

# Essay

## Humour as an Essential Communication Tool

### A. Introduction

Thesis statement: Humor indeed is an essential communication tool. The <sup>idea</sup> philosophy behind how and why humor is an essential tool of conversation can be easily explained and understood. Incorporation of humor in everyday conversation, and utilizing it as an effective communication tool, makes communication effective.

### B. How Humor is an Essential Communication tool?

1. Humor captures attention, increasing the chances of engagement with the message.
2. Humor makes social interactions easier by creating a relaxed environment.
3. It fosters a sense of shared experiences by making communication more engaging.

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4. Humor serves as a cushion for difficult discussions, without increasing defensiveness.

5. Humor enables communication and discussion of complex topics easy to understand

6. Humor reduces communication barriers, encouraging free expression of communication.

7. Humor increases the likelihood of acceptance of the message being conveyed in the conversation.

### C. Why Communication Humor is an Essential tool of communication?

1. Humor activates brain's reward system, ensuring that conversation is remembered

2. Humor fosters a sense of connectivity and unity.

3. Humor enables communication among diverse groups effectively

4. Humor fosters an environment where feedback of the conversation is received more positively without the fear of criticism.

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5. Humor makes public speaking and engaging the audience easier.

6. Humor has the ability to turn negative energy into positive energy during a conversation.

7. Humor turns conversations and interactions into memorable moments.

<sup>Adopted</sup>  
C. How humor can be utilized as an effective tool of conversation?

- 1. By embracing mistakes with humor.
- 2. By practicing to respond to everyday situations with humor.

"In International relations class, the one teacher explained International relations by the book leaving children confused with the concept. Another teacher was asked to take the class who explained International relations with using the analogy of siblings and something like

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-This, "Imagine countries are siblings. One grabs all the fries, another is complaining about the one who grabbed all the fries, and third is planning to trade his fries with second one in exchange of his share of dessert." The class laughed and the message was communicated with humor. Humor indeed is an effective <sup>tool</sup> ~~way~~ of communication in all <sup>walks</sup> ~~aspects~~ of life. When one believes in that <sup>Humor is an</sup> ~~philosophy~~ ~~that~~ effective communication strategy it comes to mind: ~~that~~ how? To begin with, humor captures attention, increasing the chances of engagement with the message. Along with that, it makes social interaction easier by creating a relaxed environment. It also fosters a sense of shared experiences by making communication more engaging. Not only this, but humor, serves as a <sup>cushion</sup> ~~discussion~~ for difficult discussions, without increasing the likelihood of ~~it~~ being defensive. The next question is that why <sup>humor</sup> ~~communication~~ is an effective tool of communication? Firstly, it activates brain's reward system

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secondly, humor fosters a sense of connectivity and unity. Additionally, it enables communication among diverse groups effectively. Moreover, humor fosters an environment where feedback of the conversation is received more positively without the fear of criticism.

Humor can be adopted as an effective tool of conversation by embracing mistakes with humor. Hence, undoubtedly humor is a key element of communication. How and why it is a key element of communication can be described and comprehended. Adoption of humor makes communication efficient.

First of all, humor captures attention, increasing the chances of engagement with the message. Attention and engagement with the conversation are imperative to completely understand the context of the conversation being held. Humor grabs the attention without any effort towards the speaker. Reason of distraction is usually boring conversations, humor fills the gap and efficiently grabs the attention. **For instance, public speakers**

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usually start their conversation by cracking a joke, as it is one of the most effective technique to engage with people out of seven effective ways of conversation - Research gate. Thus, humor <sup>by</sup> when <sup>ing</sup> grabs the attention and enables <sup>ing</sup> engagement with the message, it becomes an effective tool of conversation.

Secondly, humor makes social interactions easier by creating a relaxed environment. When the environment is relaxed and social interaction is easy, the communication becomes more productive, <sup>and creativity</sup> ~~and sharing~~ ideas is enhanced. Humor, lightens the mood and the environment while conversing, which automatically increases the likelihood of enhanced social interaction as everyone who is part of the conversation becomes involved and feels relatable. According to a research published ~~is~~ by sage journals, "Teachers during their training are trained to add humor to their lectures in order to make engage their students." This training of

**YOUSAF PAPER** enables humor, incorporation makes social interaction easier and creates a relaxed environment not only in teaching

but it everywhere before humor makes able along with. Further humor shared experience more engaging. He is relatable to sense of shared experience feel related during everyone have had the relevance is it more engaging everyone starts according to the conversation. ACC Association C key to conversation rapport building engagement during making the experience. Moreover cushion for difficult increasing def

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but ~~it~~ everywhere during a conversation. Therefore humor makes social interaction comfortable along with the environment.

