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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:

No response

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

28

3

Do you play video games to relax?

Yes

4

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):

Animal Crossing - Nothing that must be done, just simple tasks if you want to.

Pokémon Go - Have to go outside and walk around to play it, has a relaxing effect.

2048/Threes - Repetitive movements, you don't have to think too much.

The Sims - especially when you're only building and not using the play mode it's very relaxing.

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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):

DDR / every rhythm game - You constantly have to be aware of the rhythm and are punished for every mistake. Ususally the beat is quite fast.

Amnesia / every horror game - You are constantly waiting for jumpscare, something to happen, you can never relax.

Tetris - Might be relaxing for some, but the constant flow of new tiles and the pile of blocks getting higher and higher feels stressful to me.

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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!

No response