## Measuring, understanding, and empowering wellbeing

- Cross-disciplinary research toward "eudaimonic wellbeing"-



## **Abstract**

We propose an evidence-based design theory to reach an state of wellbeing, the state in which one finds meaning in life and fulfills one's greatest potential. Components of wellbeing can be identified not only at the individual level, but also in all sorts of human relations. Families, friends, organizations, and even society. The components also fluctuate depending of one's life-stage. Together with traditional subjective reports, objective approaches such as behavioral analysis and biometric measurements are mandatory to achieve a comprehensive understanding of the components. By integrating various research methods, technologies, and findings, we set up a 4-step process – specification of components, measurement and modeling, intervention, and assessment – to create wellbeing indices, which will contribute to empower our eudaimonic wellbeing.

How information technology can support the richness of the mind? Our evidence-based research on human information science, technologies for mental state measurement and those for presentation of sensory information will contribute to empower wellbeing\*. \*Wellbeing: The state in which one finds meaning in life and fulfills one's greatest potential. It is quantified d by multidimensional measurements of subjectivity, behavior and physiology. it will also fluctuate depending on one's life stage, interpersonal relationship, organization and so on. Design theory of wellbeing Human information Effective presentation of Measurement sensory information technologies Continuous Specification of Measurement Intervention Assessment of wellbeina and modeling of through intervention components components sensory input Eudaimonic Wellbeing Research target of wellbeing Continuous monitoring of the relationship between individual Elucidation of the biological Analysis on interaction and behavior and organization's mechanism elicited by empathy between people productivity, including synchronous music and meditation using physiological response responses and activities observed and behavior. in crowds. Individual Parent-child interaction Face-to-face Interaction Understanding parent-child Crowd

## References

bonding with observation and objective measurement.

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[2] H. Ando, J. Watanabe, H. Long, D. Chen, & K. Sakakura, Development of Information Technology Guidelines for Promoting Wellbeing in Japanese Culture:, In Proc. the 2nd Symposium on Computing and Mental Health (CHI 2017)

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