

SELF INTRO



➤ PhD researcher in



Delft Institute of **Positive** Design

- Research interests
 - Relationship dissolution
 - Positive psychology (Happiness)
 - Resilience

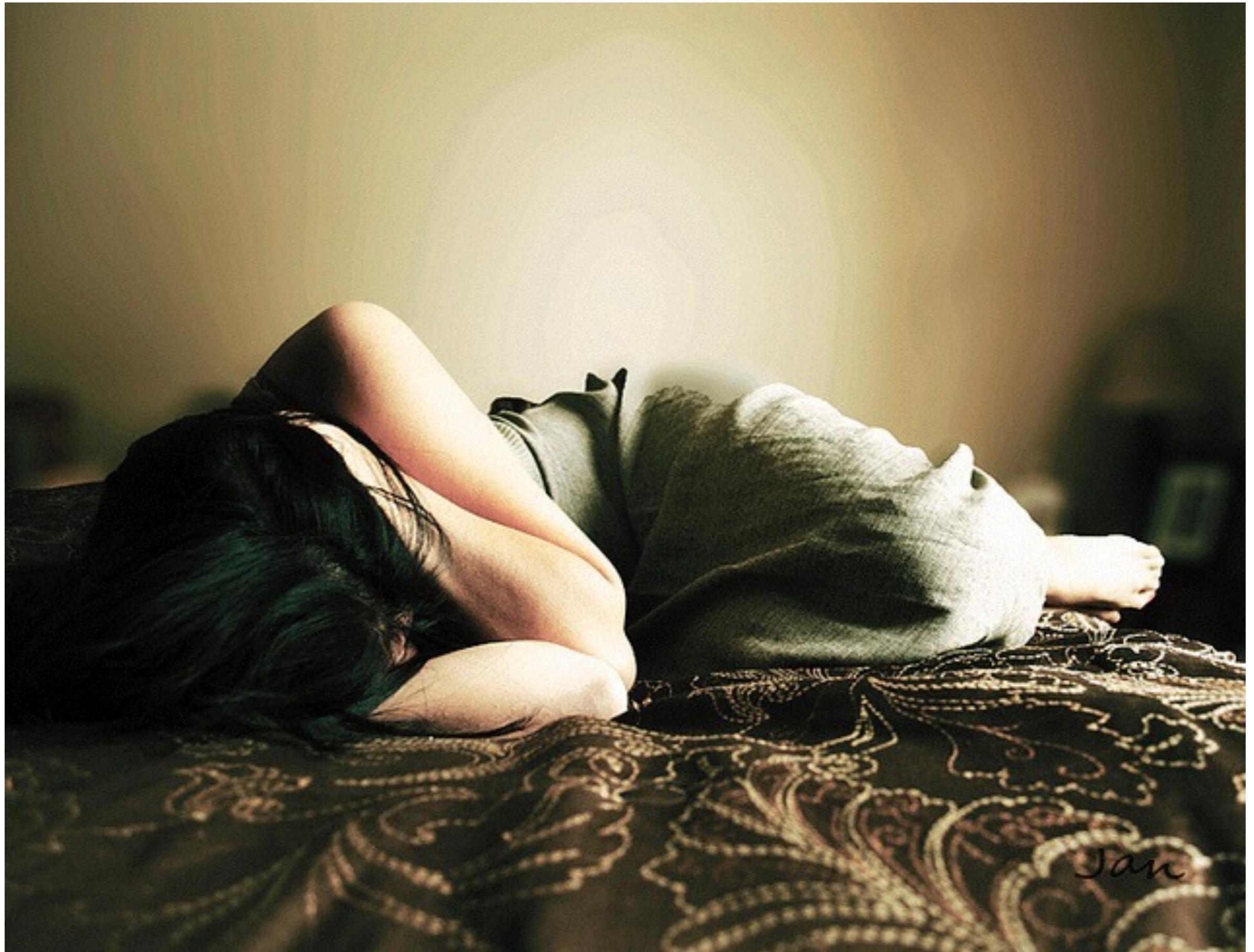




WHY?

