

BÖLÜM 6 ◀

KAHKAHA YOGASI VE HEMŞİRENİN ROLÜ

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1. GİRİŞ

Kahkaha yoğun haz veren, kültürler ve diller arasında evrensel bir sosyal seslendirmedir (1). Kahkaha içinde bir miktar mizah barındırmakla birlikte kahkaha ve mizah birbirinden farklı kavramlardır. Bu nedenle mizah ve kahkahayı tanımlamak gerekmektedir. Mizah, olaylara farklı bakış açısıyla bakabilen, olayları sorgularken insanları gülümseten, gülümsetirken düşündüren bir anlatım tarzıdır. Mizah insanları güldürebilen her şey ya da gülmece olarak da tanımlanmaktadır (1, 2). Sonucu gülme ya da kahkaha olan roman, hikâye, alay, eğlenme, şaka, karikatür, gölge oyunları, kukla oyunları, fıkralar, nükte vb. her şey, mizahın içinde yer almaktadır (1).

Kahkaha, neşe ve mutluluğun duygusal ifadesi olup yüksek sesle gülme olarak tanımlanır (2). Kahkaha erken çocukluk döneminde ortaya çıkar ve yaşam boyu devam eder (3). Kahkaha davranışsal olarak oldukça bulaşıcıdır. Kahkaha sosyal ortamda tetiklenebilir. Başka biriyle birlikteyken gülme olasılığımız, kendi başımıza olduğumuza göre 30 kat daha fazladır. Ayrıca kahkaha evrensel bir dil olarak ilişkiler ve duygusal durumlar arasında önemli bir bağlantı sağlayabilir (4). Kahkaha çok özel bir olgudur. Ne yazık ki zaman zaman terapötik değeri hafife alınmakta ve kahkahada gizli olan inanılmaz

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