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Hi, my name is Malik and i'm studying the Master in Game Design at the ZHdK. The informations you provide for this survey is a part of my Master thesis and it will help me to create a toolkit for Game Developers, who want to design a relaxing game experience for the players. You don't need to be a game developer to fill out this survey. You can write here your name or username if you want:

Benjamin Gilli

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How many hours do you spend, on playing video games per week?

22

3

Do you play video games to relax?

Yes

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Please name at least 3 video games, which offer in your opinion a relaxing experience, with an explanation as to why you feel relaxed (more answers are also welcome):

Undertale - the game is mostly based on dialog and characters, together with a great soundtrack and nice worldbuilding. Getting lost in that world is soothing

Mini Metro and Similar Games - The minimalistic but clear style and the focus on logical planning
Stardew Valley, Minecraft creative mode - Games about building up your own world. Big focus on creativity without a harsh loose condition

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Please name at least 3 video games, which offer in your opinion a stressfull experience, with an explanation as to why you feel stressed (more answers are also welcome):

Dark Souls (and all soulslike games) - These games demand full concentration and observation from the player together with great reflexes to succeed and punish failure harshly.

Binding of Isaac (and other Rogue-likes) -These games take all your progress away when you loose plus they often derail very quickly with just one mistake.

Cuphead - Another game where lack of concentration gets you killed easily. Also just a very high difficulty level which challenges and frustrates the player.

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Am i allowed to quote your statements?

Yes

Thank you very much for participating, you can type here other comments, in regards to relaxing game experiences. Please share this survey with other people, to get as many valuable information as possible!

For me a relaxing game is largely defined by its soundtrack and visuals. if either is too noisy/busy the experience falls apart somewhat.