*Should people have greater well-being
when they lose their loved ones*





MEANING

JOY

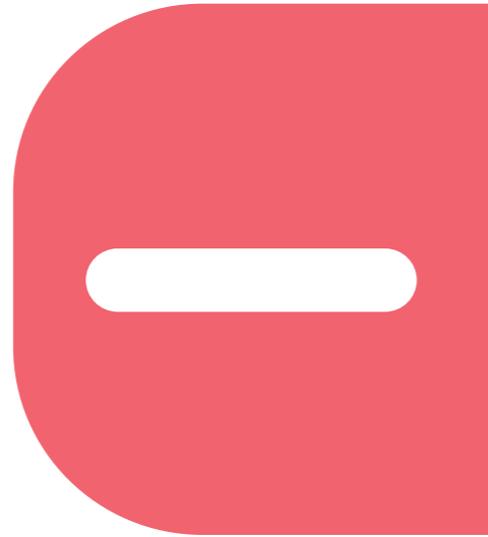
AN INTEGRATED PERSPECTIVE ON BEREAVEMENT



- Negative emotions
- Everyday life disruption
- Complicated grief

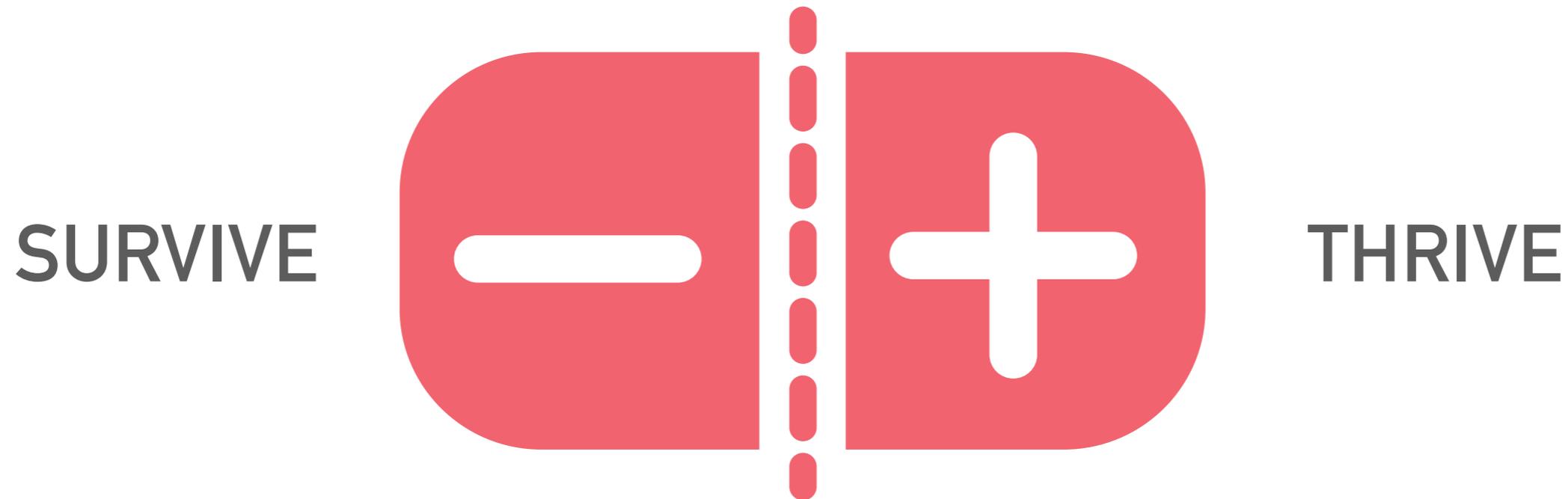
AN INTEGRATED PERSPECTIVE ON BEREAVEMENT

SURVIVE



- Negative emotions
- Everyday life disruption
- Complicated grief

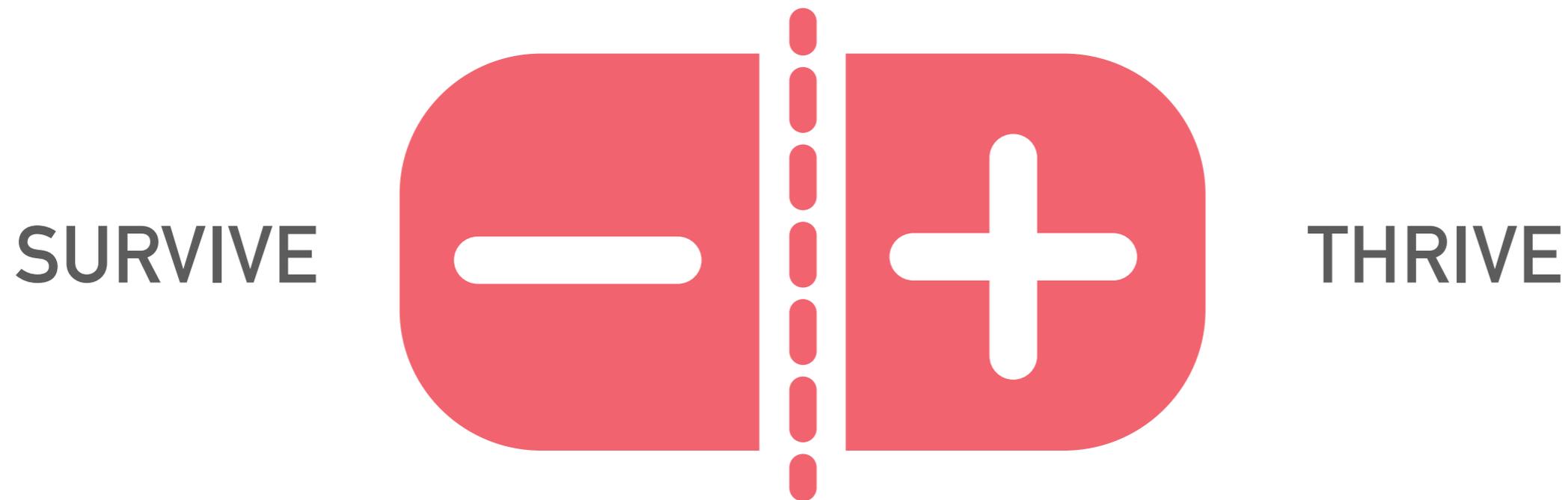
