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M.Sc. Interactive Digital Media

Paper Title: A literature review assessing the need for greater emphasis on eudaimonia in the design process of virtual environments

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## Abstract:

Well-being has been a term defined as an individual's physical, social, and mental health. To research the more specific psychosocial and psychological well-being requirements and needs of users in the context of virtual environments a suitable conceptual framework must be adopted. This research continues to examine the dyad of hedonia and eudaimonia in the context of virtual environments, through the process of a literature review, to determine the value of increased emphasis on eudaemonic components in the design process of virtual environments.

Some research has already been established in this area, with Huta and Waterman (2013) creating a three-part framework for classifying hedonia and eudaimonia as research constructs under; degree of centrality, category of analysis and level of measurement.<sup>i</sup> In human computer interaction, a positive human factors design framework is incorporated and highlights design under; usability, functionality, safety and hedonia<sup>ii</sup>. However, notably a eudemonic component in the design framework is not present. Katie Seaborn has included this issue in her paper "*Eudaimonia and Hedonia in the Design and Evaluation of a Cooperative Game for Psychosocial Well-Being*" and this literature review aims to build on this argument.

The eudemonic component absent in the design framework suggests a missing link, with a lack of design emphasis placed on designing for personal growth and meaningful, expressive, and self-actualizing experiences<sup>iii</sup>. The argument of this literature review aims to examine evidence supporting the need for greater emphasis on eudaimonia in the design process of virtual environments.

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<sup>i</sup>Katie Seaborn, Peter Pennefather & Deborah I. Fels. 2020, "Eudaimonia and Hedonia in the Design and Evaluation of a Cooperative Game for Psychosocial Well-Being", *Human-Computer Interaction*, pp. 289-337.

<sup>ii</sup>Hancock, P.A., Pepe, A.A. & Murphy, L.L. 2005, "Hedonomics: The Power of Positive and Pleasurable Ergonomics", *Ergonomics in design*, vol. 13, no. 1, pp. 8-14.

<sup>iii</sup>Katie Seaborn, Peter Pennefather & Deborah I. Fels. 2020, "Eudaimonia and Hedonia in the Design and Evaluation of a Cooperative Game for Psychosocial Well-Being", *Human-Computer Interaction*, pp. 289-337.