

**Fauziah (705120151)**

**Correlation between Humor Styles and Stress in Dual Earner Family Age Young Adulthood (Erik Wijaya, M. Si.); Undergraduate Program of Psychology, Tarumanagara University, (i-xiii; page 1-81, P1-P6, L1-L46).**

This study aims to examine the correlation between humor styles and stress in dual earner family couple age young adulthood. Stress could happen in dual earner family couple especially age young adulthood. One of the way to reduce stress is using humor. Someone could use humor styles which divide into four dimensions such as affiliative humor, self-enhancing humor, aggressive humor, and self-defeating humor. This study involve dual earner family couple consist of man 47 and woman 47. Using Humor Styles Questionnaire by Martin et al. (2003) and UNTAR stress condition which adaptation from Christian (2005). Result of data analysis using Pearson correlation in affiliative humor with  $r = 0.221$ ,  $p = 0.032$  ( $p < 0.05$ ) it shows that there is a negative correlation significant between affiliative humor with behavior stress. Self-defeating humor with  $r = 0.207$ ,  $p = 0.045$  ( $p < 0.05$ ) it shows that there is a positive correlation significant between self-defeating humor with behavior stress. Dual earner family couple using humor to enhance relationship with other tend to have low behavior stress. Meanwhile dual earner family couple using humor to humiliate the self tend to have high behavior stress.

*Keywords: Humor styles, stress, dual earner family, and young adulthood.*