AN INTEGRATED PERSPECTIVE ON BEREAVEMENT



- Negative emotions
- Everyday life disruption
- Complicated grief

- Greater resilience
- Enhanced well-being
- Enhanced social relationship

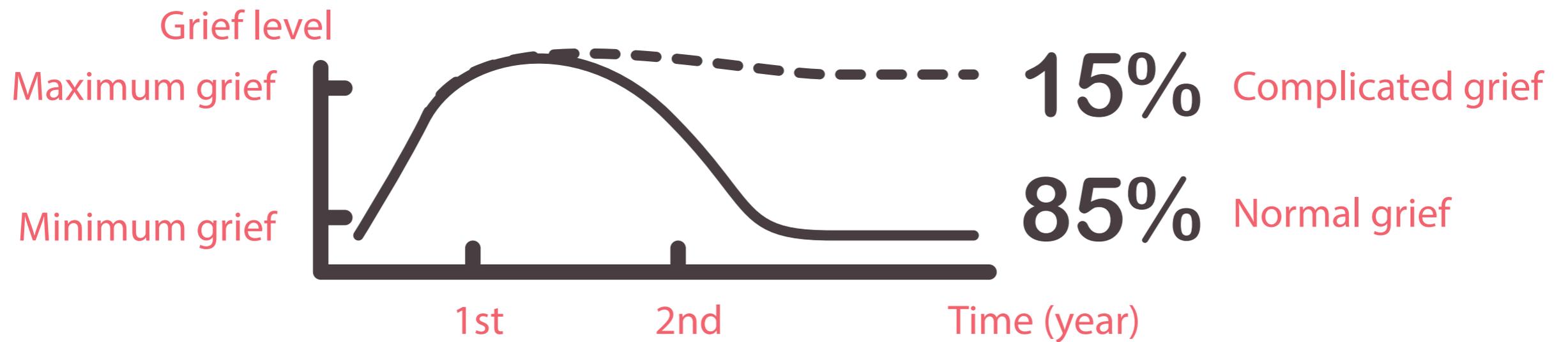
AN INTEGRATED PERSPECTIVE ON BEREAVEMENT



- Negative emotions
- Everyday life disruption
- Complicated grief
- Greater resilience
- Enhanced well-being
- Enhanced social relationship

