108 - THE EFFECT OF THE GOOD MOOD IN LIFE QUALITY

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DEVELOPMENT

Historically, the term life quality is being used in many ways on the domain that it owns (physical and psychological domains, independence level, on personal relationships, environment and spiritual aspects). Using the health sphere as an example, in the case of a patient with degenerative disease, the life quality is associated to him like an improvement on the daily activities, more frequent happier moments, evolution of the medical treatment with positive results, no dependence of medication, favoring his life quality. Nevertheless, by the absence of these and many other positive points, the patient is negatively influenced (MINAYO, 2000).

In another vision, the life quality would be the approximation of what an individual think as a good life condition compared to the reality in which he lives. So, fewer the distances between these two pints, better his life quality. (MARTIN; STOCKLER, 1998 apud MINAYO, 2000).

For a long time, life quality has been associated to the social class of the individuals, in other words, higher the purchasing power, easier the access to factors that makes the life quality improve, for example: access to health, education, leisure time and culture.

With this strict relation between life quality and higher social classes, we can see the concern of people to improve their financial conditions, getting access to leisure time, culture, looking for more comfort and well-being.

Considering life quality as a daily thing, as a search for better conditions in our local environment, including home, leisure time, culture, work and even tasks that brings good feelings to the routine, benefiting the individual and improving his life quality, we can observe the importance of positive actions to the individual in order to make his days nicer, something that people in general are seeking.

The term "good mood" has been the subject of enquiry since the Aristotle's age; but, started to be emphatically studied few centuries ago. However, before we ask ourselves if the laugh, and consequently the humor can influence life quality, we should understand what these aspects are. Many different definitions of good mood may be found. Many experts see the humor as something similar to the comic, but sometimes to other researchers, it's a branch of this comic, being set by the personality of the one who laughs (ZILLES, 2008).

Still according to Zilles (2008), the humor differs from the comic by not having limitations, because it's not restricted to social functions, but it's inserted on the individual in daily activities. It's necessary to have a sensibility to understand what is funny, to laugh and to change your mood.

The author also realized that the elderly have more state of humor. According to him, because of generosity, they don't worry so much about individualism and are not stuck in actions that prioritize just one person, not associating themselves to a vanity that might prevent positive actions in their daily lives, vision that for today's youth becomes difficult because of the excess of idolatry to iconic artists and distant stars, which makes more difficult the relations and the communication, prioritizing selfishly their vanities. With this situation, they don't value themselves, neither the attitudes that might end in a good mood to the people around them and also to themselves (ZILLES, 2008).

The good mood must be cultivated in all the moments of our day, since the moment we woke up until the night in our sleep, because it, along with many other features, contributes to good social relations, to a better family coexistence and at the job, to a higher personal acceptance, plus lots of many other features that will benefit the individual and the life quality of people around him.

Capela (2011), paraphrasing Berk (1988), assures the laugh has positive effects to the organism, acting on the production of endorphin which reduces and prevents the pain, heart disease, stress hormones and consequently the stress.

In 1987, the founder of the International Society of Humor Studies, John Morreall, was already inciting researches on the area of laugh and good mood as essential components to the acquisition of a good life quality.

The laugh is an essential human condition on the daily routine, because it transcends the objective of expressing happiness; it serves as a toll for personal relations, being used as an exhaust valve to tense situations. Furthermore, it provides benefits to our organism. (FASSARELLA, 2012).

Fassarela (2012) mentions the work of the Doctors of Joy, professionals dressed like clowns that with interventions and theatrical performances aim to change a little bit the routine of children in clinical spaces.

The results of this work are more happier kids, a better acceptation of the treatment, feeding and medicating and greater enthusiasm about the chance of improvement or cure of their condition. These presentations diminish the stress on the workspace, making it easier the professional's job, as the interaction with the patients.

Demonstrating the positive effects on the organism, Takahashi (2001 apud CAPELA, 2005) saw that laughing and, consequently, the good mood stimulated the activity of the cells that were fighting tumors on the human body; besides, depressive states would disturb the action of these cells.

A few years later, we realized the growing number of researches related to the theme, such as researches on the hospital environment. In this context, there are some researches showing that laughter and good humor were acting in order to reassure the patient, reducing the levels of pain and stress. There are some researches reporting that elderly people with a lighter routine are encouraged to laugh, resulting in the possibility of working together with other treatments, it developed a sense of well-being, peace and desire for longevity in the elderly (PARSE, 1993; PENSON, 2005 apud CAPELA, 2011).

