



## The Relationship of Art and Music Education with Adolescents' Humor Styles And Interpersonal Problem Solving Skills\*

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### ABSTRACT

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**Purpose:** Today's education system focuses on academic skills of individuals more. However, art and music education is thought to be effective on both humor and interpersonal problem solving skills by supporting social and emotional skills of adolescents. Therefore, this study was designed to investigate the relationship of receiving art and music education with adolescents' humor styles and interpersonal problem solving skills.

**Research Methods:** A total of 178 adolescents including 54 students attending the music department and 60 students attending the art department in the fine arts high school and 64 students who were not receiving any art education and studying in a high school were included in the study and "Humor Styles Questionnaire" and "Interpersonal Problem Solving Inventory (High School Form)" were used. Two-way analysis of variance and correlation coefficient significance test were applied to analyze the data. **Findings:** The results of the study showed that adolescents with healthy and compatible humor styles had effective problem solving methods. Moreover, the results of the study revealed that the adolescents receiving art and music education adopted both more positive humor styles and preferred more effective methods in solving interpersonal problems than those who did not. These results demonstrated the importance of art education in supporting children developmentally. **Implications for Research and Practice:** Based upon the results of the study, it can be asserted that it is required to generate the demand for a qualified art education with the sensitivity for the necessity of art education on and its effect in the development of societies

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