

Moderating Role of Gender in the Relationships between Humour Styles, Self-Esteem and Subjective Happiness among Married Teachers in Anambra State

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Abstract

The study investigated the moderating role of gender in the relationship between humour style and subjective happiness among married teachers. Cross-sectional design was adopted in the study. Subjective Happiness Scale (SHS) and Humour Style Questionnaire (HSQ) were employed to elicit responses from participants. A total of 520 married teachers [180 (34.62%) males and 340 (65.4%) females] were randomly selected from 18 Government Secondary Schools, out of 38 Government Secondary Schools in Idemili South, Idemili North and Njikoka Local Government Areas of Anambra State. Moderated regression was used to analyze the data. The results showed that affiliative humour ($\beta = .33, t = 6.31, p < .001$) and self-enhancing humour style ($\beta = .26, t = 6.75, p < .001$) were positively associated with greater happiness among married teachers while aggressive humour style and self-defeating humour style, were not significantly associated with subjective happiness. Self-esteem was associated with greater happiness ($\beta = .36, t = 3.62, p < .001$) Gender moderated the relationship between affiliative humour style ($\beta = .33, t = 6.31, p < .001$) and self enhancing humour style with happiness, but gender did not moderate the relationship between aggressive humour style and self-defeating humour style with happiness. Gender also moderated the relationship between self-esteem and happiness ($\beta = -.44, t = -3.22, p < .001$) such that the influence of self-esteem on happiness was significant for men ($\beta = .36, t = 3.62, p < .001$) but not significant for women. Implication of the study depicts that married teachers from Anambra State, especially male teachers, who engaged in positive type of humour (affiliative humour and self-enhancing humor) experienced more happiness than those who engaged in negative type of humour (aggressive and self-defeating humour). An increase in self-esteem was also associated with increase in their

subjective happiness. It was suggested that couples who had suffered prolonged unhappiness should seek help from Counselling Psychologists, and that they may benefit from humour therapy.

Keywords: Humor styles, Gender, Self-esteem, Subjective happiness, Married teachers.

1. Introduction

Happiness is an important aspect of life that matters to everyone around the world. Happiness is necessary for human development and mental health, and is also associated with reduced mortality rate (Steptoe, 2019). Antar and Ali (2019) stated that happiness can be understood as a measurable object of self-cultivation and psychological enhancement. Lyubomirsky and Lepper (1999) defined subjective happiness as the evaluations of psychological state of wellbeing of an individual, which indicates whether a person is happy or unhappy. Shelia (2022) show that more resilient individuals report higher levels of happiness. Individuals who operate with high subjective happiness have more positive thoughts about themselves. Happiness is very necessary in marriages, Marshral & Dangwal (2025) assumed that any two individual who can laugh together tend to stay for a longer period, also emotional maturity significantly influences how individuals handle conflicts, communicate, and maintain long term commitments, (Marshal & Dangwal, 2025).

Literature has established that there are gender differences in subjective happiness as well as its perception in relationships (Batz & Tay, 2018). Happiness has significant differences between men and women. In their study they found that women were more likely to express happiness, warmth, and fear, which help in social bonding, whereas men display more anger, pride, and contempt, which are more consistent with protector role than happiness (Batz & Tay, 2018). Meng, Ching and Yin-Lin (2018), found that husbands have higher tendencies toward being aggressive and self-defeating humor styles than wives. Some studies have reported that males are happier than women such as among Iranian adolescents (Khodarahimi, 2013); whereas other studies show that females were happier than males (Neha & Jadita, 2015). Arnie, Heather and Christeine (2017) found little similarity within couples on humor styles. In respect to humour use in the present study, Martin & Ford (2018) believe that humour is more than joking, it plays a role in social life across different social domains (e.g., work place vs. romantic life). Humour also serves as a protective measure for mental illnesses such as anxiety, depression, stress etc (Menedez-Aller, 2019). The positive aspects of humour lead people to share their feelings of happiness, which makes the relationships romantic and easier, it also helps in the expression of tenderness towards partners. Humour also acts as a mechanism of coping and conflict resolution, or as a tool for forgiveness. Turliuc, Candel & Antonovici (2024).

