

THE PSYCHOLOGICAL VALUE OF LAUGHTER

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Annotation: in this article, The role of laughter in human life, its influence on human psychology and significant benefits of laughter were discussed. At the same time, it was reported that laughter can prevent depression and many diseases.

In our society, many experiments prove that laughter plays an important role in human psychology. Laughter can help us be friends with our bodies. It is a powerful weapon capable of protecting us from danger, stress, depression, sadness, and bad thoughts. In addition, laughter therapy does not require specialized preparations, such as suitable facilities and equipment, and it is easily accessible and acceptable. For these reasons, the medical community has taken notice and attempted to include laughter therapy to more traditional therapies. In addition, laughter therapy does not require specialized preparations, such as suitable facilities and equipment, and it is easily accessible and acceptable. That's right – research has shown that laughter can improve respiratory function. When you laugh, it forces your abdominal muscles to contract and your diaphragm to move up and down. This increases the amount of air that your lungs can take in, which means more oxygen for your body. Besides, when laughing, our breathing becomes more rapid and deep. This allows us to take in more oxygen and expel more carbon dioxide. Oxygen is essential for all your organs and tissues, so increasing the amount you breathe in can positively impact your overall health.

In this article, I would give four main perceptible benefits of laughter:

1. Laughter can improve your mood by increasing your level of happy hormones like serotonin, dopamine, and endorphins while reducing stress hormones like cortisol and adrenaline
2. Laughter relaxes the body and mind, allowing for more flexible thinking. It also increases blood flow and oxygen to the brain, which can help improve cognitive function.

3. When you laugh, it forces your abdominal muscles to contract and your diaphragm to move up and down. This increases the amount of air that your lungs can take in, which means more oxygen for your body.
4. Laughter helps us to accept different situations in our life

Laughter is a physical reaction seen in humans and some other species of primates, consisting typically of rhythmic, often audible, contractions of the diaphragm and other parts of the respiratory system. Laughter can arise from activities such as being tickled, or from humorous stories or thoughts (Stearns 1972; Schultz and Horibe 1974). Moreover, laughter therapy does not require specialized preparations such as suitable facilities and equipment; is not prohibited by cost, does not depend on when or where it happens and is easily accessible and acceptable. Laughter therapy is a kind of communication that arouses laughter, smiling, and pleasant feelings and enables interaction.

To sum up, in terms of methodology, randomized control trials are in short supply compared to intervention trials, as are standardized instruments to help better compare results among studies. Increased methodological rigor will be important for the future. Furthermore, the distinction between spontaneous versus self-induced/simulated laughter remains an important area for exploring the MCET. Also, a person should be able to command his brain in the first place. It is up to us to laugh or to be sad. A strong person can overcome any danger with a smile.

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