

# DIGITAL WELLBEING AND DESIGN

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Literacies to revamp, repair, rekindle our world  
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“the concept of digital well-being frequently emerges to give expression to the challenges that people perceive in our ever-increasingly digital world”  
(Vanden Abeele MMP, Nguyen MH., 2022.)

- The aim of the doctoral research is to develop links between:
- digital media literacy (as practices for reducing exposure to online risks),
  - digital well-being (as practices for creating a healthy relationship with technology)
  - design theories and methodologies.

- The research focuses on :
- the cognitive, emotional, mental, and physical effects of the digital media environment
  - users' feelings related to the digital environment
  - the role of stakeholders (industry, regulation)
  - design decisions

## RESEARCH QUESTIONS

- Digital media needs and frustrations:**
  - How do users feel when using digital media devices and platforms?
  - Are there any connections between feelings and risk exposure online?
- Media literacy, digital wellbeing, design:**
  - What kind of design practices and patterns can be recognized to support user awareness and digital wellbeing in mediatized spaces?
- Multi-stakeholder approach:**
  - How different stakeholders (users, designers, owners, regulators) think about digital wellbeing and the real needs and frustrations of digital media users?

## HYPOTHESES

- Living in the digital age, our well-being is also affected by our relationship with digital technology.
- The concept of digital well-being is suitable for getting closer to the phenomena of the relationship between the digital media environment and people, which are not (fully) covered by the conceptual system of media literacy (addictions, body image, private sphere, filter bubble, etc.).
- The concept of digital well-being can be used to describe the measurable effect that interaction with digital technology has on the mental and physical health of the user.
- Design plays an important role on how users could cope with the effects of online media.

## THEORETICAL FRAMEWORK

**Technology philosophy:** studies on technology and its impacts and effects on society.

**Digital media literacy:** The ability to understand, access, evaluate, and analyze information created online or digitally, to communicate and participate in civic life as competent media consumer, contributor, and creator of media in the online community. (Chilsen, 2018.)

**Digital wellbeing:** to describe the impact of technologies and digital services on people's mental, physical, social and emotional health. (JISC, 2015)

**Positive psychology / Self-determination theory:** Self-determination is a broad theory of human motivations, both intrinsic and extrinsic. A core tenet of the theory is the existence of three basic psychological needs: competence, autonomy, and relatedness. (Ryan and Deci, 2000.)

**Positive computing** is a technological design perspective that embraces psychological wellbeing and ethical practice, aiming at building a digital environment to support happier and healthier users. (Calvo and Peters, 2014.)

**Critical and speculative design:** confronts commercial and traditional design practice. Through the design of critical objects and speculative narratives. (Dunne and Raby, 2001.)

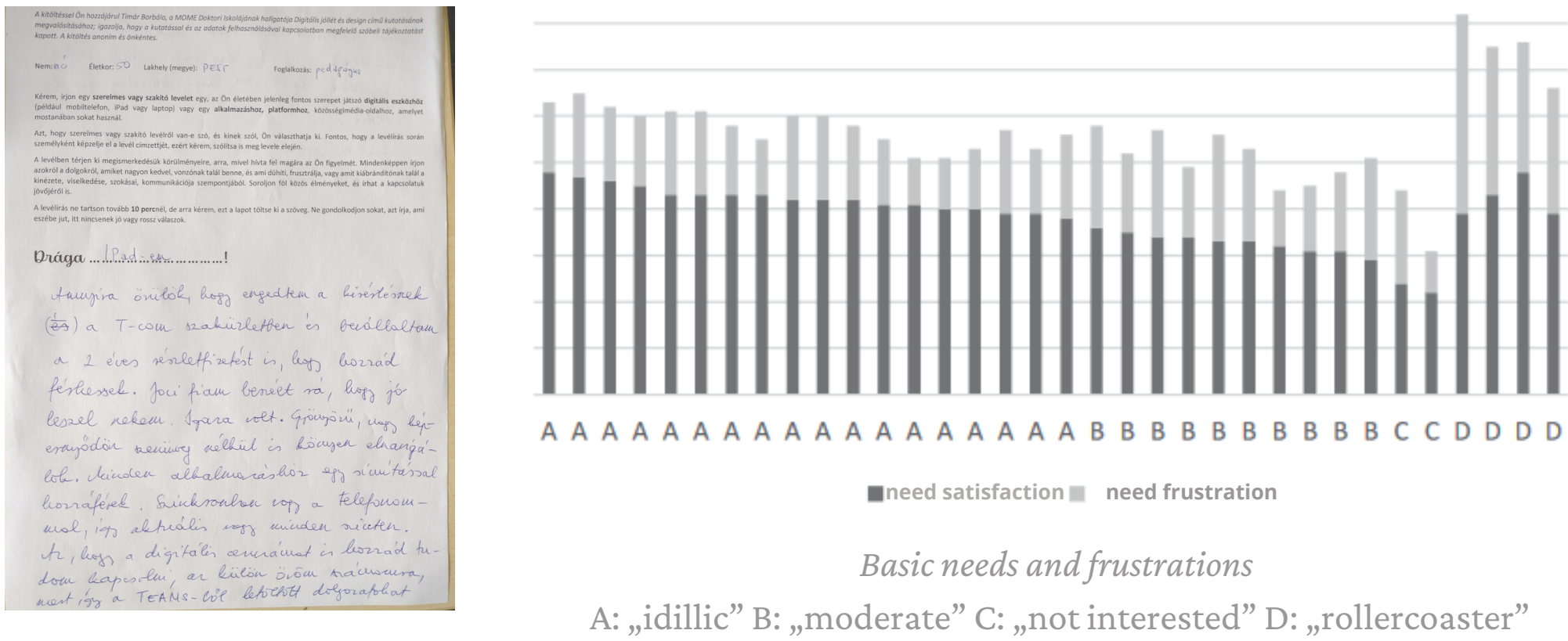
## METHODS

**“Love and breakup letter method”** (Hannington and Martin, 2012) a qualitative method which enables the researcher to receive an in-depth description of emotional experiences. The data collection provides rich data, which will be processed by content analysis, using the Atlas.ti software.

**Developing a “Digital Wellbeing Questionnaire”** based on Self-Determination Theory’s Basic Needs and Frustrations Scale .

**Semi-structured interviews** with stakeholders: to understand what do they think about digital wellbeing and the real needs of users; how could the digital wellbeing-based practices should be distributed among them.

**Critical /speculative design course** at the MOME-Budapest University to be part of a creative, artistic research-based approach to the results.



## EXPECTED RESULTS

- Research perspective:**
  - Measuring tools (Love letter, Digital Wellbeing Questionnaire)
  - Research results (e.g. "user groups"), concepts and associations
- Societal perspective:**
  - Support for regulation, industry, design
  - Educational purposes

