

The importance of laughter

Psychologists tell us that humor and laughter (1) good for our social relationships. Having a good sense of humor is often regarded (2) being one of the most important characteristics that people look (3) in a friend. In classrooms, a humorous teacher can make learning far (4) enjoyable and improve a student's motivation.

In one study, students on a psychology course (5) split into two different groups: one group was taught with a certain amount of humor, and the other with (6) humor at all. Later, when researchers tested the students to see how much they had retained of (7) they had heard in the lectures, they found that those (8) had attended lectures containing humor scored significantly higher than the other students.

Humor and laughter make us feel happy, and our laughter makes others laugh as (9), so if we laugh a lot, we may be helping to make other people feel happy.