

Abstract

When do we feel well-being (a state of physical, mental, and social flourishing)? To find out, it is necessary to comprehensively understand ① our mental and physical state, ② what is important to us, and ③ how we relate to others. In this study, we devised original methods to measure all three. ① We devised a new experience sampling method that uses embodied expressions to intuitively record daily changing states while reflecting physical sensations. ② We devised a tool to visualize the value of each individual's diverse well-being. ③ We developed the "Self-as-We" scale to assess the degree of holistic idea-of-self based on East Asian philosophical traditions. In order for people feel well-being in their daily lives, they need to be aware of and evaluate their own physical and mental states and their values and idea-of-self, and to collaborate with others. We believe our research supports this process from the perspectives of psychology, philosophy, engineering, and design.

Overview

In order to cultivate the well-being of each individual in a society where diverse people interact and support each other, the first step is to comprehensively understand ①②③.

① Changes in mental and physical states
What state are you in now?
Intuitive and embodied experience sampling method

② Values
What do you feel well-being about?
Tool for visualizing and sharing values

③ Idea of self
How important are relationships with others to your well-being?
Holistic idea of self through "Self-as-We" scale

② Visualization of values

We have devised a tool to easily visualize what you and others value and promote awareness.

Choose three cards that represent "what are important to you" and share them with others.
➡ Promote awareness of one's own values and diversity of values.

I	WE	SOCIETY	UNIVERSE
熱中・没頭 あつちやま あつちやま	挑戦 あそび あそび	協調 あそび あそび	自然とのつながり あそび あそび
達成 あつちやま あつちやま	マイナフルネス あそび あそび	多様性 あそび あそび	生命とのつながり あそび あそび
Intrapersonal factors	Interpersonal factors	Factors in relation to community and society	Factors in relation to the world, nature, and other broad subjects

Excerpts from some of the card sets

- We made cards representing diverse factors of well-being
- Approx. 1,300 people were asked to list three "things that are important to your well-being," and categorized approx. 3,900 factors of well-being.

① Measurement of changes in mental and physical states

We have devised a new experience sampling method that can intuitively record the mental and physical states by using embodied expression.

Experience sampling: Record mental and physical conditions multiple times a day

Daily well-being
Did you have a good day?
Want another day like today?

Embodied expressions

- Easy to answer intuitively
- Capable of expressing both subjective and physical sensations

Subjective Existing index	Embodied expression	Physical Existing index
Adjectives	Onomatopoeia	Heart rate
"Happy"	"わーい"	Respiration
"Sad"	"しょんぼり"	

*1 approx. 14,000 respondents
*2 16 people logged for 4 weeks.

③ Evaluation of idea of self

We have developed a scale to measure how we perceive ourselves in relation to others (i.e., idea of self).

Conventional idea of Self

"I" = Self

- "I" am an autonomous being and can live without any relationship with others.
- "I" am in control of my body and my interactions with others by my free will.

Self-as-We

"We" = Self

- "I" alone cannot accomplish any act, and "I" can only live among "We."
- "I", my body, and others are equally entities entrusted by "We."

We developed the Self-as-We scale using psychological methods to assess the degree of "Self-as-We"^{3*}, a holistic idea of self based on East Asian philosophy.
3* This concept was proposed by Professor Yasuo Deguchi of Kyoto University.

Example of Self-as-We scale items

- "Any results that are achieved by the team belong to the team and cannot be attributed to a specific member."
- "When I participate in the team's activities, I feel that I am able to take initiative for my actions proactively in addition to passively following the team's requests."

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