Happiness through virtual lens: The influence of immersion, social and nonsocial contents on positive emotion induction
Katarina Pavic, Dorine Vergilino-Perez, Thierry Gricourt, Laurence Chaby

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INTRODUCTION
➢ Positive emotions have health benefits (1) and are tightly linked to well-being (2)
➢ Critical issue: How to foster well-being and positive 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 inducing positive emotions and promoting well-being
  - 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 in VR studies, yet social contents can have an influence on induced emotions and arousal (4)

METHOD

Participants: 28 healthy undergraduate students
16 women, 12 men, 23 years ± 2.6
Non-inclusion of participants having major psychiatric and/or neurological disorders (epilepsy).

Procedure

CONCLUSION
➢ The immersive nature of VR leads to more positive emotions and arousal on both subjective and objective levels
➢ Nonsocial contents seem particularly efficient on a physiological level = Natures’ well-known benefits for relaxing and restoring resources (5)
➢ Social contents seem to be more efficient on a subjective level for inducing positive emotions
➢ Potential applications: foster well-being through VR and positive emotions induction for more vulnerable and/or isolated users (e.g., elderly users)

REFERENCES