



The Role of Humor in Coping with Adversity

Asiimwe Kyomugisha T.

Faculty of Business, Kampala International University, Uganda

ABSTRACT

Humor is a powerful coping mechanism that helps individuals navigate adversity, reduce stress, and foster resilience. This paper examines the multifaceted role of humor in psychological well-being, physiological health, and social bonding. By examining humor as a cognitive appraisal, emotional expression, and adaptive strategy, we highlight its ability to alleviate distress, foster emotional catharsis, and create social cohesion. The paper also discusses cultural variations in humor, its role in dealing with trauma, and its application in therapeutic interventions. Furthermore, it presents practical implications for mental health professionals and communities, emphasizing humor as a tool for promoting resilience and well-being. Ultimately, this study underscores the importance of humor as a universal yet contextually nuanced mechanism for coping with adversity.

Keywords: Humor, Coping Mechanisms, Stress Reduction, Psychological Resilience, Social Bonding, Cultural Perspectives.

INTRODUCTION

Few things have the power to more effectively mitigate adverse outcomes or enhance healing and adaptation than does humor. The concept of humor is broad and diverse and takes on different forms and meanings depending on the context in which it is found. In many cases, however, humor serves as a proxy for joy, laughter, and amusement. Perhaps the most widely accepted of all of last century's psychological theories of coping is that of. It has inspired countless investigations into the manner in which individuals cope with and adapt to adversity and has consistently demonstrated the importance of a wide and flexible repertoire of coping strategies in fostering resilience. Given the widely recognized capacity for humor to induce laughter and amusement, thereby restoring a sense of joy in persons facing threatening or distressing situations, its intrinsic relationship to emotional resilience is apparent [1, 2]. This paper will illustrate how humor – defined as an affective expression, cognitive appraisal, and coping strategy that motivates the perception of amusing or funny stimuli – plays a crucial role in defusing tension and minimizing emotional pain associated with traumatic experiences. Yet the paper will further illustrate how the use of humor as a coping resource extends well beyond these respite functions, offering significant protection and an adaptive bolster to personal resources when facing adverse situations. This kind of emotionally-charged but ultimately gratifying humor informed much of. He tried to universalize his potentially humiliating experience through macroscopic accounts of his everyday bloopers, mostly mathematical, but also purely human [3, 4, 5].

Defining Humor and Coping

Humor is difficult to define because what one person finds funny, another might not. There is a range of humor types, including physical, surreal, prop, observational, and even anti-humor. Comedians tailor their acts to suit these preferences, and people might choose different types too. Situational factors also influence what people find funny and hilarious. A person might laugh at a stand-up comic's joke about a difficult time that happened to someone else but not find it humorous if it occurred to them. When it comes to humor's interaction with adversity, the matter gets thornier. What one person finds funny under stress might be intensely annoying for another. One person might laugh at the absurdity of a

<https://rijournals.com/current-research-in-humanities-and-social-sciences/>

situation, while someone else might want to focus on taking it seriously. This is the heart of the matter with the utility of humor in coping with adversity, and an overtly serious or insensitive handling of the situation does not help. Enter any awkward situation in which a peer is trying to tell a joke to someone who is hurt, and that goes over like a ton of bricks [6, 7]. Coping mechanisms are how people respond and adapt to stress and crises. A broad range of strategies is available, including escape, denial, emotional release, avoidance, problem-solving, and absolution. People tend to default to a few particular strategies, possibly down to personality and environment. External factors can affect this, such as upbringing or media influences. Often, these are not conscious choices but learned responses. Coping strategies are variably effective depending on how adaptive or maladaptive they are perceived to be. It is generally seen that picking a fight during a mass shouting match does not help. Some adaptive and maladaptive strategies are specific to certain situations, but evaluation/interpretation of coping strategies can change according to how they are undertaken. For instance, humor when discussing death is often broached in harrowing grief. Mentioning 'the lighty shed' in this sense is likely to be seen as insensitive. In other contexts, however, humor can be very beneficial as a coping strategy [8, 9].

