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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:

schmonk

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

1

3

Do you play video games to relax?

No

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):

Total War: shogun 2 - While playing a long campaign, i slip into a very low-buzz flow where i basically 'tend to my garden' which happens to be my flourishing feudal japanese clan.

The Talos Principle - There are enemies and dangers, but you are allowed to experience them at your own pace - the very nature of this puzzle game puts emphasis on taking your own time for things which i consider relaxing.

Apart from that i cannot think of other games that are truly relaxing. They might offer flow which might also be considered relaxing, though with higher levels of excitement. Maybe ABZU, which i did not play for that much time

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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):

Battlefield One (multiplayer) - A lot of things are happening all at once. You might reach a flow but it's always a very tense state of flow, requiring nonstop focus and attention - the danger of your avatar dying always present.

Ape Out - See the reasoning above, subtract human controlled enemies but add a very dense-feeling level design and a soundtrack that pushes you on wards.

Hotline Miami - See above

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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 wish i had played e.g. journey or flower. .. now that i try to remember harder, i think that i also felt relaxed playing the game Astroneer. I think the relaxation there correlates with the low amount of enemies combined with the rich offering the game makes in stuff to do.