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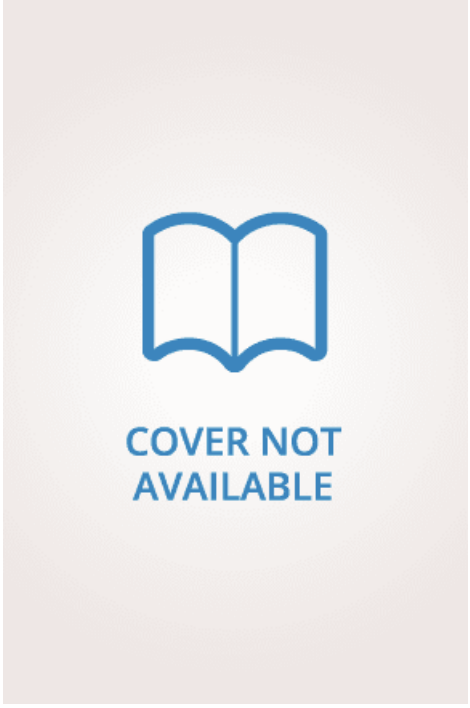

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- Author: Scott Rigby
- ISBN: 9780313362248

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Readers also enjoyed. About Scott Rigby. Journal of Personality and Social Psychology 61 5 , , Advances in Developing Human Resources 20 2 , , Theory and Research in Education 7 2 , , The gameful world: Approaches, issues, applications, , Retrieved from immersyve. Handbook of mindfulness: Theory, research, and practice, , The Wiley Blackwell handbook of mindfulness, , Articles 1—20 Show more. Help Privacy Terms. The accuracy-confidence correlation in eyewitness testimony: Limits and extensions of the retrospective self-awareness effect. Although advances in artificial intelligence are possibly the best-known outcome of this multidisciplinary collaboration, its impact was transformational in other ways. Particularly relevant here is the emergence of Human Factors , or ergonomics, the discipline that aims to understand the interaction among humans and technology, in which the collaboration between psychology and designers lead to the development of a set of new practices that make technologies safer, more efficient and easier to use, optimizing overall performance and productivity APA Think, for example, about the properties of your body that need to be taken into account to design a comfortable chair, or the cognitive abilities that limit how much information you can retain in the short term.

Research at this interface between behavioural science, psychology and technology has led to crucial advances in the design of equipment, systems and working methods that improve comfort, health, safety, reliability, and productivity. It stands as an example of how design can be focused on enhancing both wellness and functionality. Given the high level of concern, particularly in developed countries, about the negative impact that many productivity-driven technological changes may be having on psychological wellbeing, a new emphasis on the technology-wellness relationship is warranted. Yet increasing the psychological wellbeing of populations is a complex and ill-defined problem and a topic for scholarly investigation for millennia. Today, most scholars agree that the clinical model of wellbeing, which defines it simply as the absence of illness, is insufficient Keyes To fill the gap, researchers in areas like positive psychology study factors that characterize people who are thriving, and how these can be fostered via psychological interventions to improve wellbeing in those who are not Vella-Brodrick We can make an analogy with Human Factors, which has generated advanced theory, principles, and methods that support designers in optimizing human-technology interactions by minimizing unwanted negative health and wellbeing effects.

But minimizing negative wellbeing does not equal maximizing positive wellbeing. However, even with an industry now very well-versed in designing for factors like user satisfaction and pleasure, productivity still dominates many of our measures of success. Even self-help and technologies intended to improve wellness often do so based on productivity paradigms, as they encourage us to increase or optimize behaviours like exercise and sleep. The advancement of future technologies calls for an intelligent and sensitive integration of wellbeing factors into the design of everyday software and products.

Although, to date, most examples of design for wellbeing exist as dedicated psychological interventions, these technologies allow us to better understand what is possible Gaggioli et al. The reach of dedicated tools may be limited to those actively seeking help, but they are critical in establishing a foundation of research in effective design strategies and psychological impact. The 21 authors who contributed to this issue explore, demonstrate, and discuss the multidisciplinary approaches in Positive Computing.

In the diversity of topics and approaches, the resulting eight papers demonstrate the breath of opportunities released when embracing active collaborations between psychologists, computer scientists, and designers. While most commercially available trackers employ competition as the primary mode of social exchange, their study showed that tracking involves much more nuanced socially motivated experiences, including a sense of belonging, social support, and bonding. Their findings demonstrate that in a wellbeing-oriented perspective, a mere focus on effectiveness does not suffice.

Instead, it requires a deeper understanding of how technology can mediate meaningful experiences in everyday life. Their study shows that communication styles such as helpful-cooperative, rational-distanced, and critical-aggressive have varying emotional impact on people using self-improvement tools, and influence the degree of successful change. In the dialog between technology and users, not only style but also timing is a crucial factor in effective communication. Unique in their approach is that the app uses smartphone sensors to find the optimal time for triggering key moments in the intervention and motivational messages, based on location changes, social proximity, and activity levels. The results indicate that timing does matter: The more successful times for eliciting expressions of gratitude tend to be shortly after a social experience and shortly after settling into a new location. We have as much to learn from positive psychological interventions that incorporate the physical world as we do from digital versions.

Their study shows that while the majority of available behavioral intervention technology relies on screens computers, tablets, phones , tangible products represent an untapped potential for bringing positive psychology to the everyday lives of many people. Interestingly, they found a theme effect: Taking pictures of things that make the individual happy stimulates one to be more reflective and appreciative of the little pleasures in life, and taking pictures of things that make someone else happier, reduces anxiety and increases a sense of intimacy and belonging.

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