

UPROAR: THE RISE OF COMEDY

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With the benefits laughing invokes physically, emotionally and socially, it's no wonder comedic shows and stand-up programs have risen in popularity. From Trevor Noah recounting a near-death experience he had with a snake to John Mulaney detailing his experience with President Bill Clinton, comedians provide anecdotes that inspire laughter and a break from reality. In recent years, comedy stand-up shows have gained more popularity, especially with the influence of platforms such as Netflix.

COMEDY CLUB REVENUE IN RECENT YEARS

3.1% in 2013

Up from 2013 to 16.8% in 2018

Beginning in the sixth century BCE according to The John Hopkins University Press, comedy greatly influenced Greek theater. As time progressed, so did comedy, evolving to sitcoms like "The Office" to slapstick movies like "Airplane!" and sitcoms like "The Office." Now, many associate comedy with the stand-up routines both in person and on late night shows.

While one can assume comedy has risen in popularity based on an increase of comedy specials on Netflix, an increase in revenue in comedy clubs sup-

ports the trend. "Revenue for the comedy clubs industry has increased steadily over the past five years," Rachel Hyland, an industry analyst for IBISWorld, said in an interview with Forbes Magazine. "While growth has been generally consistent from year to year, industry revenue increased 16.8% between 2013 and 2018 (an annual 3.1%)."

What makes comedy so popular has to do with the impact laughter has. Laughter provides multiple health benefits, acting as a stress and pain reliever, immune system booster, blood pressure

reducer, brain stimulus and a workout. Yes, a workout; studies show that 10 to 15 minutes of laughing burns about 50 calories and works stomach muscles as they expand and contract with laughter.

With multiple platforms offering comedy specials both in person and online, it's easy to find one that fits what you're looking for. Whether for 10 minutes or one hour, listening to comedy provides many benefits, contributing to its rise in popularity. After all, as the saying goes, laughter is the best medicine.



12 PEABODY AWARDS

IN COMEDY IN THE PAST 20 YEARS

(Graphic/Bella Ramirez)

(Photo/Yahoo and Comedy Central Press)

John Mulaney
Age: 37
Emmy winner, SNL Writer
"New in Town,"
"Comeback Kid," "Kid Gorgeous" and "Sack Lunch Bunch" on Netflix.

Trevor Noah
Age: 35
Comedy Central's "The Daily Show."
"Son of Patricia," "Afraid of the Dark," "Lost in Translation," and "Pay Back the Funny."