Psychological and Physiological Effects of Humor

When faced with adversity, humor can be a powerful coping mechanism. Laughter alleviates stress and trigger biological responses that can induce the release of endorphins, the body's natural pain killer. Furthermore, laughter can improve mood and increase immune cells. Indeed, individuals tend to smile and laugh during distressful situations to alleviate stress. Evidence suggested that laughter and humor can benefit an individual psychologically and physiologically, helping develop resilience in dealing with daily problems. Individuals high in humor have been found to be more resilient, experience less anxiousness, and have greater life satisfaction. In the context of coping, humor can be used as an emotional catharsis. It has been hypothesized that humor is a form of release, revealing hidden feelings through humor. In the realm of emotion processing, humor has been shown to involve the activation of the brain's reward pathway. This process infers a strong impactful connection between laughter and well-being. Thus, this paper will strive to elaborate a more nuanced understanding of humor as a coping mechanism of daily adversity, which is necessitated not only due to the inherent oppositional nature of dark humor, but also due to the guidance on how to healthily apply humor in adversities. Since everyday life is fraught with opportunities for humor, understanding humor's applications in a variety of different contexts – personal life, work life, and media engagement – is essential for fostering a positive mindset during daily adverse events. Lord Chesterfield famously postulated that humor was the "best sense" for the same reason it is the "rarest" sense, having the invaluable quality of making its possessor agreeable in all aspects of life [10, 11].

Humor As a Stress-Reducer

Through childhood rhymes, vaudeville humor, and joke-telling, recounts the ways in which humor can reduce stress or prepare one to face it – a role especially crucial during difficult times. The joyful feeling one experiences after a hearty laugh comes from the release of endorphins by the brain. These chemical compounds trigger a positive feeling, alleviating pain to create a brief, natural high. Indeed, the same deep, cleansing breaths enjoyed from laughing lead to physical and emotional relaxation. With this background in place, focusing on humor's specific role as a stress-reducing mechanism in the long-term broadens the conversation and potential impact. Therein, various reasons why a relaxing activity like reading funny comics or watching a comical show can help ease stress are considered. It is noted that not all humor is right for everyone or appropriate for every occasion. In fact, the source of the laughter is considered to be a crucial aspect, as shared laughing, in the context of a close relationship, has been shown to improve the bodily chances of adapting to stressful situations. Studies show that laughter induces healthier heart rhythms when people find something funny and arousal of this nature is generally positive [12, 13]. While laughter focuses on the physiological side, another study considers a psychology side and analysis whether comic-based reading can stimulate the right frame of mind to provide a sense of community and enhance coping skills. On a social level, sharing humor forms an emotional bond and strengthens relations. It is with this in mind that people share the comics or jokes that are laugh-out-loud funny, which often touch familiar ground and are relatable among friends. Even research, whilst noting that humor helps individuals persevere through challenges, highlights that the collective enjoyment of funny material brings comfort and reassurance, cultivating a shared closeness [14, 15].

