

ABSTRACT

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One of the strategies that helped people cope with trauma and grief was dark humor. This research focused on examining dark humor in stand-up comedy, especially as seen through the theory of the Five Stages of Grief and the Benign Violation Theory (BVT). Three Netflix comedy specials were examined in this study using qualitative content analysis: "Baby J" by John Mulaney, "Alive from New York" by Pete Davidson, and "I Wish You Would" by Trevor Noah. The jokes in these specials were categorized using the Five Stages of Grief, and their congruence with BVT was evaluated by transcript analysis. The analysis showed that the comedy specials covered each of the five phases of grief. While Trevor Noah's routine predominantly addressed themes of anger and denial, John Mulaney's performance often used self-humiliating humor to express his past experiences. Pete Davidson's show also used self-humiliating humor and touched on severe personal losses. Dark humor was a powerful tool for addressing social concerns, addiction, and personal tragedy. It also helped artists engage audiences on deeper emotional levels. Comedians managed sorrow and suffering while interacting with their audience by using dark humor. This study emphasized the use of humor in overcoming uncomfortable feelings and societal obstacles.

Keywords: Dark humor, grief, stand-up comedy, Netflix specials.

