

Navigating Emotions: Examining the Influence of Humour and Mindfulness Interventions of Self-Acceptance, Emotional Expressivity and Rumination in Emerging Adult Women

Sudha Rathore

Chandigarh University, Mohali

Sanya Badera

Christ (Deemed to be University), Delhi NCR

This study investigates the impact of humour and mindfulness interventions on self-acceptance, emotional expressivity, and rumination among young females. Using a pre-test post-test design, 40 urban-dwelling emerging adult women (ages 18-21) participated in humour, mindfulness, or combined interventions. Post-intervention, significant improvements in unconditional self-acceptance and emotional expressivity were observed, with reduced rumination. The combined humour and mindfulness group outperformed the humour, mindfulness, and control groups. This finding supports previous research that links mindfulness to self-acceptance and emotional expression. The results of this study suggest that integrating humour and mindfulness techniques can synergistically foster a supportive environment for enhancing self-awareness, emotional expression, and cognitive reframing among emerging adult women.

Keywords: Humour, Mindfulness, Emotional Expressivity, Unconditional Self-Acceptance, Rumination

Emerging adulthood is a crucial developmental stage marked by various psychological challenges such as identity formation, emotional regulation, and coping with stressors. Self-acceptance, emotional expressivity, and rumination are key factors that shape mental well-being during this phase. However, there is a significant gap in understanding how humour and mindfulness interventions, both individually and in combination, can impact these psychological constructs in emerging adult women.

The concepts of humour and mindfulness have garnered considerable attention in the realm of psychology and well-being. Even though they are distinct, they are interrelated and can complement each other to enhance their therapeutic effects and foster wellness in unique ways. By integrating these approaches, we can create a powerful means

of promoting self-acceptance and emotional expressivity. Mindfulness, which has its roots in ancient traditions, is centred on developing non-judgmental awareness and acceptance of present experiences. Humour, on the other hand, can provide a light-hearted and engaging atmosphere during mindfulness practices, making it easier to explore and express emotions. While humour bolsters positive emotions, social connection, and cognitive flexibility, mindfulness promotes non-reactivity, self-compassion, and heightened attentional control. Combining humour and mindfulness-based intervention strategies can potentially achieve the best of both worlds. It is essential to understand the factors that can help alleviate rumination to support the well-being of emerging adults. Humour can provide a gentle and non-judgmental approach to self-reflection, which

promotes cognitive flexibility and reduces the intensity and duration of ruminative thoughts. Combining humour and mindfulness may enhance the effectiveness of interventions focused on rumination and offer practical tools for managing it. Converging these constructs in a mindful and humorous state can amplify each approach's benefits.

Humour-based interventions have been extensively studied and utilised in therapeutic settings, from clinical psychology to organisational development. Empirical evidence suggests that humour-based interventions can reduce anxiety and depression, improve resilience, boost creativity and problem-solving abilities, enhance interpersonal relationships, and promote overall well-being. Mindfulness-based interventions, such as Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT), have gained substantial empirical support for their effectiveness in a wide range of populations and conditions. Research has shown that mindfulness-based interventions can reduce stress, alleviate symptoms of anxiety and depression, improve emotional regulation, enhance attentional capacities, foster self-compassion, and promote overall well-being (Dawson et al., 2019; Zhang et al., 2021). Integrating humour and mindfulness-based interventions may serve as an additional tool to engage participants, facilitate relaxation, and augment the therapeutic benefits of mindfulness-based interventions.

Unconditional Self-Acceptance is a crucial component of psychological well-being that involves wholeheartedly accepting oneself. It is closely linked to self-compassion and positive self-regard. According to research, individuals who possess higher levels of unconditional self-acceptance experience a greater sense of life satisfaction, improved emotional well-being, increased resilience,

and reduced anxiety and depression levels. Although the correlation between unconditional self-acceptance and psychological well-being is positive but low, studies suggest that its association with well-being is mediated by various factors, including mindfulness, self-esteem, personality traits, and meaning in life. (Bingol et al., 2018; Xu et al., 2018). According to Zhang et al (2022), there is a positive correlation between regulatory emotional self-efficacy, interpersonal adaptability, and self-acceptance. However, these factors are negatively correlated with psychological distress.