In the seventies, researches proposed that bad feelings as sadness, rage, grudge and hate would be associated negatively to the health, resulting in low immunity and even cancer. (BALTRUSCH, 1991; CHOPRA, 1989 apud CAPELA, 2011).

It's remarkable the importance of the laughter and of the good mood in our daily life, several studies, besides the mentioned ones, emphasizes the effectiveness of these actions in our quality of life. These elements would act on the prevention and treatment of sickness, contributing to the acceptation of the loss of loved ones, on the elderly's mood because sometimes

they lost the desire of living, or for regular people, that in the daily routine need this state of good mood to overcome their difficulties. On this perspective, a commonly known phrase that clearly expresses the positive effect of laughter can be mentioned: “laughter is the best medicine”, acting to stimulate the constant practice of laughing.

The life quality, as previously mentioned, it's the junction of factors that provides a feeling of well-being to the person, resulting in an improvement in the daily routine. If someone has access to things like health, education, leisure time, culture, or even some of these, this person can be considered owner of a good life quality.

The laugh, as a benefit for the daily routine, generates pleasant moments, preventing the stress and acting in several positive ways in our organism (BERK, 1988 apud CAPELA, 2011). From these definitions, it can be said that laughter influences the quality of life of healthy people, patients in hospital beds or weakened elderly,etc.

The laugh is something momentary, an action that expresses happiness; but, the good mood isn't just this, it's the junction of many actions in order to generate this state of happiness. It's not a quick and temporary state of mind but a short or long period of time that may even incorporate the person and make it an individual "humorous", with a more cheerful and receptive behavior, turning this conduct something common.

The life quality has its not material side, including feelings of freedom, love, joy, passion, affection, personal fulfillment and many other qualities (MINAYO, 2000).In order to stimulate these qualities on the patients, the clown's job can me mentioned. The work of this artist in a hospital is to threat the patient as good as possible, with conducts advantageous for the diseased, generating good feelings to this person. The doctor Patch Adams questioned the way the patients were treated, and proposed a new kind of medical care, thinking about the patient's improvement as the ultimate goal. For that, he used weapons such as kindness, the affection, the jokes, conversations, aiming to create spontaneous laughter and joy, obtaining through these attitudes, an improvement in the quality of life of those who were assisted (Matraca; WIMMER; ARAUJO JORGE, 2011).

Now, there is the necessity to evaluate if the good mood, incorporated into the individual's life in a long period of time, can act positively on the organism, on the social environment and consequently, on the life quality. It's necessary to check if posteriorly, these actions stimulated a higher frequency of activities that might lead to this state. After all, with so many qualities simulated by the spontaneous laughter – as avoiding stress, improvement on the relations and promotion of inner love - , the good mood being used a more lasting and complete state than the laughter, provides more frequent enjoyable moments, resulting in a life quality improvement.

MATERIALS AND METHODS

The hypothetical population of this study, which will be done from quantitative and descriptive transversal way, will be of approximately 50 teachers who are properly active in the teachers' role in voluntary schools. The Profile Mood States will be applied (an adapted and shortened version), closed questionnaire and objective as a research tool, contemplating 65 questions (adapted by VIANA; ALMEIDA; SANTOS, 2012)

Through the knowledge of their own mood, the survey participants can also evaluate if their work routine is actually being fruitful, as well as their familiar and social relationship, and if the leisure time and cultural activities are really in line with the mood they would like to have.

Scientifically, this study may contribute to stimulate new researches on this area, being the good mood related to life quality, factors that are currently priority in our society and in the way we're living. Possibly, because of this and other researches, with a deeper knowledge about the aspects that link life quality and humor, we may reach a more accurate control of our mood, influencing positively the life quality.

FINAL CONSIDERATIONS

By the Reading of many specialized references, we can, unfortunately, see the lack of researches about the proposed study subject, and the need of incentive to more studies be done about this content. With the references, we realized that the laughter, essential factor to generate the good mood, also contributed to a better life quality, as the good humor does.

