Being virtually with others makes me happy - The influence of immersion, social and non social video contents on positive emotion induction
Katarina Pavic, Laurence Chaby, Thierry Gricourt, Dorine Vergilino-Perez

To cite this version:
Katarina Pavic, Laurence Chaby, Thierry Gricourt, Dorine Vergilino-Perez. Being virtually with others makes me happy - The influence of immersion, social and non social video contents on positive emotion induction. SAS Positive Emotion Preconference, Mar 2022, Virtual Conference, France. hal-03975689

HAL Id: hal-03975689
https://hal.sorbonne-universite.fr/hal-03975689
Submitted on 6 Feb 2023

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INTRODUCTION

Positive emotions have health benefits [1] and are tightly linked to well-being [2].

Critical issue: How to foster positive emotions and experiences among users?

Positive technology framework suggests technologies may improve users’ subjective, psychological and social well-being [3].

- Virtual Reality (VR) appears as a suitable technology for fostering positive emotions.
- But VR’s efficacy has mostly been assessed with “subjective” measures (questionnaires), more rarely with “objective” ones (e.g., physiological measures).
- Widespread use of natural (i.e., nonsocial) video contents for inducing positive emotions [4], yet social contents can have an influence on induced emotions and arousal [5].

AIM OF THE STUDY

- Investigate immersion (i.e., VR vs Screen presentation) effects on positive emotion induction.
- Comparing social and nonsocial (landscape) contents influence on elicited emotions.
- Confronting “subjective” and “objective” measures for assessing participants’ emotional states.

MAIN CONCLUSION

- The immersive nature of VR leads to more positive emotions and arousal on both subjective and objective levels.
- Differences between video contents:
  - Nonsocial contents seem particularly efficient on a physiological level = Natures’ well-known benefits for relaxing and restoring resources [5].
  - Social contents lead to an increased subjective and physiological arousal.
- Potential applications: foster positive emotions through VR in more vulnerable and/or isolated users (e.g., elderly users).

METHOD

Participants: 26 healthy undergraduate students: 16 women, 10 men, 23 years ± 2.6
Non-inclusion of participants having major psychiatric or/and neurological disorders (epilepsy).

Procedure

Consent
Demographic data
Visual Analogical Scale (VAS)
HADS

ORDER 1

Video presentation
Tutorial video 1 x per media

ORDER 2

Habituation
2 min baseline
SAM
VAS
Presence

S t imuli: Eight 360° videos shot with a GoPro 360° camera and a tutorial video.

RESULTS

Valence and arousal ratings regarding technology and video contents

Temporal changes of Skin Conductance Level (ΔSCL) and Heart Rate (ΔHR) regarding technology and video contents

REFERENCES