

## **Estilos de Humor como Factor Protector y Medio Terapéutico en Terapeutas Ocupacionales Venezolanos.**

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The sense of humor is a human and universal activity presents in all type of social interaction; more recently is considered a trait of personality or individual difference that can be defined as a habitual behavior pattern (to laugh frequently), an ability to create humor and to amuse others, an attitude and view of the life, and finally a defense mechanism that allows to face the adversity. Its importance and use between the health professionals have received great interest because the multiple physiological, emotional, cognitive and interpersonal benefits that apparently it generates. Specially it thinks that it is an effective coping strategy and moderator the effects of stress in the health. The Occupational Therapists like other professionals of the health expose themselves at risk in their places of work due to the characteristics of their tasks. On the other hand, the varied intervention forms in OT allow to use of humor within the therapeutic process which may have much benefits so the user as the own therapist. This study tries to contribute with some data to an area little explored within therapeutic contexts and mainly in the Occupational Therapy, as it is the use of the sense of humor like therapeutic means and selfcare strategy of coping of job stress.

The **main goal** was to know the styles humor in Venezuelan Occupational Therapists.

**Method:** The sample it was made up of 117 Occupational Therapists, who were handed The Humor Questionnaire Styles (HSQ) (aggressive and self-defeating humor, self-enhancing humor and affiliative humor).

**Results:** the sample studied presented low score in aggressive and self-defeating humor and high score in self-enhancing humor and affiliative humor, which can be interpreted like a tendency to use humor to cope stress and to share humor with the others.

**Conclusion:** this study allows to know initial datas in the style humor Venezuelan Occupational Therapists and as its use can be a protective factor for the health and a useful tool in the alliance and the therapeutic process.