Cultural and Social Aspects of Humor in Coping

The use of humor works to alleviate stress and promote resiliency in coping cross-culturally. There are cultural and social dimensions of appreciation that are relevant to how humor is understood and utilized as a coping strategy. There is great intercultural variation in the humor as a form of human expression that is both appreciated and expressed in globally diverse human populations. Humor appreciation and expression vary cross-culturally dependent upon the ethnicity and nationality of the people. People have adapted to specific cultural norms that regulate how and when humor may be used. Shared humor brings people together by fostering a sense of community and connection. Shared laughter can alleviate inter-group tension by developing a building of an additional connectedness and rapport. During multicultural shared humor performances, the distinctiveness of cultural identities can be forged among audience members. The shared understanding of participating in the same humor discourse can lead to the bonding between otherwise differing groups of people [16, 17]. The ways in which cultural stereotypes are dealt with in adverse circumstances through humor are researched. The presence of cultural stereotypes in humor separates the coping-specific natures of positive and negative coping humor. There are culturally specific meaning-contents in stereotype references that are referred to in the context of humor. The same categorial groups can be turned into a humorous discourse claiming expresses or alternatively attacks cultural clichés. As such, the same cultural concept in a humorous narrative can be used to either support or hinder coping efforts. The post-disaster narratives held by culturally segregated minority groups from Finland, the Nordic Region, and Latvia are examined as to discuss the diverse ways in which humor is employed in dealing with adversity considering the historical, geographical, religious, as well as ideological backgrounds. Only the shared narratives of the Latvian minority in Finland address the adverse encounter directly through humor. The other narratives discuss the natural disaster by expressing anything to the coping humor. Those who believe in the humorous coping narrative support it with jokes and laughter. Furthermore, humor is not exhibited solely in the way disaster event is related, but laughter and negatively coded joking are present also in other lines of the narrative. The interaction between storytelling and the displays of humorous expression effects here a mutual intensification. There is a humorous narrative that supports the same “victim’s” agency in prompting adversities. There is a structure of the perceived victims adapts humorous survival strategies that deter the realization of looming threats. On a broader sociocultural view, the ways in which social coping support is extended through humor in narratives are discussed. As a sociocultural adaptation, the shared laughter creates a coping alliance in defining those carrying the threat as a threat in its own term. In conclusion, it is argued that compared to a solemn tragedy paradigm of disaster, the humorous coping discourse can help mitigate the threatening effect of natural disaster. Moreover, the coping discourse can foster bonding between a social group and leads to resilience in the face of adversity [18, 19]. The role of humor within this process is complex, influenced by cultural prescripts and socially negotiated identity. This paper establishes the foundation for the examination of cross-cultural perspectives. It argues that the supportive potential of humor in dealing with adversities should be considered at a local level. The interplay between a diverse cultural identity and the effectiveness of humor in coping with adversities fosters a complex interaction. Based on that, the research will provide empirical cases from different cultural settings to explore how adversity is approached through the beneficial use of humor as well as how it sometimes considered more als Obstruktiv. This approach to humor in the face of hardship is cultural and varied, emphasizing the significance of addressing the local before proposing more general compassion [20, 21].

Cross-Cultural Perspectives

Humor is a universally used defense mechanism in times of stress. However, the effectiveness of humor as a coping mechanism varies across different cultures, and this variance can be found in disparities between the prevalence of the use of humor as a defense mechanism and the commonplace literature describing this relative success. The effectiveness of humor as a defense mechanism against stressors is thought to be a cultural trait, with its effectiveness differing widely between cultures. Therefore, by looking at humor through different cultural lenses, a more comprehensive view of humor as a defense mechanism can be achieved. When on the Titanic, comedian Billy Connolly’s success in reviving the spirits of an Aboriginal Australian man was hindered by the differing use of humor between these two cultures, as the jokes of the comedian were lost in translation. Another example can be found in disaster humor: a study revealed that disaster jokes, prevalent in western cultures, were often found offensive in other cultures and that disaster humor was hijacking the role of legitimate mourners. While the use of humor can unite members of a

<https://rijournals.com/current-research-in-humanities-and-social-sciences/>

cultural group and allow for them to heal, those not of the same culture are likely to miss the intended message of the joke and may instead see the humor as inappropriate, impeding the healing process. Given this, some cases regarding humor as a coping strategy following a stressful life event, whether on a family or individual group level, will be explored, as well as examples of successful humor employed by typically unthought of cultures or contexts [22].

Humor in Specific Adversity Scenarios

“Laughter is the best medicine.” It is often said that we are able to handle adversity far more effectively with the use of, and even more often, humor and laughter. But are some forms of humor just inappropriate under times of adversity (i.e. black humor), those that laugh at others’ expense or are poorly timed? A strong theme of study has been initiated regarding the use of humor at a personal level while facing times of adversity. Humor can be useful in overcoming emotional struggles; those who can use humor to “lighten up” the situation helped them overcome the adversity quicker and be less emotionally burdened than those who did not make jokes. Humor is especially beneficial to use following a traumatic incident. While everyone grieves losses differently, humor can again be a helpful tool. Likewise, so can focusing on more anecdotal topics, rather than deep, emotional feelings. Humor is able to play a contextually-appropriate part in coping with adversity, be it personal loss, traumatic events, or significant life transition [23]. [B.C.] resided in Jakarta, Indonesia. On 26 December 2004, a Tsunami hit Indonesia and B.C. was given the topic: “Nature’s wrath by Tsunami has regained our faith back to God”. The contestant replied: “Nature’s wrath by Tsunami has regained our faith back to Western Union”. This joke was able to provide relief and a smile of several members of the audience. The humor counter-norms the immense emotion of the dreadful scenario, provides some relief and valuable point for consideration. Or, consider [A.B.] of New York, who, whilst admiring a skirt-clad lady, fell to the Chicago subway. The pun was: “She was wearing such a lovely skirt; I thought of accompanying her, a typical New Yorker, whenever a bus arrived”. Considering two specific cases of such, these jokes illustrate the fact that humor can be productive in the face of sorrow, disaster, ill-fate or terror. Adversity jokes are also capable of offering hope [24].