The four styles of humour proposed by Martin (2003) are grouped under two dimensions namely: adaptive and maladaptive. Adaptive humour style include affiliative humour and self-enhancing. . Affiliative humour acts as the social bond lubricant (Martin, 2003). It helps to create a supportive atmosphere in which social interactions and relationships thrive and thereby promote group cohesion .improves an individual's psychological wellbeing, whereas self enhancing humor means showing a good attitude to life despite daily challenges. It is used to enhance an individual to cope or regulate their emotions in a positive manner. On the other

hand, maladaptive humour style has a deleterious effect on an individual's wellbeing and include aggressive humour and self-defeating humour example talking down on people in the name of joke or someone who personally talks down on self to gain the approval of others even when they are hurt. Meanwhile self-esteem is also considered as an important variable in this study as it has been identified to play a vital role to success in the social, financial, marital and mental life of an individual as well as to personal fulfilment (Frant, 2017). Rosenberg (1979) defined self-esteem as appreciating one's own self-worth and having the character to be accountable for oneself and to act responsibly towards others. Kirki and Naila (2024) suggests that developing a higher self-esteem and benign humor will enhance romantic relationship. They also found a correlation between aggressive humor and self-esteem.

There is need to examine gender as a factor in subjective happiness among Nigerian married teachers in Anambra State. Thus the present study investigated the moderating role of gender in the relationships of humour styles, self-esteem and subjective happiness. This will help to ascertain if gender differences serves as a boundary condition between the way humour styles, self-esteem and subjective happiness among married teacher.

The researchers believes that this research will make a significant impact in the psychological and social wellbeing of couples especially in the South east Nigeria. Humour styles has been infrequently studied in Nigeria which led to paucity on this area of research. Nigerians tends to be traditionally inclined people, collectivist and more reserved. The study examined moderating role of gender on relationships of humour styles and subjective happiness among married teachers in Nigeria.

Hypotheses

The following hypotheses have been postulated and therefore will be tested in this study:

- Affiliative humour style will significantly be associated with subjective happiness among married teachers.
- Self-enhancing humour style will significantly be associated with subjective happiness among married teachers.
- Aggressive humor style will significantly be associated with subjective happiness among married teachers.
- Self-defeating humour style will significantly be associated with subjective happiness among married teachers.
- Self-esteem will be significantly associated with subjective happiness among married teachers
- Gender will be significantly associated with subjective happiness among married teachers.
- Gender will moderate the relationship between self- enhancing humour style and subjective happiness among married teachers.
- Gender will moderate the relationship between affiliative humor style and subjective happiness among married teachers.
- Gender will moderate the relationship the relationship between self-enhancing humor style and subjective happiness among married teachers.

- Gender will moderate the relationship between self-defeating humor style and subjective happiness among married teachers.
- Gender will moderate the relationship between self-esteem and subjective happiness among married teachers

2. Method

Participants

Participants comprised 520 secondary school teachers who were randomly drawn from 16 Government Secondary Schools in Njikoka, Idemili South and Idemili North Local Government Areas of Anambra State. Participants consisted of 180 males (34.62%) and 340 females (65.4%), all were married. The researcher sampled the participants through convenient sampling technique. Their ages ranged between 25 and 60 years, with mean age of 34.09 years ($SD = 8.43$ years). The teachers were drawn out of thirty eight Government Secondary Schools, through balloting system.

Instruments

The instruments were employed in this study, namely, Subjective Happiness Scale (SHS) Self-esteem Scale and Humour Style Questionnaire.

Subjective Happiness Scale (SHS) (Lyubomirsky & Lepper, 1999)

The SHS is a four-item scale developed to measure global subjective happiness. It requires participants to indicate the appropriateness of each item in describing them using a 7-point response format, ranging from “not at all” (1) to “a great deal” (7). Examples of some items are: “In general, I consider myself not a very happy person”; “Compared to most of my peers, I consider myself not very happy person”, “Some people are generally very happy, they enjoy life regardless of what they are experiencing, getting the most out all”; “Some people are generally not very happy, although they are not depressed, they never seem as happy as they might be”. Item 1-3 are directly scored, while item 4 is reverse-scored. Composite score for everyone is obtained by summing across the 4 items. Score ran from 4 to 2, with higher scores indicating higher global subjective happiness. Lyubomirsky and Lepper (1999) reported mean scores for 14 studies, ranging from 0.93 to 0.96.

