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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

2

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

40

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):

- Sims (sandbox, no rush, freedom to do what i want)
- league of legends (relaxing fun with friends, though that can be situational)
- mini metro (simplistic, short sessions, a puzzle is something to focus on)
- Rimworld, banish, planet zoo (calm modes, fun management without pressure)

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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):

- pubg (pressure through time and competition, responsibility for team as last person)
- hearthstone (competition, timer)
- league of legends (can be both relaxing and stressful depending on mode, enemies and friends)

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!

Multiplayer games tend to be both for in general. It's mostly the social aspect that either stresses relaxes me. Competitive play is rarely something i enjoy, so that needs a group to keep relaxed. Singleplayer games though i explicitly choose to be relaxing and mostly calm.