Haaga & Chamberlain (2001) have found that any level of self-esteem can indicate a dysfunctional habit of globally evaluating one's worth, which relates to psychological health. In a study by Park (2010), the relationship between dispositional mindfulness and depressive symptoms was examined through three types of affect regulation: emotion regulation, mood regulation, and self-regulation. The results showed that higher levels of dispositional mindfulness were associated with higher levels of positive emotions, mood regulation expectancies, and self-acceptance. These factors were all inversely related to depressive symptoms.

Emotional expressivity is a crucial component of effective communication, building meaningful connections, and developing healthy coping strategies. It involves the ability to recognise, label, and express emotions adaptively. Humorous interactions and activities can provide a safe and enjoyable context for individuals to express and regulate their emotions. Meanwhile, mindfulness practices can enhance emotional expressivity by promoting emotional clarity, reducing emotional reactivity, and facilitating authentic self-expression.

Several models of emotional expressivity have been developed over the years, each with its own set of facets and outcomes. For example, Gross and John's (1995) Berkeley Expressivity Questionnaire has three facets: positive expressivity, negative expressivity, and impulse strength. King & Emmons (1990) discovered three more factors: expression of positive emotions, expression of negative emotions, and expression of intimacy. Eisenberg et al. (2001) found that positive expressivity was positively related to children's regulation, whereas hostile negative expressivity was negatively related.

Studies have also shown that emotional expressivity is dispositional and correlates with significant personality traits and physiological measures. For instance, Halberstadt and colleagues (1995) found that only men's negative emotional expressivity was relevant to their reports of marital satisfaction, while studies found that marital functioning was strongly related to negative emotional expressivity for both husbands and wives (Rauer & Volling, 2005; Hanzal, & Segrin, 2009; Yelsma, & Marrow, 2003). Moreover, research has shown that humour can play a role in the relationship between personality vulnerabilities to depression, as explored by Besser et al. (2011). Meanwhile, Jimenez et al. (2010) suggested that high levels of mindfulness are positively associated with various aspects of well-being, such as positive emotions. Mindfulness tends to predict more emotional self-regulation ability and acceptance without judgement was associated with fewer difficulties in emotion regulation.

Rumination is a cognitive process that involves repetitive and intrusive focus on negative thoughts and emotions. This process can significantly impact the well-being of emerging adults who often face increased stress, uncertainty, and self-reflection. Recent research has identified rumination as a transdiagnostic construct with

a role in various clinical conditions. The response styles theory (RST) of rumination portrays it as a passive and repetitive response to negative mood, which prolongs negative emotions and increases the likelihood of depressive symptoms. The Response Styles Questionnaire is a tool used to measure rumination and includes maladaptive and adaptive subscales. The habit-goal framework explains how rumination in response to goal blockages can become habitual, leading to depressive rumination.

Cognitive accounts of rumination are proposed in the literature, with the impaired disengagement hypothesis suggesting difficulties in disengaging attention. Humour, with its ability to evoke positive emotions and shift cognitive perspectives, can play a significant role in reducing rumination. A recent study investigated the moderating role of humour styles on the associations between rumination and mental health. Additionally, mindfulness strategies have shown promise in reducing rumination by training individuals to observe their thoughts and emotions without judgement. By doing so, individuals can disengage from ruminative cycles and promote self-reflection.

Humour and mindfulness are two psychological constructs that have gained attention for their potential therapeutic benefits. Humour promotes positive emotions, social connection, and cognitive flexibility, while mindfulness cultivates non-reactivity, self-compassion, and enhanced attentional control. Combining these approaches may offer a unique opportunity to enhance self-acceptance, and emotional expressivity, and reduce rumination in emerging adult women.