Humour Styles Questionnaire (HSQ) (Martin, Doris, Larsen, Gray, & Weir, 2003)

The HSQ consists of 32 items, measuring four humour styles with 8 items for each subscale. Sample items are “I enjoy making people laugh” (affiliative), “Even when I am by myself, I am often amused by the absurdities of life” (self-enhancing), “If I do not like someone, I often use humour or teasing to put them down” (aggressive), and “I let people laugh at me or make fun at my expense more than I should” (self-defeating). The instrument employs a seven-point rating format scale ranging from “totally disagree” (1) to “totally agree” (7). Internal consistencies (Cronbach’s alpha) ranged from .77 to .81. These are subscales of HSQ which have been shown to have satisfactory internal consistency on all four scales, with Cronbach’s alphas of .77 for the aggressive humour scale, .80 for the affiliative humour scale, .80 for the self-defeating humour scale, and .81 for the self-enhancing humour scale.

Rosenberg Self-Esteem Scale (RSES) (Rosenberg, 1965)

Rosenberg (1965) Self-esteem Scale (RSES) is a 10-item scale, and one-dimensional measure of self-esteem. The items are responded to on a 4-point rating scale format with response options ranging from strongly disagree (1) to strongly agree (4). The scores range

from 10 to 40 with higher scores indicating higher self-esteem. Examples of items on the RSES include such statements as; “I feel I do not have much to be proud of”; “I certainly feel useless at times”; “I wish I could have more respect for myself”. The negatively worded items were expected to be reverse-scored to obtain consistency of scoring, example of reversed items are 2, 5, 6, 8, and 9. Rosenberg (1965) reported an internal consistency, Cronbach’s alpha of .72. Ifeagwazi (2010) obtained a Cronbach’s alpha of .62 in a Nigerian sample.

Procedure

The researcher went to the selected secondary schools and introduced herself to the Principals with a letter of identification from the Head of Department of Psychology, University of Nigeria, Nsukka. The researcher was allowed to see the teachers of the school in their staff rooms during break time. Those who gave their consent were issued the questionnaire and were enlightened on how to complete it. Participants were informed that their personal information would remain confidential. They were also encouraged to answer the questions as honestly as possible. The researcher distributed 500 questionnaires to the participants which was completed within 20min was used for the analyses.

Design / Statistics

This researchers adopted a cross-sectional design for the study. Moderated Regression analysis was used to analyse the data.

2. Results

The standard deviation and correlations of the demographic factors and study variables are shown in Table 1. Tables 3-6 are the results of the analysis for testing the hypotheses. Figures for the interaction slopes are shown when the moderation hypothesis is supported.

Table 1: Mean, standard deviations (SD) and Pearson’s correlations for demographic variables, humour styles, self-esteem and subjective happiness

Variables	1	2	3	4	5	6	7	8	9	10	11
1 Chronological age	-										
2 Gender	-.04	-									
3 Education	.35***	-.05	-								
4 Years married	.78***	.26***	.14**	-							
5 Number of children	.70***	.28***	.23***	.81***	-						
6 Affiliative HS	-.05	.02	.07	.00	-.02	-					
7 Self-enhancing HS	.03	.04	.01	.07	.06	.52***	-				
8 Aggressive HS	-.08	.00	-	-.14**	-.05	.10*	.25**	-			
9 Self-defeating HS	-.03	-.01	-.14**	-.04	-.06	.20***	.43***	.51**	-		
10 Self-esteem	.05	-.12**	.05	.00	.09*	-.01	-.15**	-.03	-.01	-	
11 Happiness	.05	.11*	.04	.03	.04	.32***	.29**	.07	.12**	.09*	-
Mean	34.09	-	-	7.41	2.11	32.34	33.12	24.64	23.65	12.82	21.21

<i>SD</i>	8.43	-	-	7.20	1.65	6.33	8.42	6.23	8.14	2.86	4.49
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Note: * $p < .05$; ** $p < .01$; *** $p < .001$; Gender (coded 0 = Men; 1 = Women); Education (coded 0 = lower; 1 = higher); HS = humour style.

Table 1 shows that being older was correlated with higher educational status ($r = .35, p < .001$), longer number of years in marriage ($r = .78, p < .001$), and greater number of children ($r = .70, p < .001$). Age did not correlate significantly with any of the other variables in the study. Gender correlated negatively with self-esteem ($r = -.12, p < .01$), and positively with subjective happiness ($r = .11, p < .05$), which showed that women (coded as 1) reported less self-esteem and higher subjective happiness. Higher education was related to greater number of years in marriage ($r = .14, p < .01$), greater number of children ($r = .23, p < .001$), less aggressive humour style ($r = -.17, p < .001$), and less self-defeating humour style ($r = -.14, p < .01$). Number of years in marriage correlated positive with number of children ($r = .81, p < .001$) and aggressive humour style ($r = .14, p < .05$). There was a positive relationship between number of children and self-esteem ($r = .09, p < .001$).

