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Semester + field of study	6th semester, Interaction Design
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## Motivation

Subject & subject description The Happiness Advantage of Interaction Design

*The Happiness Advantage* is a term created by psychologist Shawn Achor. It means that the brain processes significantly better when we are happy. This leads to more intelligence, creativity and the energy level rises.

We perceive the world through a lens – our brain. This lens shapes our individual reality. By changing it to focus on positivity the brain gets rewired for a positive mindset. People become happier and therefore more successful.

Purpose of the assignment

This creates a great opportunity for interaction design. People get in contact with so many interactive devices every day. By creating positive user experiences the brain gets rewired to focus on positive patterns.

The two books *The Happiness Advantage* by Shawn Achor and *The Art of Happiness* by Howard C. Cutler and the Dalai Lama explain their methods to train the mind to become happy.

Problem formulation

How can I use methods from *the Happiness Advantage* and *the Art of Happiness* to create a new design method for evaluating interactive products regarding happiness?

## Choice of method and theory

Review of theory, empirical approach and method

By making a comparative analysis between the two books *The Happiness Advantage* by Shawn Achor and *The Art of Happiness* by the Dalai Lama and Howard C. Cutler I get two different views on the same subject. *The Happiness Advantage* is more business oriented and *the Art of Happiness* explains the topic from a Buddhism point of view. By finding out their commonalities and differences I won't just focus and believe in one source but remain critical regards both of them. Further more it gives me a more open-minded view on the subject of long-term happiness and will help me map the summarized findings to interaction design. I will use these methods to create an evaluation system for interactive products. By defining questions for all the methods I will be able to rate products in the different aspects of *the Happiness Advantage* and *the Art of Happiness*.

Preliminary list of literature

Achor, Shawn (2010): *The Happiness Advantage*, Crown Business

Gyatso, Tenzin (the 14th Dalai Lama) and Cutler, Howard (1998): *The Art of Happiness*, Mobius, Eastern Press