Despite the growing interest in humour and mindfulness interventions, limited research has been conducted on their combined effects on psychological well-being, especially in emerging adult women. An in-

depth understanding of the synergistic effects of humour and mindfulness interventions on self-acceptance, emotional expressivity, and rumination can provide valuable insights into developing effective intervention strategies tailored to the needs of this population. Therefore, this study aims to fill this gap by investigating the influence of humour and mindfulness interventions on self-acceptance, emotional expressivity, and rumination in emerging adult women. By elucidating the mechanisms underlying these interventions' effects, this research aims to contribute to the development of evidence-based interventions aimed at promoting mental well-being in this vulnerable population.

Hypothesis

- H1.1 There is a difference in the post-test scores of the Humour & Mindfulness treatment group on the variables of the study i.e. Unconditional Self-Acceptance, Emotional Expressivity and Rumination
- H1.2 There is a difference in the post-test scores of the Humour-based treatment group on the variables of the study i.e. Unconditional Self-Acceptance,
- H1.3 There is a difference in the post-test scores of the Mindfulness-based treatment group on the variables of the study i.e. Unconditional Self-Acceptance, Emotional Expressivity and Rumination

Research Design

It is a pre-test post-test research design

| Groups | Pre-test assessment | Intervention | Post-test assessment |
|--------|---|--------------------------------|---|
| A | Variables: Self-acceptance, Emotional expressivity and Rumination | Mindfulness-based Intervention | Variables: Self-acceptance, Emotional expressivity and Rumination |
| B | Variables: Self-acceptance, Emotional expressivity and Rumination | Humour-based Intervention | Variables: Self-acceptance, Emotional expressivity and Rumination |

- H1.4 There is no difference in the post-test scores of Control group on the variables of the study i.e. Unconditional Self-Acceptance, Emotional Expressivity and Rumination
- H2.1 There is a difference in the effectiveness of treatment group Humour & Mindfulness and other treatment groups i.e., Humour, Mindfulness and Control group on the variable of the study i.e. Unconditional Self-Acceptance
- H2.2 There is a difference in the effectiveness of treatment group Humour & Mindfulness and other treatment groups i.e., Humour, Mindfulness and Control group on the variable of the study i.e. Emotional Expressivity
- H2.3 There is a difference in the effectiveness of treatment group Humour & Mindfulness and other treatment groups i.e., Humour, Mindfulness and Control group on the variable of the study i.e. Rumination.

Method

Sample

A sample of 40 emerging adults (female) was collected. Individuals with a basic understanding of English and Hindi, who belonged to an urban domicile were included in the study. Individuals with any physical disabilities or undergoing any psychological treatment were excluded.

| | | | |
|---|---|---|---|
| C | Variables: Self-acceptance, Emotional expressivity and Rumination | Mindfulness and Humour-based intervention | Variables: Self-acceptance, Emotional expressivity and Rumination |
| D | Variables: Self-acceptance, Emotional expressivity and Rumination | Control group (no intervention) | Variables: Self-acceptance, Emotional expressivity and Rumination |

Tools

- Berkeley Expressivity Questionnaire developed by Gross, J.J., & John, O.P. (1997)
- Unconditional Self-Acceptance Questionnaire developed by Chamberlain, J.M., & Haaga D.A.F. (2001)
- Rumination-Reflection Questionnaire developed by Trapnell, P.D., & Campbell J. D. (1999)

Procedure

At the commencement of the study based on the inclusion and exclusion criteria, the sample was selected. In the next phase, tests were administered via Google Forms. Analysis of pre-intervention tests suggested scores of no significance. Thereafter, intervention strategies were implemented in the groups. Further, post-intervention results were compiled and trends were analysed.

Statistical Analysis

For statistical analysis of data, descriptive statistics, paired t-test, analysis of variance (ANOVA) and Post-hoc Tukey HSD were used.