Health Crises

Laughter has the capacity to mitigate feelings of powerlessness, relieve at least transient anxiety, and foster resilience to the vicissitudes of the flesh. It is uniquely suited to the bodily. It has been observed that in the face of sudden or unexpected injury a common and salutary response for victims is to initially laugh, albeit often in an almost involuntary and incongruous way. Hence it is unsurprising that communities blighted by recurring plagues of suffering or distress have often consorted to humorous if not grimly farcical responses in return [25]. Those suffering from enduring and perhaps even incurable conditions can often feel an acute sense of irretrievable loss and compensatory anger. However, in many instances humor has been found to correlate both with problem-solving behavior and a stifling if not outright diversion of anger. In the therapeutic context, this latter quality is often enjoined to help clients to learn how to laugh at themselves, as a way to break up ingrained and maladaptive responses to personal trauma. Laughter is, in part, resiliency building, a state of mind which allows a serious individual to tolerate the pain of existence and find happiness without resorting to profound and hubristic introspection [5].

Practical Applications and Interventions

From cartoons in treatment plans developed by mental health clinicians to live improv groups in mental health settings, there are a myriad of practical applications of humor as a therapeutic intervention in the face of adversity. Since many practitioners see clients and patients affected by or in danger of being affected by some form of adversity, training clinicians and mental health professionals to utilize humor for their clients and themselves now is a way to approach adverse topics. Spoofs, sketches, and parody all have adaptive value when the overall goal is to seek a narrative change in the community, society, or policy, correlating with the necessity of a storytelling model for resilience and humor to accompany and support the “process of remaking oneself” 3. For those who are not good with words, or are struggling to find them, there is something powerful about the economy of image and humor; postcards or Instagram stories can provoke greater discussion on an issue than a meticulously constructed tweet. There are many take-aways direct readers can do with this article - post jokes on an ED noticeboard, talk the clinic into further training in comedy during initial training, advocate for a contested theatre group locally, or insist on appearing at the next Grand Rounds with a cowboy hat and ukulele [26]. There exists an array of

This is an Open Access article distributed under the terms of the Creative Commons Attribution License (<http://creativecommons.org/licenses/by/4.0>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited

<https://rijournals.com/current-research-in-humanities-and-social-sciences/>

initiatives that have sought to marry the power of a well-placed gag with promoters of mental health, resilience, and overall sense of well-being that are not so obvious. It might be a matter of owning space and disseminating artistic works; students brought into the examine process through memorizing discography as notes. The syllabi/atlas section indicates that the bills as a practical day-by-day guidance of how to cope with situations that will inevitably confront practitioners, patients, clients, coworkers, friends, and family alike. Nonetheless, like any defense mechanism and scaffold, there exist ethical considerations, especially when it comes to repackaging and re-using humor from a secondary source in a sensitive space. One of the rules of the ED board prepared for the new psychiatric front of the ER has it written, "Use extreme caution with humor someone else might find offensive. Common risks include anorexia and mortality statistics, intrapersonal capitalization on someone else's misfortune, and dark humor can lead to a, well... dark place [27].

Humor in Therapy

User-centered design actively involves end users in the assessment, design, and evaluation of systems. It focuses on the individual user's needs at all stages in the product lifecycle and typically capitulates in the development and deployment of interactive technologies tailored to the specific needs, abilities, and social context of an individual or group of users. E-collaborative applications refer to those applications that facilitate the communication and collaboration between individuals with similar goals but different locations. E-collaborative applications sometimes have humor characteristics in order to make the distance between the users smaller. These characteristics combined with the existing problems of e-collaborative applications make the usability of e-collaborative applications with humor characteristics important. A vast amount of literature has been published on usability and user-centered design methodologies and how they can be applied to ensure the effectiveness and appropriateness of technologies, systems, and applications [28, 29, 30].

