

**Effects of Laughter Yoga on the Subjective Well- Being of Parents of Pediatric
Oncology Patients**

A Mixed Method Approach

In Partial Fulfillment

For the Requirements in

PSYM216- Research in Psychology II

Presented to:

Behavioral Sciences Department

De La Salle University Dasmariñas

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PSY 42

April 2011

ABSTRACT

Name of Institution: De La Salle University – Dasmariñas

Address: Bagong Bayan, Dasmariñas City, Cavite

Title: Effects of Laughter Yoga on the Subjective Well-being of Parents of Pediatric Oncology Patients: A Mixed Method Approach

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Funding Source: Parents

Cost: Php 15,000.00

Date Started: June 2010

Date Finished: March 2011

Scope and Coverage: This study focused on the effects of laughter yoga on the subjective well-being among the parents of pediatric oncology patients. The process ran for approximately 2 consecutive weeks with 4 sessions (twice a week intervention). There was a pre-test for

the first session and post-test for the fourth session. The test used was the Positive and Negative Affect (2004) Scale for MIDUS 1(National Survey for Midlife in US. The total number of participants were 17 but due to different circumstances the number were reduced to 12.

Methodology:

This study was an embedded experimental mixed method research design with the use of purposive sampling in identifying participants. The quantitative and qualitative data were both subjected to analysis using computation for mean scores, t-test for dependent samples and thematic analysis.

Major Findings:

1. The scores from the post-test are higher than the pre-test, which indicate the changes of the responses in an assenting manner: parents' positive affect increased by 25.75% and their negative affect decreased by 12.89%
2. There were no significant difference from the pre-test and post-test among the responses of the participants in the Positive and Negative Affect

2004 Scale for MIDUS 1 based from 0.054 and 0.072 significant difference.

3. The experience written from the experiencing sampling method (the journals of the participants) were mostly affirmative

Conclusions:

Based on the findings, the researchers concluded that the following data seems to prove that:

1. There were improvements on the mean scores from the positive and negative affect on the pre-test and post-test of the parents of pediatric oncology patients. The parents were on their eustress state when they answered the post-test that may produce higher result on their post-test than on their pre-test.

2. Aspects to consider for the intervention to be not effective to the participants were the following: the number of sessions and the outmost effect of laughter yoga which may reflect on the moment the yoga was executed.

3. Based on the accounts of the participants on their journal, most of them were positive and can testify that there were great effects due to the presence of physiological reactions present right after the yoga session.

Recommendations:

The researchers of this study would recommend the following:

For future researchers. They may try to make the nature of the study in a longitudinal manner (one month or more). The effect of laughter yoga had shown a positive effect for two weeks. However, if the study would be expanded for one month or more, the possibility of having a significant difference on the intervention for the participants may reach its crest.

For the institutions. Incorporate the laughter yoga as a part of the daily activity since it was seen that it can be of great help not just for the parents but possibly for the patients as well. Consider that only authorized laughter yogis will conduct such activity. If the physician is against the patients' participation to the laughter yoga session, then this intervention should not be done.

For government organizations. Use laughter yoga as a project advocacy that would make every citizen a benefactor of yoga and later on, may share the spirit and power of laughter on the subjective well-being of every participant that would be joining the yoga sessions.

For psychologists. Use laughter yoga as one of their techniques in handling group counseling sessions since it can reduce the stress level of the people or individual they are about to handle with the use of the breathing exercises and laughing. (Should be a laughter yogis since it cannot be facilitated without proper training and certification from laughter yoga Philippines.)

For family. Laughing is contagious; Families can support each member in reducing the stress of an individual. Participating in laughter yoga sessions can help every member to be more joyful and energetic. It can ease the problems that hold the stressful barges.

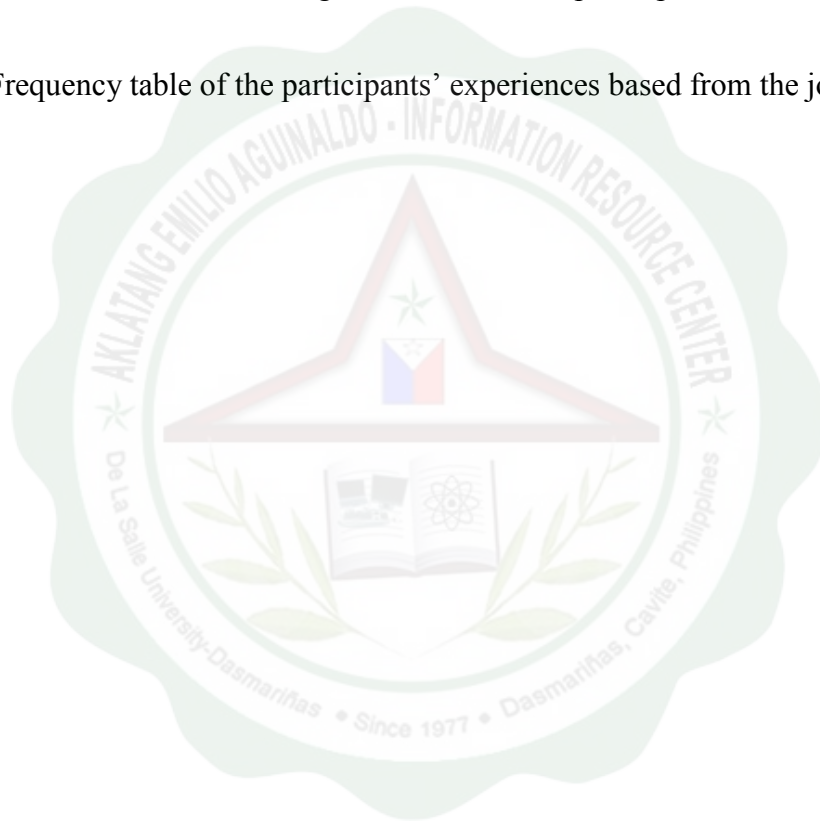
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