Strategies for Intervention

Humour-based Intervention Strategies (McGhee, 1994)

- Surround yourself with Humour
- Cultivate a playful attitude
- Laugh more often and more heartily
- Create your verbal humour

- Look for humour in everyday life
- Take yourself lightly, and laugh at yourself
- Find humour amid stress

Mindfulness-based Intervention Strategies

- The raisin exercise
- The body scan
- Begin and end each day with mindfulness
- Observer meditation
- Walk mindfully
- Five Finger breathing
- Five Senses exercise

For Humour & Mindfulness-based intervention (Combined), the two individual tasks were combined from both intervention strategies.

Results

Descriptive statistics of the pre-test scores provide mean and standard deviation (SD) of all variables Unconditional Self-Acceptance (M= 83.2250; SD= 10.9859), Emotional Expressivity (M= 76.4000; SD= 9.1953) and Rumination (M= 43.1250; SD= 7.6533).

Pre-test Analysis of Variance summarises the differences between the means of the three variables i.e. Unconditional Self-Acceptance, Emotional Expressivity and Rumination across four treatment groups i.e., Humour & Mindfulness, Humour, Mindfulness and Control groups are statistically insignificant. Hypothesis 1

suggests that the population means are all equal. The results indicated there is no significant difference in scores of

Unconditional Self-Acceptance ($F = .229$; $p = .875$), Emotional Expressivity ($F = .086$; $p = .967$), and Rumination ($F = .046$; $p = .987$) among the four treatment groups.

Table 1. Paired t-test scores for Humour and Mindfulness-based combined intervention group

| Variables | | Mean | SD | t | Sig. |
|-------------------------------|-----------|----------|----------|--------|-------|
| Unconditional Self-Acceptance | Pre-Test | 81.9000 | 13.59289 | -4.546 | 0.001 |
| | Post-Test | 103.2000 | 3.25918 | | |
| Emotional Expressivity | Pre-Test | 75.5000 | 9.19239 | -5.991 | 0.000 |
| | Post-Test | 94.8000 | 2.04396 | | |
| Rumination | Pre-Test | 43.8000 | 8.99135 | 5.176 | 0.001 |
| | Post-Test | 28.1000 | 3.10734 | | |

A paired sample t-test was used to assess how humour and mindfulness-based combined interventions affected rumination, emotional expressivity, and unconditional self-acceptance. Hypothesis 1 states that there is a significant difference between the variables' pre-test and post-test mean scores. The results indicate that the scores after intervention were significantly higher than before intervention for unconditional self-acceptance and rumination. However, the results also indicated that the scores after the intervention were significantly lower than before rumination. According to the outcomes of the paired sample t-test for Humour & Mindfulness intervention, we accept Hypothesis 1.1

The results of the paired sample t-test were used to evaluate the impact of humour-based interventions on emotional expressivity, rumination, and unconditional self-acceptance. The pre-test and post-test mean scores for the variables do not significantly differ. The findings indicate that the scores after the intervention were significantly higher than before the intervention for unconditional self-acceptance, and emotional expressivity and

significantly lower for the variable Rumination. Based on the results of the paired sample t-test for Humour-based intervention, we accept Hypothesis 1.2.

The scores of the paired sample t-test conducted to determine the effects of mindfulness-based interventions on unconditional self-acceptance, emotional expressivity and rumination are displayed in the table above. The null hypothesis states that there is no significant difference in the mean scores of the variables in the pre-test and post-test. The results of the paired sample t-test for mindfulness-based intervention indicate that the scores after the intervention were significantly higher than before for unconditional self-acceptance and emotional expressivity and significantly lower for rumination. Based on the results of the paired sample t-test for Humour-based intervention, we accept Hypothesis 1.3

The scores of the paired sample t-test of the control group of the pre and post-tests conducted to determine the significant difference without any interventions on three variables: Unconditional Self-Acceptance, Emotional Expressivity and Rumination. The

scores of the pre-test and post-test for unconditional self-acceptance, emotional expressivity and rumination have no significant difference. Based on the results of the paired sample t-test for Humour-based intervention, we accept Hypothesis 1.4

Descriptive Statistics score for post-test summarises the total and individual means and standard deviations of the variables: Unconditional Self-Acceptance (M= 89.5750; SD=11.1306), Emotional Expressivity (M= 83.9500; SD= 9.6048) and Rumination (M= 36.1000; SD= 7.91882) for post-test scores.

