

**Emotional intelligence and sense of humor as predictors of subjective well-being**

(pp. 211-227)

M. Pilar Berrios-Martos, Manuel Pulido-Martos, José María Augusto-Landa,  
and Esther López-Zafra

*University of Jaen (Spain)*

The aim of this study was to analyze the relationship between Emotional Intelligence (EI) and Sense of Humor (SH) and their predictive ability on two dimensions of subjective well-being: Psychological Subjective Well-being (PSW) and Material Subjective Well-being (MSW). Previous studies have noted a relationship between these constructs and emotional intelligence but separately. A total of 113 participants between 18 and 27 years ( $M= 19.6$ ,  $SD= 3.9$ ), have completed an ability measure of EI, a questionnaire about SH and a subjective well-being scale. Our results show that the creating humor, appreciation of humor and use of humor in coping with problems predict the PSW, whereas the appreciation of humor and emotion management predicted the MSW. Our study contributes to knowledge in two important aspects: first, we found that the SH and EI have an impact on the subjective well-being, and secondly, it also provides empirical evidence about the differential effect of the components of the SH and the IE on the PSW and the MSW.