Affiliative humour style had a positive relationship with self-enhancing humour style ($r = .52, p < .001$), aggressive humour style ($r = .10, p < .05$), self-defeating humour style ($r = .20, p < .001$), and subjective happiness ($r = .32, p < .001$). Self-enhancing humour style correlated positively with aggressive humour style ($r = .25, p < .01$), self-defeating humour style ($r = .43, p < .001$), and happiness ($r = .29, p < .001$); but there was a negative relationship between self-enhancing humour style with self-esteem ($r = -.15, p < .01$). Aggressive humour style correlated positively with self-defeating humour style ($r = .51, p < .001$).

Table 2: Hayes' PROCESS macro results for predicting subjective happiness by gender and affiliative humour style

<i>Predictors</i>	<i>B</i>	<i>t</i>	<i>p-value</i>	<i>95%CI</i>
Gender	3.50	1.71	.038	[2.53, 7.52]
Affiliative humour style (AFHS)	.33	6.31	.000	[.23, .43]
AFHS * Gender	-.14	-2.26	.024	[-.26, -.02]

Table 2 shows that gender positively predicted subjective happiness ($B = 3.50, t = 1.71, p < .05$), indicating that being a woman predicted greater subjective happiness. Affiliative humour style positively predicted subjective happiness ($B = .33, t = 6.31, p < .001$), indicating that each unit increase in affiliative humour style was associated with .33 increase in subjective happiness. The interaction effect of affiliative humour and gender was significant ($B = -.14, t = -2.26, p < .05$), showing that gender moderated the relationship between affiliative humour style and subjective happiness. Slope of the moderation (see Figure 1) showed that although the effect of affiliative humour style on subjective happiness was significant for men and women, there was a stronger effect of affiliative humour style on subjective happiness among men ($B = .33, t = 6.31, p < .001$) compared to women ($B = .19, t = 5.31, p < .001$). The overall regression model was significant, $F(3, 516) = 24.86, p < .001$. The predictors accounted for 13% of the variance in subjective happiness ($R^2 = .13$), and the R^2 change due to the interaction was .01, which showed that an additional 1% of the variance in subjective happiness was due to the interaction effect of gender and affiliative humour style.

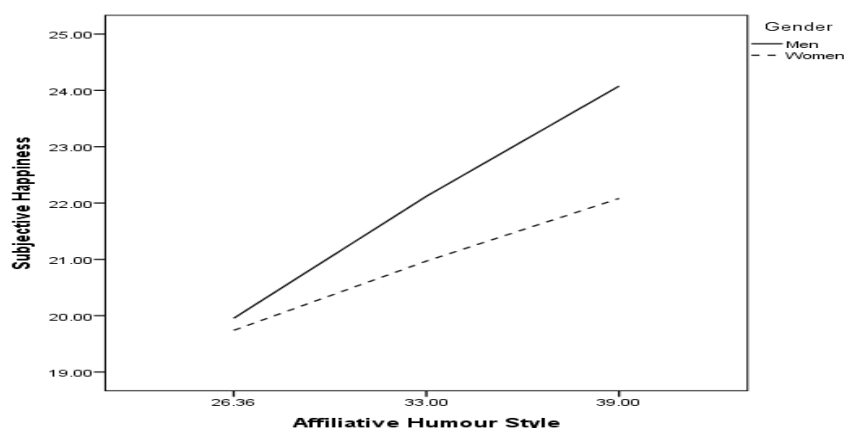


Figure 2: Slope of the interaction effect of affiliative humour style and gender on subjective happiness

Table 3: Hayes' PROCESS macro results predicting subjective happiness by gender and Self-Enhancing humour style

Predictors	B	t	p-value	95%CI
Gender	4.12	2.58	.010	[.98, 7.26]
Self-enhancing humour style (SHS)	.26	6.75	.000	[.19, .34]
SHS * Gender	-.16	-3.37	.001	[-.25, -.07]

