

CHAPTER V

CONCLUSIONS AND SUGGESTIONS

5.1 Conclusions

1. Stages of grief presented in the selected Netflix comedy specials:

All five stages of grief were represented in the chosen Netflix comedy specials, according to the analysis: distracting moments of comic relief (Denial), self-humiliating humor (Bargaining), truth-telling infused with anger as in satire (Anger), the unmasking of defenses and baring of souls (Depression), and the catharsis of toxic identities and norms with an ethical plea for a more inclusive society (Acceptance). In John Mulaney's "Baby J," the most frequent stage was bargaining, expressed through self-humiliating humor. In Pete Davidson's "Alive from New York," the most prevalent stage was also bargaining, reflected in his self-humiliating humor about personal experiences. Trevor Noah's "I Wish You Would" primarily featured anger and denial, with jokes centered on the COVID-19 pandemic and racial issues.

2. Representation of grief as dark humor:

Grief represented as dark humor in these specials through the comedians' use of personal and societal tragedies as comedic material. Out of all the jokes and utterances across the three specials, it was found that 105 fit the criteria of both the five stages of grief and BVT. The benign violation transformed their pain, anger, and struggles into humor, making serious and potentially distressing topics more approachable for the audience. Mulaney's jokes about his addiction and

rehab, Davidson's recounting of his breakup and his father's death in 9/11, and Noah's commentary on the pandemic and racial tensions all illustrated how dark humor could make grief and trauma more digestible.

3. Why comedians utilize dark humor:

Comedians utilized dark humor in their Netflix specials for several reasons. The first is as a coping mechanism. Comedians like John Mulaney and Pete Davidson, in particular, used dark humor as a coping mechanism to deal with stress and anxiety. Second, people turned potential insults into laughs by making fun of themselves, regaining control over the narratives surrounding their shortcomings and failures. Specifically, self-deprecating humor made people feel less threatened by criticism from others because it addressed shortcomings before others did, making them feel less vulnerable. Thirdly, as a critique of society. Comedian Trevor Noah used dark comedy as a coping strategy and a societal criticism tool. Through dark humor, comedians created a powerful blend of entertainment and social commentary, inviting their audience to confront and reflect on the complexities of the world around them.

5.2 Suggestions

Based on these conclusions, the following suggestions can be made for further research and practical applications:

1. Exploration of grief stages across different comedy genres and platforms:

Future studies should look into how sitcoms, sketch comedies, and humorous films, among other comedy genres, convey the stages of grief in addition to stand-up specials. Furthermore, analyzing the ways in which these

topics are portrayed in various streaming services and media formats may offer a more comprehensive comprehension of the ways in which humor as a genre addresses pain and grief. It may be possible to learn more about audience reaction and industry trends by contrasting how different platforms, such as HBO, Amazon Prime, or indie comedy clubs, handle different phases of grieving in their specials.

2. Impact of dark humor on the audience's emotional processing and mental health:

The psychological implications of dark humor on viewers, particularly how it affects their emotional processing and mental health, could be the subject of future studies. Research may examine whether watching dark humor in comedy specials eases viewers' mental distress or helps them process their own loss and tragedy. The study may use a combination of qualitative and quantitative techniques, such as surveys, interviews, and experimental designs, to evaluate the therapeutic benefits and constraints of dark humor in diverse settings.

3. Cultural and demographic differences in the use and reception of dark humor:

A comprehensive knowledge of dark humor's place in society can be obtained by looking into how various cultural and demographic groups use and interpret it. Future studies could look at how age, gender, ethnicity, and cultural background affect how comedians utilize black humor and how audiences react to it. This can entail comparing comedians from various origins and observing how audiences respond in various cultural contexts. Knowing these variations could help create humor and mental health solutions that are more inclusive and culturally aware.