CONCLUSION

Humor serves as an essential coping strategy, offering psychological, physiological, and social benefits to individuals facing adversity. Its ability to reduce stress, enhance resilience, and promote social connectedness makes it an invaluable tool in navigating life's challenges. While humor is culturally and contextually dependent, its universal appeal lies in its capacity to reframe difficult experiences, providing relief and perspective. From clinical settings to everyday interactions, humor has therapeutic value and should be incorporated into mental health practices and social support systems. Moving forward, research should continue exploring humor's role in diverse cultural and psychological contexts, ensuring its responsible and effective application in fostering well-being.

REFERENCES

1. Dyck KT, Holtzman S. Understanding humor styles and well-being: The importance of social relationships and gender. *Personality and Individual Differences*. 2013 Jul 1;55(1):53-8.
2. Wellenzohn S, Proyer RT, Ruch W. Humor-based online positive psychology interventions: A randomized placebo-controlled long-term trial. *The Journal of Positive Psychology*. 2016 Nov 1;11(6):584-94.
3. Simon JM. Therapeutic humor: who's fooling who?. *Journal of psychosocial nursing and mental health services*. 1988 Apr 1;26(4):8-9.
4. Cadiz E, Buxman K, Angel M, Resseguie C, Wilder C, Chan L, Bejar J, Russe J, Davidson J. Exploring Nurses' use of humor in the workplace: a thematic analysis. *AJN The American Journal of Nursing*. 2024 Sep 1;124(9):18-26. [HTML]
5. Simone L, Gnagnarella C. Humor coping reduces the positive relationship between avoidance coping strategies and perceived stress: a moderation analysis. *Behavioral Sciences*. 2023 Feb 16;13(2):179.
6. Alfano M, Astola M, Urbanowicz P. Having a Sense of Humor as a Virtue. *The Journal of Value Inquiry*. 2024 Dec;58(4):659-80.
7. Di Fabio A, Gori A, Svicher A. Relationships between humor styles and the Big Five personality traits in workers: A network analysis. *International Journal of Environmental Research and Public Health*. 2023 Jan 5;20(2):1008. [mdpi.com](https://doi.org/10.3390/ijerph20021008)
8. Elshaer IA, Azazz AM, Fayyad S. Positive humor and work withdrawal behaviors: the role of stress coping styles in the hotel industry amid COVID-19 pandemic. *International Journal of Environmental Research and Public Health*. 2022 May 20;19(10):6233. [mdpi.com](https://doi.org/10.3390/ijerph19106233)

This is an Open Access article distributed under the terms of the Creative Commons Attribution License (<http://creativecommons.org/licenses/by/4.0>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited

