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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:

Dave

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

30

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):

Slime Rancher, because it's about farming happy slimes and does not have any time pressure.

Astroneer, well looking, nice user interface, the basic game loop is pretty simple and the way things work are well explained just by the way the interactions are set up.

Game Dev Tycoon, because wish fulfillment, and is basically the same loop over and over again, with hardly a possibility of failing.

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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 a multiplayer game with a very developed metagame, which makes you always feel like you're doing something wrong. There is a constant time pressure to do something meaningful for your team.

Sekiro (or any other souls like): They are built upon learning very precise inputs (timing and sequence of buttons) and failure is punished heavily.

Player Unknowns Battlegrounds: A multiplayer game with a high likelyhood of you failing, since only one player wins. There is a high ambiguity as to where the enemies are and it always feels like there is someone just around the corner.

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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!

I find that turn-based games generally offer you a more stress-free experience, due to how the game waits for your input to let something happen. Whereas in Dark Souls for example, you're not even save in the pause screen, since the game world does not stop.

All the best for your master thesis :)