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### Superiority Theory or Relief Theory

Most of the time philosoph, superiority theory and relief theory are theories of humor Stanford Encyclopedia of Philosophy, relief theory or the tension release theory **include** the is that laughter exists as a homeostatic mechanism that helps eliminate psychological tension while superiority theory is based on the assumption that an individual laughs at other people's mistakes like how they accidentally fall down because the, which asserts the perpetrator's supremacy. relief theory thinks that humor and laughter are used primarily to overcome inhibitions, which expose desires that are suppressed. Laughing at an individual because they are smiler.. The argument author claims that the existence of relief theory in the 18<sup>th</sup> Century weakened the mostly false. In other words, I believe that superiority theory is better if you compared to relief theory. It is important to note that the superiority theory argues that everything is humorous because it is happening to another people. further writes that the theory was developed by Plato and continued through Aristotle. In addition, the theory postulates that people derive pleasure from other people's pain and suffering. It confirms the fact that people laugh at jokes that are relatable to other's stupidity, misfortune, mistakes, and weaknesses among others. Evidently, the identified vices make the perpetrators feel they belong to higher standards compared to their victims. Ultimately, the superiority theory uses laughter and humor to punish an individual's weakness and make the perpetrators feel better about themselves.. On the other hand, Stanford Encyclopedia of Philosophy further says that in relief or arousal theory, humor and laughter eradicates psychological tension because it allows an individual to release bad energy and face

his fears, thereby, overcoming their sensibility. The theory was developed by Sigmund Freud between 1856 and 1939. Critchley highlights the fact that Freud noted that humor or any laugh producing situations helps people enjoy their hidden desires without for them to know that much and as well save psychic energy or activity. Basically, the theory helps people deal with two different thoughts or emotions by releasing incongruity, anxiety.. Both relief and superiority theory is more concerned with mechanisms of the humorous reactions compared to the concept. Furthermore, fat people jokes, no hair jokes, disability and racist jokes among other stereotypical jokes are modern examples of commonly used forms of humor in superiority theory because they are presented in a degrading manner. Besides, unlike superiority theory, relief theory does not describe most instances of humor, especially those that occur quickly. Add to that, most cases of humor doesn't include an energy build up, which is released, an indication that superiority theory is stronger than relief theory.

At last, according to Internet Encyclopedia of Philosophy, relief theory is effective in case an individual exhibits anxiety and self-consciousness, which is not the case in superiority theory that entails finding humor in an individual's misfortune, inferiority, or modesty which, in turn, justifies the perpetrator's supremacy.

Critchley, Simon. *On Humour*. Routledge, 2011. Internet Encyclopedia of Philosophy. *Humor: A Peer-Reviewed Academic Source*. <https://www.iep.utm.edu/humor/> Accessed 17 September 2018.

McDonald, Paul. *The Philosophy of Humour: Philosophy Insights*. Humanities-Ebooks, 2013. Stanford Encyclopedia of Philosophy. *Philosophy of Humor*. <https://plato.stanford.edu/entries/humor/#SupThe> Accessed 17 September 2018.