *Pain*, 63(2), 207–212.
- Yukl, G. (2006). *Leadership in organizations*. Hoboken: Pearson Prentice Hall.
- Ziv, A. (1984). *Personality and sense of humor*. New York: Springer.