

## Development and Validation of Sense of Humor Questionnaire in China

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**Abstract :** The sense of humor is an integration of cognition, emotion and behavioral tendencies in the process of expressing humor. Previous studies evidenced the positive impact of sense of humor on promoting mental health. However, very few studies investigated this with Chinese populations. The absence of a validated questionnaire limits empirical research on sense of humor in China. This study aimed to develop a Chinese instrument to examine the sense of humor among college students in China. A pool of 72 items was developed by conducting a series of qualitative methods including open-ended questionnaire, individual interviews and literature analysis, followed by an expert rating. A total of 500 college students were recruited from 7 provinces in China to complete all 72 items. The factor structure of sense of humor was established and 25 items were eventually formed by utilizing the exploratory factor analyses (EFA). The questionnaire composed 4 subscales: humor comprehension, humor creativity, attitudes towards humor and optimism level. Confirmatory factor analyses (CFA) from a follow-up study with a different sample of 1200 colleges students showed good model fit. All subscales and the overall questionnaire display satisfying internal consistency. Correlations with criterion variables demonstrated good convergent and discriminant validity. The sense of humor questionnaire is a psychometrically-sound instrument for the population of college students in China. This is applicable for future studies to identify the structure of sense of humor and evaluate the levels of humor for individuals.

**Keywords :** college students, EFA and CFA, questionnaire, sense of humor

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