Furthermore, it fosters a sense of shared experiences by making communication more engaging. Humor, in one way or another is relatable to everyone which fosters a sense of shared experience, and is essential to feel related during a conversation. Not that everyone has had the same experience, but the relevance ~~is what~~ to the humor makes it more engaging. When relevance is created everyone starts adding to the conversation according to their experiences, <sup>continuing</sup> making the conversation. According to the American Psychiatric Association (APA), rapport building is the key to conversation, and humor enables rapport building. Hereafter, humor enables engagement during conversation through making the experiences more relatable.

Moreover, humor serves as a cushion for difficult discussions, without increasing defensiveness. Difficult discussions

require great handling, humor reduces the  
graveness of difficult conversations. In difficult  
situations and conversations, it becomes  
very tricky to deliver the message without  
being harsh and increasing the intensity  
of the conversation. Hum appropriate use of  
humor, with sensibility and empathy  
makes the deliverance or carrying out a  
difficult conversation easier. In trauma  
group therapy, therapist encourages  
sharing of experiences with humor, as it  
increase the sup participation and encourage  
the group members who find themselves  
unable to explain share their experiences.

- Psych central. So, humor makes difficult  
discussions easier as it provides a support  
and way without being defensive.

Adding more to it, humor enables  
communication and discussion of complex  
topics. easy to understand. The very  
reason of a conversation is to deliver  
a message or make it understandable.  
Humor has no bounds, and as mention-

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ed it effectively grabs attention which makes the understanding of the <sup>complex</sup> topic easier. Along with that, humor enables diversity in conversation which allows the speaker to communicate the idea according to the level of perception of the listeners. For instance in classrooms, when students struggle to understand difficult topics, teachers always <sup>explain</sup> relate them to with humor. An it is a proven practice which produces effective results in the form of understanding the topic with clarity. Hence, humor makes deliverence of complex topics easy to understand.

Additionally, humor reduces communication barriers and encourages free expression of communication. An effective communication is which has no barriers and involves free expression of everyone that is part of the conversation. Humor enable deliverence of grave topics that <sup>consist</sup> ~~can~~ has the tendency to convert into a harsh talk, in a light and playful manner. ~~At~~ Additionally,

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when through humor communication barriers are reduced, it ~~automat~~ without any effort free responses are generated making everyone equally involved in the conversation. As Jojo Tabares, an expert in speech and communication, states, "In old days of kings who ruled with absolute power, only the court clown had the audacity and courage to safely tell the truth through humor without being threatened to lose his head." So, humor indeed encourages free expression, ~~remot~~ reducing the communication barriers.

More importantly, humor increases the likelihood of acceptance of message being conveyed in the conversation.

Conversations requires acceptance from the listeners only in that way a conversation is continued without turning into a debate. Humor ~~enables~~ acceptance increases the likelihood of accepting the message being conveyed due to the <sup>light</sup> nature of conveyance. Not only this, humor increases

**YOUSAF PAPER** the chances of acceptance of the message because it lighten up's the whole environment. For instance,

Sojourner Truth's "Ain't I a woman?" speech, includes humor; her use of humor and wit was a strong blow at the positions she opposes, however it made the audience laugh as well."

Humor is an effective tool of communication, how it is an effective tool of communication has been discussed. Now the part comes that why humor is an effective tool of conversation.

To begin with, humor activates the brain's reward system, ensuring that conversation is remembered. When

brain's reward system is activated it creates a <sup>positive</sup> physiological and psychological

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and memory; helping one to stay alert and focus. <sup>That is how</sup> Humor, in conversation activating the brain reward system ensures and makes possible the remembrance of the conversation developing deep understanding of the conversation. According to American Psychological Association (APA), Humor or jokes activates part of the brain's reward system, elevating dopamine and serotonin (happy hormones). Therefore, humor by activating brain's reward system explains that why it is an essential tool of communication.

In similar fashion, humor fosters a sense of connectivity and unity. Connectivity and unity are the elements of a conversation that make enables one to be the part of conversation. Humor, breaks the ice between people and establishes a common ground essential for communication. Humor's power to create empathy, trust and bonding makes it a universally accepted

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effective tool of communication. As an  
Mark Twain,  
american author and humorist stated,  
"Humor is the mankind's greatest blessing".  
Hence, humor by fostering unity  
and connectivity displays why it is an  
important tool of conversation.