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Humour in professional guidance

Humour can occur in interpersonal communication in multiple ways, and it serves several communicative functions. Humour has been found to improve people's willingness to cooperate and the openness of communication. This study examined humour in professional guidance by focusing on the styles and communicative functions of humour. The research was conducted qualitatively, and interaction analysis was used as the method. The data included three professional guidance meetings. According to the results, humour seemed to improve social interaction during the sessions. Humour helped practitioners and clients to manage tensions in their relationship. Humour was often expressed in an affiliative way, which seemed to improve cooperation between the parties. Humour also seemed to help practitioners and clients manage stress. Overall, humour seemed to help the parties achieve the goals of the professional guidance. The results of our study help in understanding humour in professional guidance and its role in successful practice.