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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:

Friendly neighborhood cat

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

20

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):

World of Warcraft - predictable advancement, wonderful ambience with visuals and music, detached from reality theme of magic and fantasy creatures, player picks their own pacing and can do whatever they want whenever they want

Sims franchise - I play in build mode and just make things slowly over time, it's a braindead design activity that lets me listen to podcasts and audiobooks in the background

Fantasy MMORPGs in general - fantasy theme is relaxing, lets me forget about reality for a while, world is usually pretty

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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):

Dota 2 - it's fast paced pvp, team vs team and your team is made of random people with broken mics and broken English and anger issues. Game is fun tho so I keep coming back.

Any shooter game - stressful for me because I suck at them. My reflexes are slow and I'm dead before I even notice the enemy. Especially if the shooter is realistic and set on Earth - it reminds me that I'm basically using war, which is someone's daily reality and suffering, as my own entertainment.

Horror games like Amnesia or Outlast - I don't get scared but I don't like games where you can't fight back and just need to run and hide. It's frustrating.

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Am i allowed to quote your statements?

Yes

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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!

The level of detachment and capability I feel when playing a game is linked to how relaxing it is. If I feel like the game is impossible for me to succeed in then it's stressful - for example, I used to find the MMO Aion relaxing to play and loved it for years. Getting gear was challenging and time consuming but it was easy to understand what needs to be done. Then they changed it and suddenly there were seemingly endless gear upgrades and enchantments and currencies that needed to be collected to get gear and then that hard earned gear and currency was worthless in the next patch and a new batch of endless gear trees was put in place. It felt like an endless hamster wheel that kept changing the rules and it felt like I could never catch up. It made me stop playing a game I used to pay for and relax in for many years.