Table 2. Post-test Analysis of Variance (ANOVA)

| | | Sum of Squares | df | Mean square | F | Sig. |
|-------------------------------|----------------|----------------|----|-------------|--------|------|
| Unconditional Self-Acceptance | Between groups | 3068.275 | 3 | 1022.758 | 20.879 | .000 |
| | Within groups | 1763.500 | 36 | 48.986 | | |
| | Total | 4831.775 | 39 | | | |
| Emotional Expressivity | Between groups | 1794.100 | 3 | 598.033 | 11.935 | .000 |
| | Within groups | 1803.800 | 36 | 50.106 | | |
| | Total | 3597.900 | 39 | | | |
| Rumination | Between groups | 1174.600 | 3 | 391.553 | 11.090 | .000 |
| | Within groups | 1271.000 | 36 | 35.306 | | |
| | Total | 2445.600 | 39 | | | |

One-way ANOVA was conducted to determine the impact of humour and mindfulness intervention strategies on Unconditional Self-Acceptance, Emotional Expressivity and Rumination. The results indicated a significant difference in scores

of Unconditional Self-Acceptance (F=20.879; $p = .000$), Emotional expressivity (F= 11.935; $p = .000$) and Rumination (F= 11.090; $p = .000$) among the four treatment groups (Humour & Mindfulness, Humour, Mindfulness and Control).

Table 3. Post-hoc Tukey HSD Analysis

| Dependent Variable | | | Mean difference | Sig. |
|-------------------------------|----------------------|-------------|-----------------|------|
| Unconditional Self-Acceptance | Humour & Mindfulness | Humour | 16.30000* | .000 |
| | | Mindfulness | 13.90000* | .000 |
| | | Control | 24.30000* | .000 |
| Emotional Expressivity | Humour & Mindfulness | Humour | 13.00000* | .001 |
| | | Mindfulness | 12.10000* | .003 |
| | | Control | 18.30000* | .000 |
| Rumination | Humour & Mindfulness | Humour | -9.60000* | .005 |
| | | Mindfulness | -7.30000* | .044 |
| | | Control | 15.10000* | .000 |

The above table (Table 3) revealed that the intervention strategy of Humour & Mindfulness has higher effectiveness than the other intervention strategies and the control group for the variable Unconditional Self-Acceptance. Pairwise comparisons of the means using Tukey HSD revealed significant differences between treatment groups. For the variable Unconditional Self-Acceptance, scores were significantly higher in the Humour & Mindfulness intervention group than the other intervention groups (Humour, Mindfulness and, Control). From the analysis of Tukey HSD, we accept Hypothesis 2.1 and conclude that the treatment group of Humour & Mindfulness has more effectiveness on the variable Unconditional Self-Acceptance

The table given above (Table 3) revealed that the intervention strategy of Humour & Mindfulness is more effective than the other intervention strategies for the variable Emotional Expressivity. From Tukey HSD, it is indicated that there are significantly higher differences in the intervention group Humour & Mindfulness than in Humour, Mindfulness and Control groups for the scores of Emotional Expressivity. From the analysis of Tukey HSD, we accept Hypothesis 2.2 and conclude that the treatment group of Humour & Mindfulness has more effectiveness on the variable Emotional Expressivity

The above table (Table 3) revealed that the intervention strategy of Humour & Mindfulness is more effective than the other intervention strategies for the variable Rumination. The lower the scores of Rumination, the lower the participant's capacity to ruminate on things.

The results from Tukey HSD indicate a significant difference in scores of Rumination among the four treatment groups. Pairwise comparison reveals that in the condition of Humour & Mindfulness, the scores of Rumination were significantly lower than the

scores in the condition of Humour, Mindfulness and Control. From the analysis of Tukey HSD, we accept Hypothesis 2.3 and conclude that the treatment group of Humour & Mindfulness has more effectiveness on the variable Rumination.

