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HUMOR AS A KEY TO INCREASING THE EFFICIENCY OF THE WORK PROCESS

The wonderful English writer Somerset Maugham has formulated just a few qualities that a person needs for a harmonious and happy life, and a sense of humor was mentioned among them. It is impossible to disagree, because more or less humor permeates absolutely all spheres of human existence. It is hardly possible to meet someone who has never laughed in his life or tried to joke himself. And although humor is often associated exclusively with something light, fun, joyful and carefree, in the process of social interaction, it performs many important functions. It is also important that the sense of humor as a stable personality trait is very attractive to other people. So, every third person indicates exactly the ability to be funny and understand jokes as one of the first in the list of desirable qualities of a future partner, friend and especially colleague [2, p. 61].

In order to realize the nature of humor phenomenon it is important to identify the features of using sense of humor in the work process, the functions of it in the workspace, its influence on the process of activity and the general atmosphere in the team.

There is no doubt that it is definitely difficult to spend a lot of time with someone who doesn't have a sense of humor. These interactions can become more tedious than just boring. Most likely, you will feel the desire to leave this person's company as soon as possible. Work environments without sense of humor are not entirely neutral – they can become quite toxic. In fact, some people claim that humor not only makes workspaces happier and healthier places but it can actually make them more productive. Here are some significant reasons why introducing a bit of good humor into your work culture can make you more effective.

Humor helps for building up stronger relationships. It is easier to talk to someone with whom you laughed no matter what rank you are. Just knowing that someone has a sense of humor can make you feel more confident with him. And the fear of being humiliated decreases, and we feel free to share our ideas.

There is a huge amount of benefits from this type of communication at work. When all employees feel comfortable to talk with each other the process of making decisions becomes more pleasant, not disheartened. Team building is based on breaking down the barriers, not just those which force people to be suspicious and fearful of each other, but also the subtle ones that can be overly formal. Humor can amend every of them. No wonder the thirty-fourth president of the United States Dwight D. Eisenhower said: “A sense of humor is part of the art of leadership, of getting along with people, of getting things done” [3, p. 170].

Humor reduces the stress and makes you motivated. It is known that humor reduces the impact of stressful experiences [1, p. 64]. There is nothing better than funny joke and good laugh after a long and tense working day. Furthermore, humor is really contagious and often helps other knockdown the stress.

One of the most effective ways to make the working atmosphere more positive is to lighten up a little and treat people with humor. It is easier to work in that way – whereas gloomy, dull and overly serious workspace is simply way to kill employees’ motivation to work.

Humor motivates workers, increasing professionalism. Bleak and boring workspace faces the problem of absence from work. The issue is that almost every employee either takes leaves frequently or is present but mentally is absent. As a result the productivity is extremely low. Humor creates cheerful and friendly atmosphere which greatly motivates employees to work harder. They start to enjoy coming to work. If you feel that your workspace is like your second home, the absenteeism reduces and productivity increases.

Humor helps for resolving the conflict. It is known that people with good sense of humor are the most influence ones. Nothing solves a problem faster than a joke or laughter, suddenly out of nowhere in the middle of a heated up conversation. If you

suddenly got into the conflict which has no hope of resolution, just add a little bit of humor and notice the changes it can bring about. It lightens the mood and initiates a compromise.

Humor increases your persuasive powers. Persuasion is the most powerful tool in the world of communication, but not everyone successfully uses it. Humor makes it easier. When you try to persuade someone try to make it more casual by being friendly and cheerful. It will distract them from the arguing and they will not feel like something is being forced upon them.

Humor improves your memory. Just like children better remember things if it is said to them in a funny and cheerful manner, adults do the same. You probably remember how teachers were joking about homework or an assignment. You definitely kept it in mind. Anything that is humorous will seek your attention and a jocular presentation is going to stay in your memory for a longer period of time resulting in better achievements at the workspace.

To summarize, humor plays the major role in our day to day communications and with help of it we can make our life easier and more pleasant. If you learn how to feel free to be funny you can become an excellent interlocutor. With the help of a joke you can defuse the situation despite everything. As well as, it is always an advantage to be such a positive person in general.

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