

"Forced laughter at the jokes of superiors can cause emotional exhaustion": Scientists have found another important reason why you do not want to work



Faking It with the Boss's Jokes? Leader Humor Quantity, Follower Surface Acting, and Power Distance



"Forced laughter at the jokes of superiors can cause emotional exhaustion": Scientists have found another important reason why you do not want to go to work.

"This is the conclusion reached by scientists from the London Business School, the London School of Economics and the University of Pennsylvania. Several studies were conducted, 212 business students took part in one of them: they were divided into groups of 3-5 people and sent to a meeting at the university bookstore, where the "vice president" of sales, who was actually an actor, was waiting for them. There were several such "vice presidents". For the study, some of them were asked to joke and pun in conversation with students, while others, on the contrary, were asked to remain serious.

As a result, those subjects who talked with the joker more often simulated emotions (laughing at the jokes of the authorities, even if insincere, can bring benefits in the future), which pushed to emotional burnout"