*Studying death and bereavement in HCI could be **morally disoriented** and **lack of thoughtfulness** in humanity development.*

15% OF BEREAVED REQUIRE INTERVENTION



HOW

Do people have greater well-being in spite of the fact of losing the loved ones

HOW



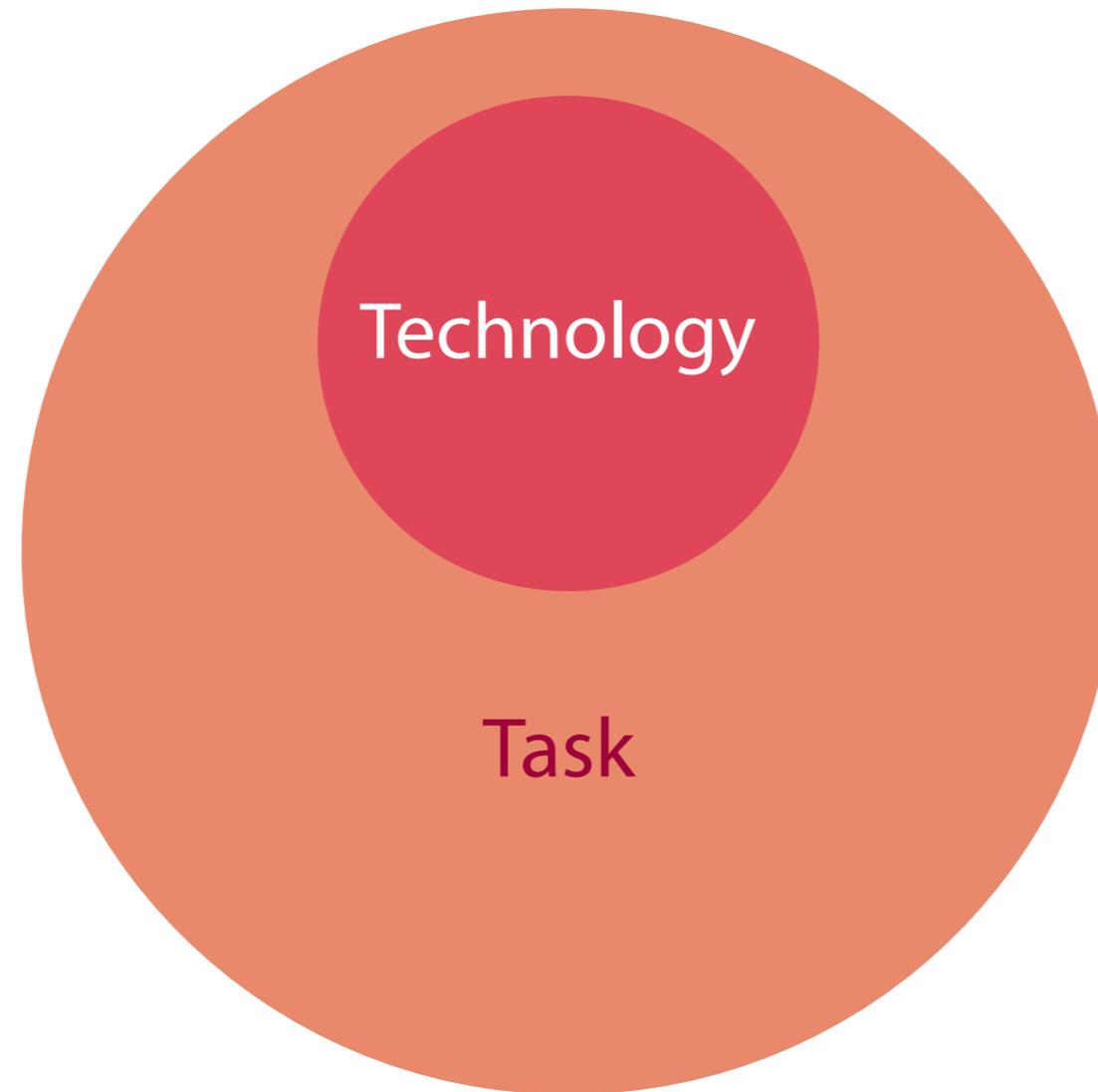
DESIGNER'S
VERSION

*Can interaction design contribute in
Do people have greater well-being in
facilitating a greater well-being in the
spite of the fact of losing the loved ones
bereavement context?*