Table 3 shows that self-enhancing humour style positively predicted subjective happiness ($B = .26$, $t = 6.75$, $p < .001$), indicating that each unit increases in self-enhancing humour style was associated with .26 increase in subjective happiness. The interaction effect of self-enhancing humour style and gender was significant ($B = -.16$, $t = -3.37$, $p < .01$), showing that gender moderated the relationship between self-enhancing humour style and subjective happiness. Slope of the moderation (see Figure 2) showed that although the effect of self-enhancing humour style on subjective happiness was significant for men and women, there was a stronger effect of self-enhancing humour style on subjective happiness among men ($B = .26$, $t = 6.75$, $p < .001$) compared to women ($B = .11$, $t = 3.97$, $p < .001$). The overall regression model was significant, $F(3, 516) = 22.61$, $p < .001$. The predictors accounted for 13% of the variance in subjective happiness ($R^2 = .12$), and the R^2 change due to the interaction was .02, which showed that an additional 2% of the variance in subjective happiness was due to the interaction effect of gender and self-enhancing humour style.



Figure 3: Slope of the interaction effect of self-enhancing humour style and gender on subjective happiness**Table 4: Hayes' PROCESS macro results for predicting subjective happiness by gender and aggressive humour style**

<i>Predictors</i>	<i>B</i>	<i>t</i>	<i>p</i> -value	<i>95%CI</i>
Gender	2.59	1.98	.026	[1.59, 4.86]
Aggressive humour style (AGHS)	.04	.79	.431	[-.06, .14]
AGHS * Gender	.02	.39	.701	[-.10, .15]

Table 4 shows aggressive humour style did not significantly predict subjective happiness ($B = .04$, $t = .79$). The interaction effect of aggressive humour style and gender was not significant ($B = .02$, $t = .39$), showing that gender did not moderate the relationship between aggressive humour style and subjective happiness. The overall regression model was however significant, $F(3, 516) = 2.97$, $p < .05$, which is attributed to the significant gender effect on subjective happiness. The predictors accounted for 2% of the variance in subjective happiness ($R^2 = .02$).

Table 5: Hayes' PROCESS macro results for predicting subjective happiness by gender and self-defeating humour style

<i>Predictors</i>	<i>B</i>	<i>t</i>	<i>p</i> -value	<i>95%CI</i>
Gender	2.41	3.12	.013	[1.06, 3.08]
Self-defeating humour style (SDHS)	.05	1.25	.213	[-.03, .13]
SDHS * Gender	.02	.37	.711	[-.08, .12]

Table 5 shows self-defeating humour style did not significantly predict subjective happiness ($B = .05$, $t = 1.25$). The interaction effect of self-defeating humour style and gender was not significant ($B = .02$, $t = .37$), showing that gender did not moderate the relationship between self-defeating humour style and subjective happiness. The overall regression model was however significant, $F(3, 516) = 4.39$, $p < .01$, which is attributed to the significant gender effect on subjective happiness. The predictors accounted for 3% of the variance in subjective happiness ($R^2 = .03$).

Table 6: Hayes' PROCESS macro results for predicting subjective happiness by gender and self-esteem

<i>Predictors</i>	<i>B</i>	<i>T</i>	<i>p</i> -value	<i>95%CI</i>
Gender	4.77	2.65	.008	[1.23, 8.32]
Self-esteem (SE)	.36	3.62	.000	[.17, .56]
SE * Gender	-.44	-3.22	.001	[-.70, -.17]

Table 6 shows that self-esteem positively predicted subjective happiness ($B = .36$, $t = 3.62$, $p < .001$), indicating that each unit increases in self-esteem was associated with .36 increase in subjective happiness. The interaction effect of self-esteem and gender was

significant ($B = -.44$, $t = -3.22$, $p < .001$), showing that gender moderated the relationship between self-esteem and subjective happiness. Slope of the moderation (see Figure 3) showed that the effect of self-esteem on subjective happiness was significant for men ($B = .36$, $t = 3.62$, $p < .001$) but not for women ($B = -.08$, $t = -.82$). The overall regression model was significant, $F(3, 516) = 6.59$, $p < .001$. The predictors accounted for 4% of the variance in subjective happiness ($R^2 = .04$), and the R^2 change due to the interaction was .02, which showed that an additional 2% of the variance in subjective happiness was due to the interaction effect of gender and self-esteem.