Discussion

The present study aimed to investigate the effectiveness of humour and mindfulness-based interventions on unconditional self-acceptance, emotional expressivity, and rumination among emerging adult women. The study utilised a pre-test and post-test research design, involving four different groups: a Humour & Mindfulness group, a Humour group, a Mindfulness group, and a Control group. The study's hypotheses were tested using descriptive statistics, analysis of variance (ANOVA), paired t-tests, and post-hoc Tukey HSD analysis.

The results of the study indicated that the combined Humour & Mindfulness intervention was significantly more effective in improving unconditional self-acceptance compared to the individual humour and mindfulness-based interventions and the control group. Mindfulness practices may have enhanced self-awareness within the Humour & Mindfulness group. Mindfulness encourages individuals to observe their thoughts and feelings without judgement, which can lead to a deeper understanding and acceptance of one's inner experiences (Dekeyser et al., 2008). This self-awareness likely contributed to the increase in self-acceptance. Humour may have played a pivotal role in promoting self-acceptance among members of the Humour & Mindfulness group. The potential of humour lies in its ability to enable individuals to perceive their perceived flaws in a more positive light, thus fostering self-compassion and reducing self-criticism (Vrticka et al., 2013; Tucker et al., 2013). By finding humour even in the most challenging

situations, participants may have been able to enhance their overall self-acceptance.

Similar to self-acceptance, the Humour & Mindfulness intervention was also found to be the most effective in enhancing emotional expressivity. This result suggests that the combination of humour and mindfulness may create a supportive environment for individuals to recognize and express their emotions more adaptively. By encouraging a playful and non-judgmental attitude, the Humour & Mindfulness group may have experienced greater emotional clarity and authenticity in their expressions. The act of using humour can foster an environment of safety and acceptance that allows individuals to freely express their emotions without fear of judgement. This may have been the case for participants in the Humour & Mindfulness group, who may have felt encouraged to share their feelings more openly. Additionally, mindfulness practices can help individuals become more aware of their emotional states and better equipped to regulate them, potentially leading to healthier and more constructive expressions of their feelings.

The Humour & Mindfulness intervention was found to be more effective than the other groups and the control group in reducing rumination. This finding is significant because rumination is a common cognitive process associated with negative emotional states (Siedlecka et al., 2015). The Humour & Mindfulness group's ability to engage in humour-infused mindfulness practices may have allowed them to break free from ruminative cycles by fostering cognitive flexibility and positive emotional states. Humour can disrupt rumination by shifting cognitive perspectives. When individuals engage in humour, it diverts their attention away from negative thoughts and promotes a more positive and adaptive mindset. This may have helped participants in the Humour & Mindfulness group break free from rumination cycles. Mindfulness encourages

non-judgmental awareness of thoughts and feelings, making it beneficial in addressing rumination (Peters et al., 2015). It helps individuals observe their thoughts without getting entangled in them. Mindfulness practices may have taught participants to let go of rumination and redirect their focus to the present moment.

Conclusion

In conclusion, the present study suggests that humour and mindfulness-based interventions hold promise for enhancing mental well-being in emerging adult women. The combined Humour & Mindfulness intervention demonstrably fostered unconditional self-acceptance, emotional expressivity, and reduced rumination, exceeding the effectiveness of individual humour and mindfulness strategies and the control group. These findings suggest that humour and mindfulness may synergistically cultivate a safe and accepting environment for self-awareness, emotional expression, and cognitive reframing, leading to a more positive and engaged outlook. Policymakers may consider integrating these interventions into school curricula, college wellness programs, and community mental health initiatives to support the development of emotional resilience and positive mental health outcomes. Future research may delve deeper into the underlying mechanisms of this synergy and explore the long-term effects of such interventions on emerging adults facing various mental health challenges. Additionally, investigating the efficacy of these interventions in diverse populations and adapting them to different delivery formats could broaden their reach and impact. While this study offers a promising glimpse into the therapeutic potential of humour and mindfulness, further exploration is warranted to refine and optimise these interventions for fostering holistic well-being in young adults.

