frictional forces:

Effort and Sense of Embodiment in Virtual Reality

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VR design, like all design, incorporates political and social ideas of how society should be, what could be optimised and what could be minimised.



The experience of virtual embodiment as related to agency and physical effort



Two studies (to finish off a phd)

- Sundowning + weighted blanket interviews with 10 participants
- Flying + varying degrees of exertion



Embodiment through visual representation of the body



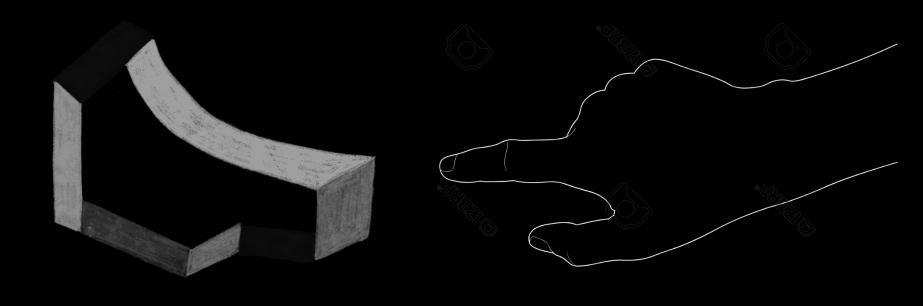
FLYING STUDY

Three conditions - low effort, medium effort, high effort
Within study design with randomised order to control for learning & tiredness
Sense of Embodiment & Sense of Agency questionnaire after each
Anticipate both enhanced sense of agency & embodiment



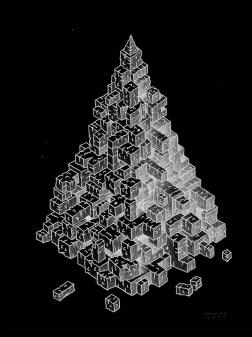
Frictional Forces is an interactive VR experience in which the player navigates a textured space, and resistance is built into the environment (through sound, vibrations, and haptic responses - but also using physical tools)

In summary, frictional forces is an exploration of embodiment through effort and agency



We would like to make something that reinforces the physicality of the user's actual body

Thank you for listening!
I would be grateful for your input and feedback.



Any questions?