

Thesen zu Aktivierender/Deaktivierender Interfacegestaltung

Farben:

- Elliot, A. J., Moller, A. C., Friedman, R., Maier, M. A. & Meinhardt, J. (2007): Color and Psychological Functioning: The Effect of Red on Performance Attainment. Journal of Experimental Psychology:
 - “the perception of red prior to an achievement task impairs performance relative to the perception of green or an achromatic color” (165)
 - “research is grounded in the premise that red carries the meaning of danger and evokes avoidance motivation in achievement contexts” (166)
 - Kwallak, N., Woodson, H., Lewis C. M., Sales C. (1996): Impact of Three Interior Color Schemes on Worker Mood and Performance Relative to Individual Environmental Sensitivity:
 - “The contrasting color schemes (bright red vs. light blue-green) [...] did not differentially impact productivity, nor did the white color scheme as utilized by NASA” (131)
 - “workers in the red office color scheme reported more dysphoria than workers in the blue-green office color scheme” (131)
 - Kwallak, N., Soon, K., Woodson, H., Alexander, J. L. (2005): Perceptual and Motor Skills: Effect of color schemes and environmental sensitivity on job satisfaction and perceived performance:
 - “individuals working in the monochromatic white office rated both Perceived Performance and Job Satisfaction significantly higher than individuals in the red office but similarly to those made by participants in the blue-green office” (484)
 - “Perceived Job Satisfaction and Performance is a subjective response, unlike actual measurements of a worker’s performance and productivity” (484)
 - “suggesting that individuals with High Stimulus Screening Ability rated Job Satisfaction and Perceived performance higher” (484)
- ➔ Im Vergleich zu grünen oder neutralen Farbschemen beeinträchtigen rote Farbschemen eher die Leistung bei einer Aufgabe (eher weniger stark ausgeprägt).
- ➔ Deutlicheres Ergebnis: Rote Farbschemen sorgen für eine schlechtere Stimmung und subjektive Einschätzung der Leistung, zurückzuführen auf Konnotation von Rot mit Gefahr (kulturelle Unterschiede möglich)
- ➔ Abhängig von individueller Fähigkeit, farbliche Gestaltung auszublenden
- ➔ In Biofeedback-Anwendung: rotes Farbschema als beiläufige stressauslösende Einflussnahme

Musik:

- Labbé, E. (2008): Coping with Stress: The Effectiveness of Different Types of Music. Applied Psychophysiology and Biofeedback:
 - „Listening to self-selected and classical music produced increased feelings of relaxation as well as sitting in silence but not for the heavy metal condition. Listening to classical and self-selected music elicited reductions in state anxiety after exposure to a stressor.” (167)
 - “participants who listened to heavy metal music not only experienced greater levels of state anxiety but were even more anxious after listening to the heavy metal music than when they were being stressed” (167)
 - Khalfa, S., Dalla Bella, S., Roy, M., Peretz, I., Lupien, S. J. (2003): Effects of Relaxing Music on Salivary Cortisol Level after Psychological Stress:
 - “relaxing music is more effective than silence in decreasing cortisol levels after stress introduction” (376)
 - Chafin, S., Roy, M., Gerin, W., Christenfeld, N. (2004): Music can facilitate blood pressure recovery from stress. British Journal of Health Psychology:
 - “listening to the classical music selections after the stressor was more beneficial for reducing arousal than sitting in silence after the stressor, but this effect was not found with other music selections” (401)
 - Knight, W. E. J., Rickard, N. S. (2001): Relaxing Music Prevents Stress-Induced Increases in Subjective Anxiety, Systolic Blood Pressure, and Heart Rate in Healthy Males and Females. Journal of Music Therapy, XXXVIII:
 - “This effect of music on stress reactivity was surprisingly large and robust, occurring in the presence of a range of moderating variables.” (265)
- ➔ In einigen Fällen hilft entspannende (oben verwendet: klassische) Musik beim Abbau von Stress nach einer stresserzeugenden Aufgabe eher als Ruhe.
- ➔ Heavy Metal scheint den Stress-Level nach einer stresserzeugenden Aufgabe zum Teil zu fördern.
- ➔ In Biofeedback-Anwendung: Entspannende/klassische Musik (muss evtl. ähnliche Eigenschaften wie oben verwendete Samples haben) als stresshemmende und Metal als stressauslösende Einflussnahme