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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:

Toadsword

2

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

15

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):

Minecraft, Astroneer, Stardew Valley

Because in all of them you can just stop doing what you were doing and enjoy the view/moment/talk with your friends while enjoying a background.

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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, League of legends, Crypt of the Necrodancer

Because you have to move, be sometimes fast and you cannot rest. DS is different, but all the jumpscares and enemies you encounter makes you HAVE TO check for everything. You can't just go peacefully, knowing nothing bad will happen. You have to think.

6

Am i allowed to quote your statements?

Yes

7

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!

Music does a lot. Atmosphere does a lot. Example from Nier Automata at the resistance camp. You know it is hidden from the danger, you have a room there where you can take a break if you want. The music and ambiance let you know that you can talk with people without fear of danger. Same with the robot village.