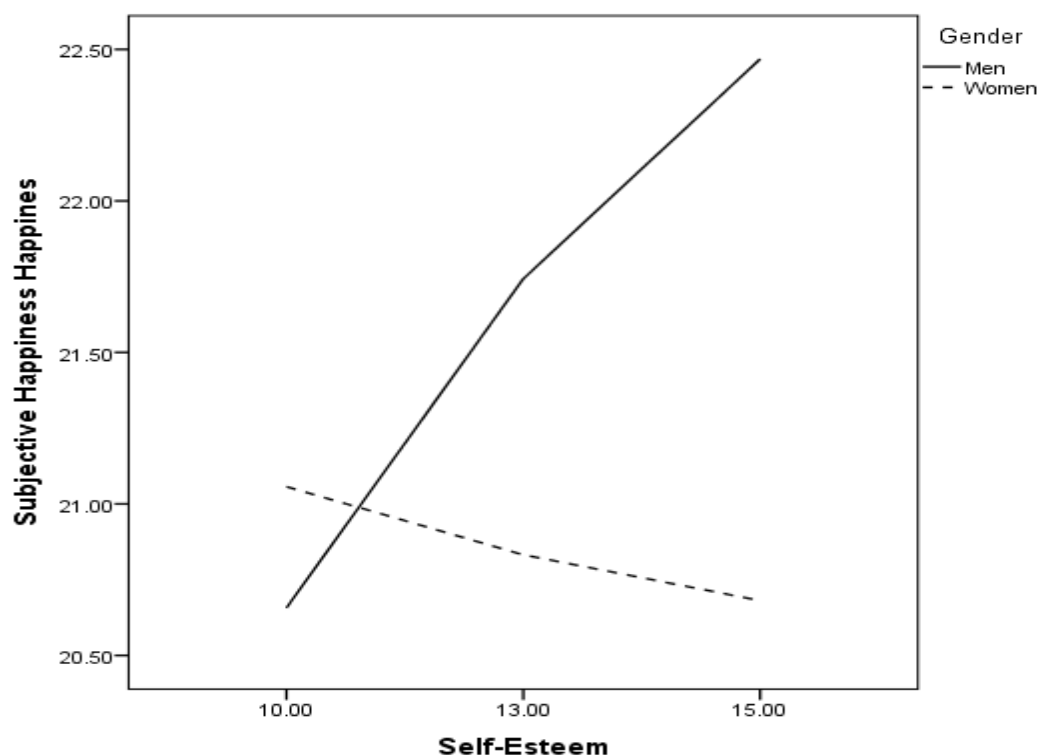


Figure 5: Slope of the interaction effect of self-esteem and gender on subjective happiness

Discussion

The major aim of this study was to examine the moderating role of gender in the relationship among humour styles, self-esteem and subjective happiness of married teachers. Hypothesis one assumes that affiliative humour style and self-enhancing humor style significantly associated with subjective happiness among married teachers. Result of the present study indicates that affiliative humour and self-enhancing humor style positively predicted subjective happiness, showing that increased affiliative humour and self-enhancing humor style among married teachers in Anambra State was associated with greater happiness. This means that married teachers from Anambra State who adopted more affiliative type of humour in their relationships, reported increase in subjective happiness in their marriages. This result is aligned with the findings of previous studies which reported that affiliative humour significantly predicted subjective happiness (Xiao, Katy, Wing & Hianandani, 2014; Yaprak et al., 2018; Ford et al., 2016 ; Xiao, Chun-Lok & Neelagm, 2016).

The results of the present study indicate that aggressive humour style and self-defeating humor style did not predict subjective happiness. This may be because Anambra State teachers

do not accept the use of more aggressive and self-defeating humor style. Since it does not promote happiness in their marriages. (Cann et al. 2011).

Self-esteem positively predicted subjective happiness, which shows that increase in self-esteem was associated with increase in subjective happiness. In other words, married persons in Anambra State, who have high self-esteem, would exhibit a healthy, happy life, and thereby have increased subjective happiness in their marriages. This is in line with the work of Freire and Ferreirra (2019) that indicates that self-esteem is a moderator of subjective happiness. Kirki and Naila (2024), suggests that developing a higher self-esteem and benign humor will enhance romantic relationship. They also found a correlation between aggressive humor and self-esteem.