References

- Besser, A., Luyten, P., & Blatt, S. J. (2011). Do Humor Styles Mediate or Moderate the Relationship Between Self-Criticism and Neediness and Depressive Symptoms? *The Journal of Nervous and Mental Disease*, 199(10), 757–764. doi:10.1097/nmd.0b013e31822fc9a8
- Bingol, Y.T., & Batik, V.M. (2018) Unconditional Self-Acceptance and Perfectionistic Cognitions as Predictors of Psychological Well-Being. *Journal of Education and Training Studies*, 7(1), 67-75. 10.20448/journal.522.2019.51.63.69
- Chuang, S. P., Wu, J. Y. W., & Wang, C. S. (2021). Humor Styles Moderate the Relationship Between Rumination and Mental Health in Community Residents. *SAGE Open*, 11(4). https://doi.org/10.1177/21582440211054477
- Dawson, A., Brown, W., Anderson, J., Datta, B., Donald, J., Hong, K., Allan, S., Mole, T., Jones, P., & Galante, J. (2019). Mindfulness-Based Interventions for University Students: A Systematic Review and Meta-Analysis of Randomised Controlled Trials.. *Applied psychology. Health and well-being*. https://doi.org/10.1111/aphw.12188.
- Dekeyser, M., Raes, F., Leijssen, M., Leysen, S., & Dewulf, D. (2008). Mindfulness skills and interpersonal behaviour. *Personality and Individual Differences*, 44, 1235-1245. https://doi.org/10.1016/J.PAID.2007.11.018.
- Eisenberg, N., Gershoff, E. T., Fabes, R. A., Shepard, S. A., Cumberland, A. J., Losoya, S. H., Guthrie, I. K., & Murphy, B. C. (2001). Mother's emotional expressivity and children's behaviour problems and social competence: Mediation through children's regulation. *Developmental Psychology*, 37(4), 475–490. https://doi.org/10.1037/0012-1649.37.4.475
- Gross, J. J., & John, O. P. (1995). Facets of emotional Expressivity: Three self-report factors and their correlates. *Personality and Individual Differences*, 19(4), 555–568.
- Gross, J. J., & John, O. P. (1997). Revealing feelings: facets of emotional expressivity in self-reports, peer ratings, and behaviour. *Journal of personality and social psychology*, 72(2), 435.
- Haaga, D. A. F., & Chamberlain, J. M. (2001). *Unconditional Self-Acceptance Questionnaire (USAQ)* [Database record]. APA PsycTests.
- Halberstadt, A. G., Cassidy, J., Stifter, C. A., Parke, R. D., & Fox, N. A. (1995). Self-expressiveness within the family context: Psychometric support for a new measure. *Psychological Assessment*, 7(1), 93–103. https://doi.org/10.1037/1040-3590.7.1.93
- Hanzal, A., & Segrin, C. (2009). The Role of Conflict Resolution Styles in Mediating the Relationship Between Enduring Vulnerabilities and Marital Quality. *Journal of Family Communication*, 9(3), 150–169. doi:10.1080/15267430902945612
- Jimenez, S. S., Niles, B. L., & Park, C. L. (2010). A mindfulness model of affect regulation and depressive symptoms: Positive emotions, mood regulation expectancies, and self-acceptance as regulatory mechanisms. *Personality and Individual Differences*, 49(6), 645–650. doi:10.1016/j.paid.2010.05.041
- King, L. A., & Emmons, R. A. (1990). Conflict over emotional expression: Psychological and physical correlates. *Journal of Personality and Social Psychology*, 58(5), 864–877. https://doi.org/10.1037/0022-3514.58.5.864
- McGhee, P.E. (1994). *How to develop your sense of humour: An 8-step humour development training program*. Kendall/Hunt.
- Nolen-Hoeksema, S. (1991). Responses to depression and their effects on the duration of depressive episodes. *Journal of Abnormal Psychology*, 100(4), 569–582. https://doi.org/10.1037/0021-843X.100.4.569