9. Torres-Marín J, Navarro-Carrillo G, Eid M, Carretero-Dios H. Humor styles, perceived threat, funniness of COVID-19 memes, and affective mood in the early stages of COVID-19 lockdown. *Journal of Happiness Studies*. 2022 Aug;23(6):2541-61. [springer.com](https://www.springer.com)
10. Amjad A, Dasti R. Humor styles, emotion regulation and subjective well-being in young adults. *Current Psychology*. 2022 Sep;41(9):6326-35.
11. Reizer A, Munk Y, Frankfurter LK. Laughing all the way to the lockdown: On humor, optimism, and well-being during COVID-19. *Personality and Individual Differences*. 2022 Jan 1;184:111164.
12. Thomson G, Cook J, Nowland R, Donnellan WJ, Topalidou A, Jackson L, Fallon V. Resilience and post-traumatic growth in the transition to motherhood during the COVID-19 pandemic: A qualitative exploratory study. *Scandinavian Journal of Caring Sciences*. 2022 Dec;36(4):1143-55. [wiley.com](https://www.wiley.com)
13. Pietromonaco PR, Overall NC. Applying relationship science to evaluate how the COVID-19 pandemic may impact couples' relationships. *American Psychologist*. 2021 Apr;76(3):438.
14. Ali U, Rehna T, Zubair S. Wish I could see you without closing my eyes: Thematic Analysis of dream content of grieved parents with the perspective of religious, cultural and psychological dimension. *International Journal of Dream Research*. 2021 Apr 21:36-46.
15. Naranch LE. What Reassurances? What Reality?. Persevering during the Pandemic: Stories of Resilience, Creativity, and Connection. 2022 Aug 15:79. [\[HTML\]](#)
16. Finstad GL, Giorgi G, Lulli LG, Pandolfi C, Foti G, León-Perez JM, Cantero-Sánchez FJ, Mucci N. Resilience, coping strategies and posttraumatic growth in the workplace following COVID-19: A narrative review on the positive aspects of trauma. *International journal of environmental research and public health*. 2021 Sep 8;18(18):9453. [mdpi.com](https://www.mdpi.com)
17. Frisby BN, Sidelinger RJ, Tatum NT, McMullen AL. When synchronous online learning goes wrong: using humor to cope and to build resilience. *Communication Research Reports*. 2024 Apr 11:1-1. [\[HTML\]](#)
18. Hiimäe R, Kalda M, Kõiva M, Voolaid P. VERNACULAR REACTIONS TO COVID-19 IN ESTONIA: CRISIS FOLKLORE AND COPING.. *Folklore (14060957)*. 2021. [academia.edu](https://www.academia.edu)
19. Uwen GS, Ushie GO. " Happy wives" and" sad husbands": a decrypting analysis of Covid-19 humorous expressions. *European Journal of Humour Research*. 2022 Jan 1;10(1).
20. Duan W, Yu X, Tang X. "Humor ABC" program: Specific strength intervention in facilitating the positive development of left-behind children. *Journal of Happiness Studies*. 2023 Apr;24(4):1605-24.
21. Alkaraki SM, Alias NB, Maros M. Exploring the impact of social media humor related to the COVID-19 pandemic: a systematic literature review on themes, coping mechanisms, critiques and linguistic devices. *Cogent Arts & Humanities*. 2024 Dec 31;11(1):232227.
22. Ali A. Suffering and smiling: Nigerians' humorous response to the coronavirus pandemic. *Journal of African Media Studies*. 2022 Jun 1;14(2):245-56.
23. Kaya Z, Yağan F. The mediating role of psychological resilience in the relationship between coping humour and psychological well-being. *Journal of Theoretical Educational Science*. 2022 Jan;15(1):146-68.
24. Nassif D. Trauma Theory, the Lebanese Civil War, and Lebanese Fiction. In *Trauma, Memory, and the Lebanese Post-War Novel: Beirut's Invisible Histories in Rabee Jaber's Fiction* 2024 Mar 19 (pp. 11-79). Cham: Springer Nature Switzerland. [\[HTML\]](#)
25. Mahat-Shamir M, Kagan M. When the times get tough the toughs get funny: Means by which humor buffers against death anxiety emerged during COVID-19 outbreak. *Plos one*. 2022 Aug 19;17(8):e0273338.
26. Declercq D. Comic Irony and Narrative Coping. In *Satire, Comedy and Mental Health: Coping with the Limits of Critique* 2021 Jan 13 (pp. 85-104). Emerald Publishing Limited. [\[HTML\]](#)
27. Williams M, Moser T, McDaniel G, Kent T. The Influence of Resistance on Coaching Efficacy: The Obstacle is the Way. *International Management Review*. 2024 Jul 1;20(2). [\[HTML\]](#)
28. Nof SY. ing trends in nature-inspired and bioinspired automation, cyber collaborative control and cyber physical automa-tion, and risks to consider, avoid, and eliminate. SY Nof () PRISM

<https://rijournals.com/current-research-in-humanities-and-social-sciences/>

- Center and School of Industrial Engineering, Purdue. Springer Handbook of Automation. 2023 Jun 16:3.
29. Elrayah M, Mirzaliev S. Impact of Communication Motives and Online Communication on Language Learning: A Mediating Study through Task Technology Fit. Eurasian Journal of Applied Linguistics. 2024 Dec 13;10(3):102-14.
 30. Mortazavi M, Nasution MK, Abdolazadeh F, Behroozi M, Davarpanah A. Sustainable learning environment by mobile-assisted language learning methods on the improvement of productive and receptive foreign language skills: A comparative study for Asian universities. Sustainability. 2021 Jun 2;13(11):6328. [mdpi.com](https://doi.org/10.3390/s13116328)

CITE ON: Asiimwe Kyomugisha T. (2025). The Role of Humor in Coping with Adversity. RESEARCH INVENTION JOURNAL OF CURRENT RESEARCH IN HUMANITIES AND SOCIAL SCIENCES 4(1):42-48. <https://doi.org/10.59298/RIJCRHSS/2025/414248>