The result shows that gender was associated with subjective happiness, indicating that women expressed a greater happiness than men. Lori (2019) found that women were more likely to express happiness, respect, warmth, and fear, which helps with social bonding, whereas men display more anger, pride, and contempt, and more consistent with a protector role than happiness.. This result aligned with the work of Neha and Jatindar (2015), who found that female adolescents perceived significantly more happiness as compared to their male counterparts. This could be as a result that males reported significantly higher psychoticism, and less subjective happiness while females manifested significantly more extraversion and increase in happiness. On the contrast, Crowdley and Knowles (2014) contended that neither men nor women are happy, that being happy is conditional, meaning that happiness arises with situation at hand.

The result further indicates that gender moderated the relationship between affiliative humour and self-enhancing humor styles on subjective happiness among married teachers in Anambra State. The interaction effect of affiliative humour and self- enhancing humor style and gender on subjective happiness was significant, showing that the effect of affiliative humour style and self-enhancing humor on subjective happiness was significant for men and women. There was a stronger effect of affiliative humour among men, compared to women. It is understood that affiliative humour is a positive type of humour that suggests strives to tell jokes to have fun and entertain people in their respective and non-hostile ways. Therefore men who use this type of humour make people around them happy more than women who make use of same type of humour. This is in line with the work of Tosun, Faghihi and Vaid (2018) who proposed that men rate themselves funnier than women, they also indicated that men scored higher on affiliative humour style than women.

The result shows that aggressive humour style did not moderate subjective happiness among married teachers in Anambra State. This result indicates that the use of aggressive humour style will not increase happiness in marital relationship among married men and married women in Anambra State, because aggressive humour style is a maladaptive type of humour which aims at hurting other people and has a negative interpersonal relationship (Cann et al. 2011). This result is connected to the study of Meng, Ching & Yin-Lin (2018) who investigated the similarity of Taiwanese married couples' humour styles. Participants included 239 couples who had been married to each other for at least 10 years. The results showed that husbands have higher tendencies toward aggressive humour styles than wives. Results from

multilevel modelling indicate that spouses' aggressive humour styles acting as a valid predictor to the other spouses' negative humour styles.

The current study posits that gender moderated the relationship between self-defeating humour style and subjective happiness among married teachers in Anambra state. The result shows that self-defeating humour did not moderate happiness among married teachers. This result indicates that the use of self-defeating humour style will not increase happiness in marital relationship among married men and women in Anambra State. This result aligned with the work of Meng et al (2018) which contended that husbands have higher tendencies toward self-defeating humour styles than wives.

Gender moderated the relationship between self-esteem and happiness among married teachers in Anambra State. The result shows that gender moderated the relationship between self-esteem and subjective happiness among married teachers in Anambra State. This result shows that the interaction effect of self-esteem and gender was significant. The result indicates that the effect of self-esteem on happiness was significant for married men, but not for married women in Anambra State. Self-esteem was associated with self-confidence, competence, self-respect and self-acceptance on the other hand individuals with low self-esteem suffers from feelings of inferiority, hopelessness, and worthlessness and unhappiness (Shi et al., 2017). This shows that married male teachers in Anambra state who had high self-esteem, reported more happiness in their marriages. This result is in line with the work of Mokesnes (2013) who worked on moderating role of gender and age in the relationship between self-esteem and life satisfaction among Norwegian adolescents. Melia and Sedia (2013) also suggested that the male students reported significantly higher level of self-esteem as compared to the female university students.

Limitations of the Study

The study generated some intriguing findings in terms of gender in moderating humour style, and happiness among married teachers in Anambra State, Nigeria. However, there are several limitations which ought to be addressed for future researches. The present study used self-report measures. This may make the participants to fill-in questions in social desirable way.

Suggestion for Further Studies

The researcher suggests that studying larger population of respondents will reveal more significant findings. Subsequent research should be conducted with larger samples to overcome the problem of range restriction and make sure that findings are generalized beyond married persons in Nigeria. Further studies need to examine which mediating mechanisms explain why the above studied variables, humour-style, self-esteem, gender should have differences in relation to subjective happiness among married persons.

Recommendations

I suggest that Government of Nigeria should encourage counselors to create awareness on the importance of marriage counselling and also make it mandatory to all couples in Nigeria, to choose counselors of their choice, who can assist in trial times. Seminars, conferences on marriage counselling should be organized in schools, churches and in offices in order to enlighten couples on how to maintain a subjective happiness in their homes, couple should be

exposed to self-esteem management programs that will help to boost their self-esteem to achieve a satisfied and a happy marriage.

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