

Echoes of the Hill

A Celebration Of Tribal Culture And Heritage



EDITORS

DR. VENNILA V

DR. SHARON SAMSON

DR. SHALINI INFANTA L



ECHOES OF THE HILL

A Celebration of Tribal Culture and Heritage

ISBN

978-81-995737-5-8

(Paperback)

Published by

PAPEROIN PUBLICATIONS

Coimbatore, Tamilnadu, India - 641014

Copyright © 2025 by Paperoin Publications

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publisher. This is a work of fiction. Names, characters, places, and incidents are products of the author's imagination or are used fictitiously. Any resemblance to actual events or locales or persons, living or dead, is entirely coincidental. For permission requests, write to the publisher at the above address.

Printed in **INDIA**.

Media, Humour, and Healing: A Psychological Study of Comedy in Tribal Communication Systems

¹Mr. Manoj Prabhakar S, ²Dr. Jayalakshmi V,

¹Assistant Professor, Department of Visual Communication,
Vels Institute of Science, Technology, and Advanced Sciences (VISTAS),
Chennai. [Email-smanoj.smc@vistas.ac.in](mailto:smanoj.smc@vistas.ac.in)

²Assistant Professor, Department of Visual Communication
Vels Institute of Science, Technology, and Advanced Sciences (VISTAS),
Chennai

Abstract

Humor in tribal and indigenous communication systems serves as more than mere entertainment; it operates as a complex communicative instrument with significant psychological and therapeutic effects. This study investigates the convergence of media, humor, and psychological healing within tribal communication systems, analyzing how comedy functions as a tool for social cohesion, cultural transmission, mental health recovery, and resilience enhancement. This study delineates four principal psychological functions—stress modulation, emotional regulation, social bonding, and trauma processing—through an exhaustive review of literature and an analysis of tribal humor practices. The paper examines the translation of traditional tribal humor, encompassing trickster narratives, teasing practices, and ceremonial clowning, into modern media representations and therapeutic applications. Findings demonstrate that humor functions as "very good medicine" in tribal settings, utilizing endogenous opioid release, cognitive reframing, and social support mechanisms to promote healing.

The research concludes that incorporating indigenous humor frameworks into mental health interventions and media portrayals can improve therapeutic effectiveness while maintaining cultural authenticity and fostering psychological well-being within communities.