It can be observed that in different cases, as patients in grave situations of health and unhappy employees, that their emotional state might have a strict relation between stress and life quality. By stimulating the good mood on the individuals, were realized a remarkable evolution on the daily routine and on the quality of life, by this, it's also remarkable the importance of the laughter and of the good mood in our daily routine; many different researches emphasize the effectiveness of these actions in our life quality.

Obviously, there is the necessity of more targeted researches relating laughter and good mood. There are comprehensive researches in the biggest part of the hospital patients or elderly, but, there is a need of public expansion, since nowadays the stress is part of everybody's life. So, researches with this focus on more comprehensive public should be made, including employees of production lines, businesses people, low staff and high office, among many others that could bring greater clarity about the benefits of laughing and humor in our life, stimulating the practice of this activity.

It's our function to include more enjoyable moments to the daily routine and also changes in our schedule, for example, going more often to the doctor, enjoying some time with our family, experience moments of culture and avoid the excess of work. These are just some changes of many others that we can do to get all the benefits and finally, improve our life quality.

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THE EFFECT OF THE GOOD MOOD IN LIFE QUALITY

ABSTRACT

The following study aims to evaluate, based on the specialized biography, the effect of practices that generates the state of good mood and what's the influence of it in the life quality of the aimed public. To connect humor and life quality, we need to understand some key factors. The humor might influence many conditions, since physical and physiological until psychological and spiritual, enabling changes in your mood (MORAES, 2013). But, we can enlarge this definition through the practice of small daily activities that end up providing pleasure, such as: watering a plant or watching a movie, or more complex activities as an important event or a vacation trip, resulting in a good state of mind to the person, stimulating his good mood, which can be measured by the Profile of Mood States (2012).Proceeding to the next factor, the quality of life has been historically used in different ways on his domains (physical domain, psychological domain, etc). On the health domain, using a patient with degenerative disease as an example, the life quality is associated to him as an improvement of his daily activities and happier moments, favoring his life quality. However, without these other aspects, the patient is negatively influenced (MINAYO, 2000). Starting from the presupposition that life quality and god mood are closely linked, we intend to evaluate how life quality can be influenced by practices that generates a good mood. The questionnaire will be applied with individual interviews, privately, containing 65 questions. At the end of the interviews, it is expected that the results confirm the theory that good mood has a favorable effect on life quality, influencing positively the daily routine of the interviewed; finally, creating on the participants and readers of the research the desire of finding ways to keep a good mood.

KEYWORDS: Good mood; Benefits of laughing; Quality of life.

EFFET DE BONNE HUMEUR DANS QUALITÉ DE VIE

RÉSUMÉ ?

Cette étude visait à évaluer, sur la base de la bibliographie spécialisé, l'effet des pratiques qui conduisent l'etat de bonne humeur et la façon dont ils influencent la qualité de vie de le public cible. Pour relier l'humeur et la qualité de vie, nous devons comprendre certains facteurs déterminants.Le Humour peut passer par divers aspects, physique et physiologique à psychologique et spirituel, apportant des changements possibles dans votre humour (MORAES, 2013). Cependant, vous pouvez étendre votre définition à travers la pratique des petites activités quotidiennes qui finissent par donner du plaisir, comme: arroser une plante ou regarder un film, ou activités plus complexes comme un événement important ou un voyage de vacances, résultant en un état d'esprit agréable dans l'individu, que stimule votre bonne humeur, qui peut être mesurée avec le protocole Profile Mood States(2012). Le facteur suivant, la qualité de vie a été historiquement utilisé de diverses manières dans leurs domaines (domaine physique , domaine psychologique etc.) Dans le domaine de la santé, par exemple, un patient avec une maladie dégénérative, la qualité de vie est associée à comme une amélioration dans les activités quotidiennes, la fréquence plus élevée des moments agréables, en favorisant leur qualité de vie. Toutefois, sans ces aspects et d'autres, le patient est influencée négativement (MINAYO,2000). Dans l'hypothèse où la qualité de vie et la bonne humeur ont directe, le but est évaluer combien la qualité de vie peut être influencée par les pratiques qui donnet la bonne humeur. Le questionnaire sera appliqué à des entretiens individuels, organisé sous forme fermée, comprenant 65 questions .À la fin, il est prévu que les résultats sont cohérents avec la littérature, où la bonne humeur donne un effet favorable sur la qualité de vie, influence positive dans la vie quotidienne; enfin, la création d'un désir chez les participants et les lecteurs de la recherche à cultiver la bonne humeur.

