

### **The Human Rights-based Approach and Psychiatric Nursing Practice**

"Humor is the triumph of tolerance and common sense over the intolerable, the dance of intelligence with laughter, and the most liberated and liberating form of thought. It contains the seeds of universal tolerance as well as the surprising use of language."

In the literature, the aspect of humor that improves socialization and the sense of belonging to a certain society is emphasized. From a social perspective, it has been revealed that humor has a role in developing empathy, tolerance, and sympathy towards others. In addition, it can be said that humor is a tool that strengthens learning processes, facilitates coping with anxiety and stress, and increases the quality of interpersonal communication and interaction processes.

This multifaceted view of humor reveals the importance of its use in mental health.

The services provided in the field of mental health are not limited to clinical practices and treatment protocols; they cover a multifaceted care process that touches human nature, emotions, and social bonds. Psychiatric nursing is a discipline that focuses on therapeutic communication within this multi-layered structure and aims to develop humanistic and empathic approaches specific to each patient in the care process. In this framework, humor has been a form of communication that has been neglected for many years but whose importance has been increasingly emphasized by recent research.

Humor is not only an element of entertainment but also an important social tool that strengthens interpersonal interaction, reduces stress and anxiety levels, and supports coping mechanisms. In psychiatric nursing practices, humor, when used appropriately, serves as a therapeutic supportive function that deepens the nurse–patient relationship, positively affects the atmosphere of the treatment environment, and contributes to the healing process.

We hope that new research that will raise awareness about how humor can have a healing power not only in daily life but also in professional care settings will enrich this field.

As James Joyce said: "Laugh to free your minds from slavery."

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