

Communication Apprehension.

Participants reported how they felt about specific events that displayed levels of communication apprehension ($M = 1.75$, $SD = 0.65$; $\alpha = .81$) by reporting how often they experienced these events with five statements (e.g., My heart beats faster than usual when I speak out in a small group of people.; I avoid talking with individuals I do not know very well..) on 7-point Likert scales (1 = almost never and 7 = all of the time). Items were adopted from Booth-Butterfield, & Gould. (1986) The Communication Anxiety Inventory: Validation of state- and context-communication apprehension.

Self Defeating Humor.

Participants reported the likelihood of using self defeating humor ($M = 3.26$, $SD = 1.12$; $\alpha = .85$) by reporting the degree to which they agree or disagree with seven statements (e.g., I let people laugh at me or make fun at my expense more than I should.; I will often get carried away in putting myself down if it makes my family or friends laugh.) on 7-point Likert scales (1 = strongly disagree and 7 = strongly agree). Items were adopted from Martin et al. (2003) article.

Results

Survey results showed that there was no significant relationship between self-defeating humor and social competency or with communication apprehension.

Hypothesis 1. Individuals with a self-defeating sense of humor will be more likely to experience communication apprehension. The correlation analysis was conducted for hypothesis 1. Results indicated that communication apprehension and self-defeating humor

were not significantly correlated, $r(49) = -.01, p > .05$. Thus, hypothesis 1 was not supported.

Hypothesis 2. Self-defeating style of humor will be negatively associated with social competence. The correlation analysis was conducted for hypothesis 2. Results indicated that social competency and self-defeating humor were not significantly correlated, $r(49) = -.17, p > .05$. Thus hypothesis 2 was not supported.

Discussion

The data gathered did not confirm Hypothesis 1 or Hypothesis 2. Based off the survey information we collected we found that individuals with a self-defeating sense of humor are not more likely to experience communication apprehension. Therefore data suggests that if one use self-defeating styles of humor it does not necessarily mean that they are more likely to experience communication apprehension. One reason for a difference in outcome from the literature that we reviewed and the results of our data might be that self-defeating humor is not as damaging to a person's psychological well-being as we had originally hypothesized. The person may have different side effects from self defeating humor but we were unable to show that communication apprehension was affected by it.

The data gathered from the surveys was also unable to prove that a self defeating style of humor had any negative effects derived from social competence. In contrast to what the literature we reviewed that said people who use self-defeating styles of humor tend to excessively disparage themselves and hide their true feelings (Yip and Martin (2005), we found that the participants from the surveys conducted did not express the same ideas. Social competency, a person's ability to navigate through social situations, does not seem to