MOTS-CLÉS: Bonne humeur; avantages de rire; la qualité de vie.

EFECTO DEL ESTADO DE ÁNIMO EN LA CALIDAD DE VIDA.

RESUMEN

El presente estudio objetiva avaluar, basando en la bibliografía especializada, el efecto de las prácticas que conducen estado de buen humor y cómo influyen en la calidad de vida del público deseado. Para relacionar el estado de ánimo y calidad de vida, debemos entender algunos factores determinantes. El humor puede ir a través de diversos aspectos, desde la física y fisiológica a psicológica y espiritual, posibilitando cambios en su estado de ánimo (MORAES, 2013). Sin embargo, se puede ampliar su definición a través de la práctica de pequeñas actividades diarias que proporcionan placer, como regar una planta o ver una película, o carácter de las actividades más complejas como un evento importante o un viaje de vacaciones, lo que resulta en un estado de espíritu alegre en el individuo, estimulando, por lo tanto, su buen humor, que se puede medir con el Profile Mood States(2012). Prosiguiendo a lo factor siguiente, la calidad de vida históricamente se ha utilizado de diversas maneras en sus dominios (dominio físico, dominio psicológico etc.). En el área de la salud, por ejemplo, un paciente con una enfermedad degenerativa, la calidad de vida se asocia a él como una mejora en las actividades diarias, mayor frecuencia de momentos alegres, favoreciendo su calidad de vida. Luego, sin estos y otros aspectos, el paciente se ve influido negativamente (MINAYO, 2000). En el supuesto de que la calidad de vida y el buen humor tiene directa, destinada a evaluar la calidad de vida puede ser influenciado por las prácticas que generan buen humor. El cuestionario se aplicara en entrevistas individuales, está organizando en forma cerrada, que comprende 65 preguntas. Por fin, se espera que los resultados son consistentes con la literatura, donde el estado de ánimo tiene efecto favorable sobre la calidad de vida, que influyen positivamente en la vida diaria; generando un deseo en los participantes y lectores de la investigación el cultivo de su buen humor.

PALABRAS CLAVE: Buen humor; Beneficios de la risa; Calidad de vida.

EFEITO DO BOM HUMOR NA QUALIDADE DE VIDA

RESUMO

O presente estudo visa a avaliar, com base na bibliografia especializada, o efeito de práticas que geram estado de bom humor e como influenciam na qualidade de vida do público almejado. Para relacionar humor e qualidade de vida, devemos entender alguns fatores determinantes. O humor pode passar por vários aspectos, desde físicos e fisiológicos até psicológicos e espirituais, possibilitando alterações em seu estado de humor (MORAES, 2013). Entretanto, pode-se ampliar sua definição por meio da prática de pequenas atividades habituais que acabam proporcionando prazer, tais como: regar uma planta ou assistir um filme, ou atividades de caráter mais complexo como um evento importante ou uma viagem de férias, acarretando em um estado de espírito prazeroso no indivíduo, estimulando, portanto, seu bom humor, que pode ser medido com o protocolo Profile Mood States(2012). Prosseguindo para o próximo fator, a qualidade de vida tem sido historicamente empregada de diversas formas em seus domínios (domínio físico, domínio psicológico etc.) No âmbito da saúde, como exemplo um paciente com doença degenerativa, a qualidade de vida associa-se a ele como uma melhora nas atividades cotidianas, maior frequência de momentos alegres, favorecendo sua qualidade de vida. Todavia, sem esses e outros aspectos, o paciente é negativamente influenciado (MINAYO, 2000). Partindo do pressuposto que a qualidade de vida e bom humor possuem relação direta, pretende-se avaliar o quanto a qualidade de vida pode ser influenciada por práticas que geram bom humor. O questionário será aplicado em forma de entrevista individual, sendo organizado de forma fechada, contemplando 65 questões. Ao final, espera-se que os resultados sejam condizentes com a literatura, em que o bom humor apresenta efeito favorável na qualidade de vida, influenciando positivamente no cotidiano dos indivíduos; enfim, gerando um desejo nos participantes e leitores da pesquisa em cultivar seu bom humor.

PALAVRAS-CHAVE: Bom humor; Benefícios do riso; Qualidade de vida.