

DISPOSITIONAL OPTIMISM, EXTRAVERSION, AND  
HUMOR OF GAY COLLEGE STUDENTS OF  
CAVITE STATE UNIVERSITY,  
INDANG, CAVITE

THESIS

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**DISPOSITIONAL OPTIMISM, EXTRAVERSION, AND HUMOR OF GAY  
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INDANG CAVITE**

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## ABSTRACT

**RODRIGUEZ, JANE NICOLE D., ROSAL, ARAMAE C., and SARREAL, KATE CZARENE.** **Dispositional Optimism, Extraversion and Humor of Gay College Students of Cavite State University—Indang, Cavite.** Undergraduate thesis proposal. Bachelor of Science in Psychology. Cavite State University, Indang, Cavite. October 2018. Adviser: Ana Ruth M. Andalajao, Rpm.

This study determined the level of dispositional optimism; the level of extraversion and the humor style in terms of; aggressive humor, affiliative humor, self-enhancing humor and self-defeating humor. Additionally, this study determined the significant relationship of dispositional optimism and humor and the significant relationship of extraversion and humor.

The study used descriptive correlational research design. The participants of this study were 150 gay college students currently studying at Cavite State University – Indang, Cavite ages 17-24 years old. There were no specific courses or department in choosing the participants but they were self-confessed gays. Moreover, the sampling technique that used in choosing the participants were purposive quota and snowball sampling technique. For the instrument, the researchers used lifted scales entitled Life Orientation Test- Revised by Scheier & Carver (1994) composed of 10 items, Big Five Factor markers by Goldberg (1992) composed of 10 items and Humor Style Questionnaire by Martin (2003) composed of 32 items.

The result of this study showed that most of the college students currently studying in Cavite State University, Indang, Cavite have scored average level in dispositional optimism and extraversion while they also scored low level in all humor style except from affiliative humor wherein they got an average level. For the correlation, there is no

there is no significant relationship found between dispositional optimism and humor. Furthermore there is also no significant relationship found between extraversion and humor meaning that neither dispositional optimism nor extraversion could not affect the humor style of the gay participants.

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# **DISPOSITIONAL OPTIMISM, EXTRAVERSION, AND HUMOR OF GAY COLLEGE STUDENTS OF CAVITE STATE UNIVERSITY, INDANG CAVITE**

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## **INTRODUCTION**

Humor can be used as a defense mechanism. However, using humor in this way avoids the need to address their underlying issues.

According to Martin (2007) humor has been grouped into two dimensions which are the adaptive humor and maladaptive humor. Adaptive humor refers to the humors that are beneficial to the psychological well-being of an individual. It includes affiliative humor and self-enhancing humor. Affiliative humor is the type of humor where an individual tells jokes in a witty manner to create amusement and facilitate relationship. Self-enhancing humor is being able to laugh at one self's, such as making a joke when something bad has happened to lighten the mood. On the other hand, maladaptive humor refers to the humors that causing harm to the well-being of an individual. It includes aggressive humor and self-defeating humor. Aggressive humor is the type of humor that