- Park, C. L. (2010). Making sense of the meaning literature: An integrative review of meaning making and its effects on adjustment to stressful life events. *Psychological Bulletin*, 136(2), 257–301. <https://doi.org/10.1037/a0018301>
- Peters, J., Smart, L., Eisenlohr-Moul, T., Geiger, P., Smith, G., & Baer, R. (2015). Anger Rumination as a Mediator of the Relationship Between Mindfulness and Aggression: The Utility of a Multidimensional Mindfulness Model. *Journal of clinical psychology*, 71(9), 871–884. <https://doi.org/10.1002/jclp.22189>.
- Rauer, A.J., Volling, B.L. The Role of Husbands' and Wives' Emotional Expressivity in the Marital Relationship. *Sex Roles*, 52, 577–587 (2005). <https://doi.org/10.1007/s11199-005-3726-6>
- Siedlecka, E., Capper, M., & Denson, T. (2015). Negative Emotional Events that People Ruminate about Feel Closer in Time. *PLoS ONE*, 10. <https://doi.org/10.1371/journal.pone.0117105>.
- Trapnell, P. D., & Campbell, J. D. (1999). Private Self-Consciousness and the Five-Factor Model of Personality: Distinguishing Rumination from Reflection. *Journal of Personality and Social Psychology*, 76, 284–304. <http://dx.doi.org/10.1037/0022-3514.76.2.284>
- Treynor, W., Gonzalez, R. & Nolen-Hoeksema, S. Rumination Reconsidered: A Psychometric Analysis. *Cognitive Therapy and Research*, 27, 247–259 (2003). <https://doi.org/10.1023/A:1023910315561>
- Tucker, R., Wingate, L., O'Keefe, V., Slish, M., Judah, M., & Rhoades-Kerswill, S. (2013). The moderating effect of humor style on the relationship between interpersonal predictors of suicide and suicidal ideation. *Personality and Individual Differences*, 54, 610–615. <https://doi.org/10.1016/j.paid.2012.11.023>.
- Vrtička, P., Black, J., & Reiss, A. (2013). The neural basis of humour processing. *Nature Reviews Neuroscience*, 14, 860–868. <https://doi.org/10.1038/nrn3566>.
- Watkins, E. R., & Nolen-Hoeksema, S. (2014). A habit-goal framework of depressive rumination. *Journal of Abnormal Psychology*, 123(1), 24–34. <https://doi.org/10.1037/a0035540>
- Xu, W., et al. (2018). Mindfulness, posttraumatic stress symptoms, depression, and social functioning impairment in Chinese adolescents following a tornado: Mediation of posttraumatic cognitive change. *Psychiatry Research*, 259, 345–349. doi:10.1016/j.psychres.2017.09.088
- Yelsma, P., & Marrow, S. (2003). An Examination of Couples' Difficulties With Emotional Expressiveness and Their Marital Satisfaction. *Journal of Family Communication*, 3(1), 41–62. doi:10.1207/s15327698jfc0301_03
- Zhang, D., Lee, E., Mak, E., Ho, C., & Wong, S. (2021). Mindfulness-based interventions: an overall review. *British Medical Bulletin*. <https://doi.org/10.1093/bmb/ldab005>.
- Zhang, X., et al. (2022). Regulatory emotional self-efficacy and psychological distress among medical students: multiple mediating roles of interpersonal adaptation and self-acceptance. *BMC Med Educ* 22, 283. <https://doi.org/10.1186/s12909-022-03338-2>

Sudha Rathore, PhD., Associate Professor, University Institute of Liberal Arts and Humanities Chandigarh University, Mohali, Punjab Email: sudharathorevansh@gmail.com

Sanya Badera, Christ (Deemed to be University), Delhi NCR E-mail: sanya.badera@psy.christuniversity.in)