

Laughter and Well-being: The Transformative Experiences of Working Mothers

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Introduction: Amid the increasing pressures faced by working mothers, who juggle career demands and family responsibilities, laughter therapy has surfaced as a promising approach for enhancing overall well-being. This paper explored the transformative experiences of working mothers participating in laughter therapy, describing how this practice influences their stress levels, resilience, and overall quality of life. It provides insights into how this practice contributes to their sense of balance and well-being.

Methodology: This study used the descriptive phenomenological research approach, to explore the lived experiences of working mothers engaged in laughter therapy. Unstructured, in-depth individual interviews were conducted with six (6) participants who are active members of Adventist women's ministry and regularly attend the laughter therapy session using a purposive sampling technique. The recursive textual analysis guided by Creswell was employed to analyze the data thematically.

Results: Two major themes emerged from the study: the contagious, beneficial nature of laughter—whether genuine or simulated—and the capacity of laughter therapy to enhance overall well-being. Specifically for working mothers, laughter therapy serves as a holistic intervention that boosts physical health, immune function, and sleep quality while fostering psychological resilience and optimism. It also strengthens interpersonal bonds and cultivates spiritual connection, inner peace, and gratitude. Collectively, these findings underscore the value of laughter therapy as a comprehensive tool for stress management and supporting the physical, emotional, social, and spiritual wellness of working mothers.

Conclusion: This research highlights laughter therapy as a transformative, holistic intervention for working mothers that addresses physical, psychological, social, and spiritual health. By significantly reducing stress and fostering emotional resilience, laughter—whether genuine or simulated—serves as an accessible tool for well-being. Its contagious nature creates a ripple effect that strengthens social bonds within families and communities. Ultimately, laughter therapy empowers working mothers to navigate challenges with optimism, enhancing both their resilience and overall quality of life.

Practical Value of the Paper: This study highlights laughter therapy as a versatile intervention for enhancing the holistic well-being of working mothers across diverse sectors. Its integration into workplaces, community groups, and family dynamics can effectively reduce stress and foster deeper connections, while healthcare providers and spiritual organizations can utilize it to promote emotional health and resilience. Furthermore, incorporating these techniques into educational curricula ensures broader application, underscoring the potential of laughter therapy to empower working mothers through a supportive, multi-contextual approach.

Direction for Future Research: This study suggests expanding laughter therapy research by comparing its efficacy with techniques like mindfulness and exercise. Future investigations should examine its impact on diverse demographics, such as fathers and the elderly, and evaluate its potential as a complementary treatment for chronic or mental health conditions. Finally, cross-cultural studies are essential to understand how cultural nuances influence the therapy's reception, ensuring interventions are effectively tailored to specific communities.

Keywords: laughter therapy, well-being, transformative experiences, working mothers

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