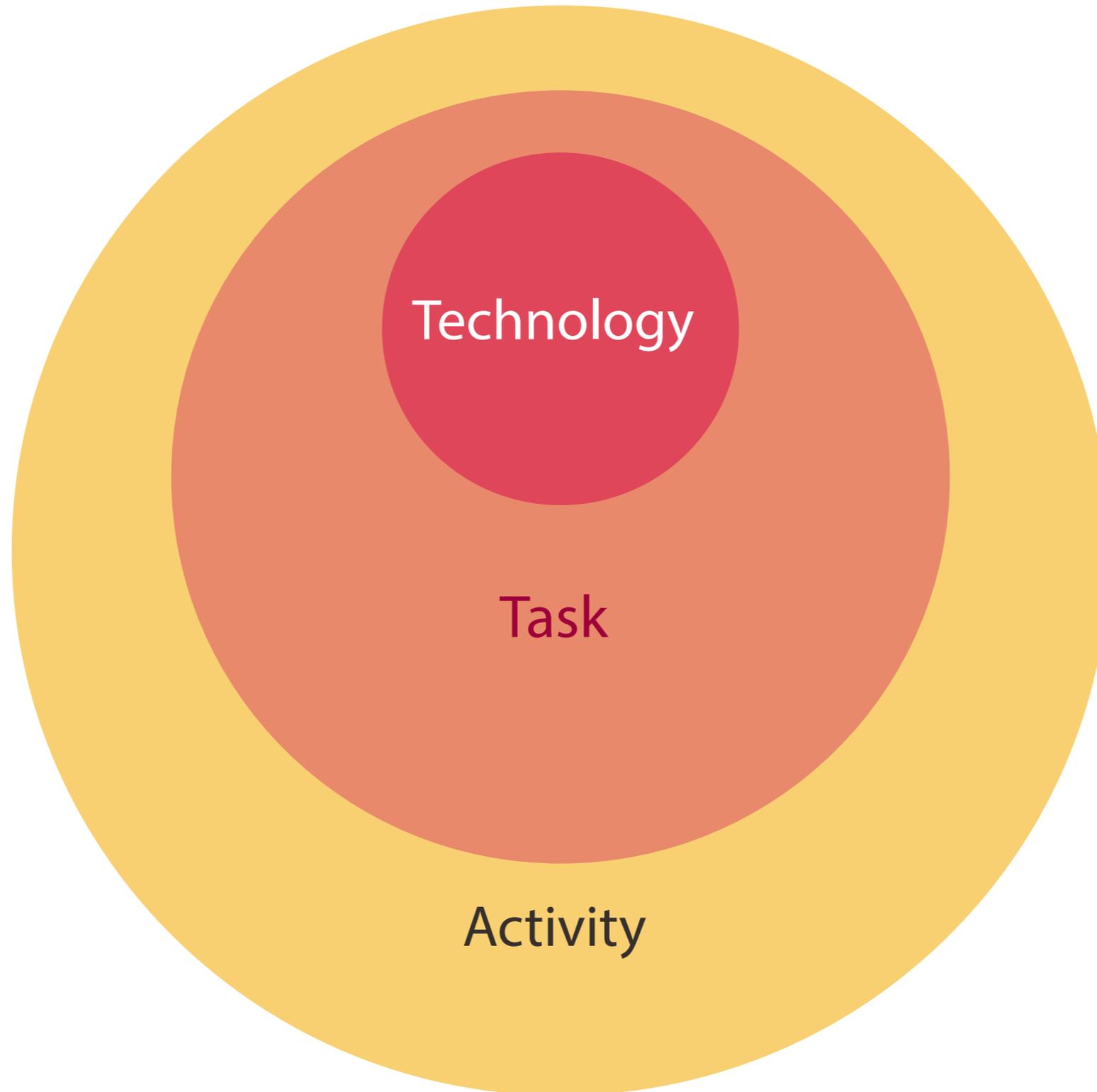
ACTIVITY IN HUMAN-COMPUTER INTERACTION



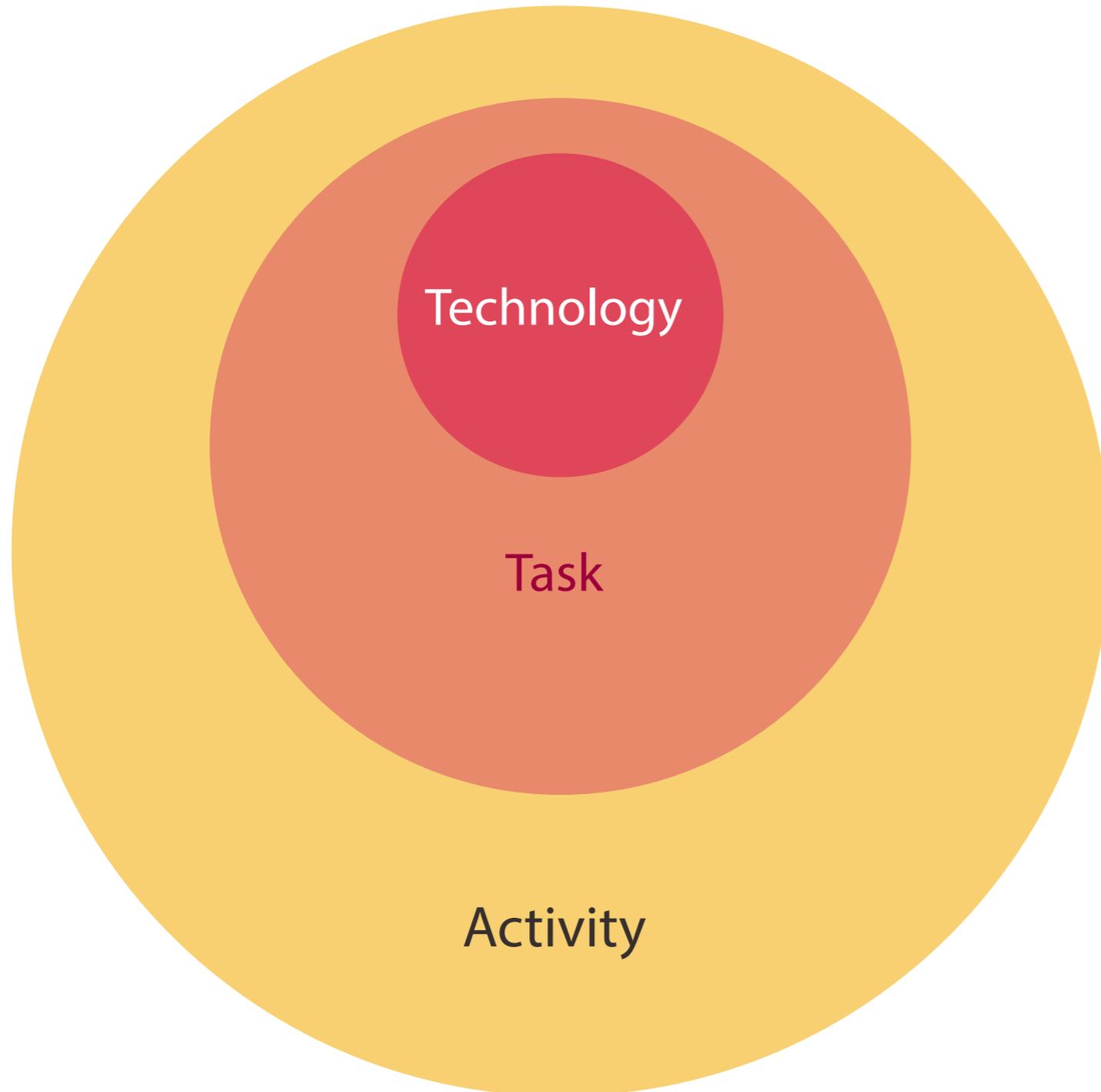
ACTIVITY IN HUMAN-COMPUTER INTERACTION



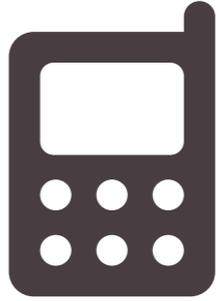
ACTIVITY IN HUMAN-COMPUTER INTERACTION



ACTIVITY IN HUMAN-COMPUTER INTERACTION



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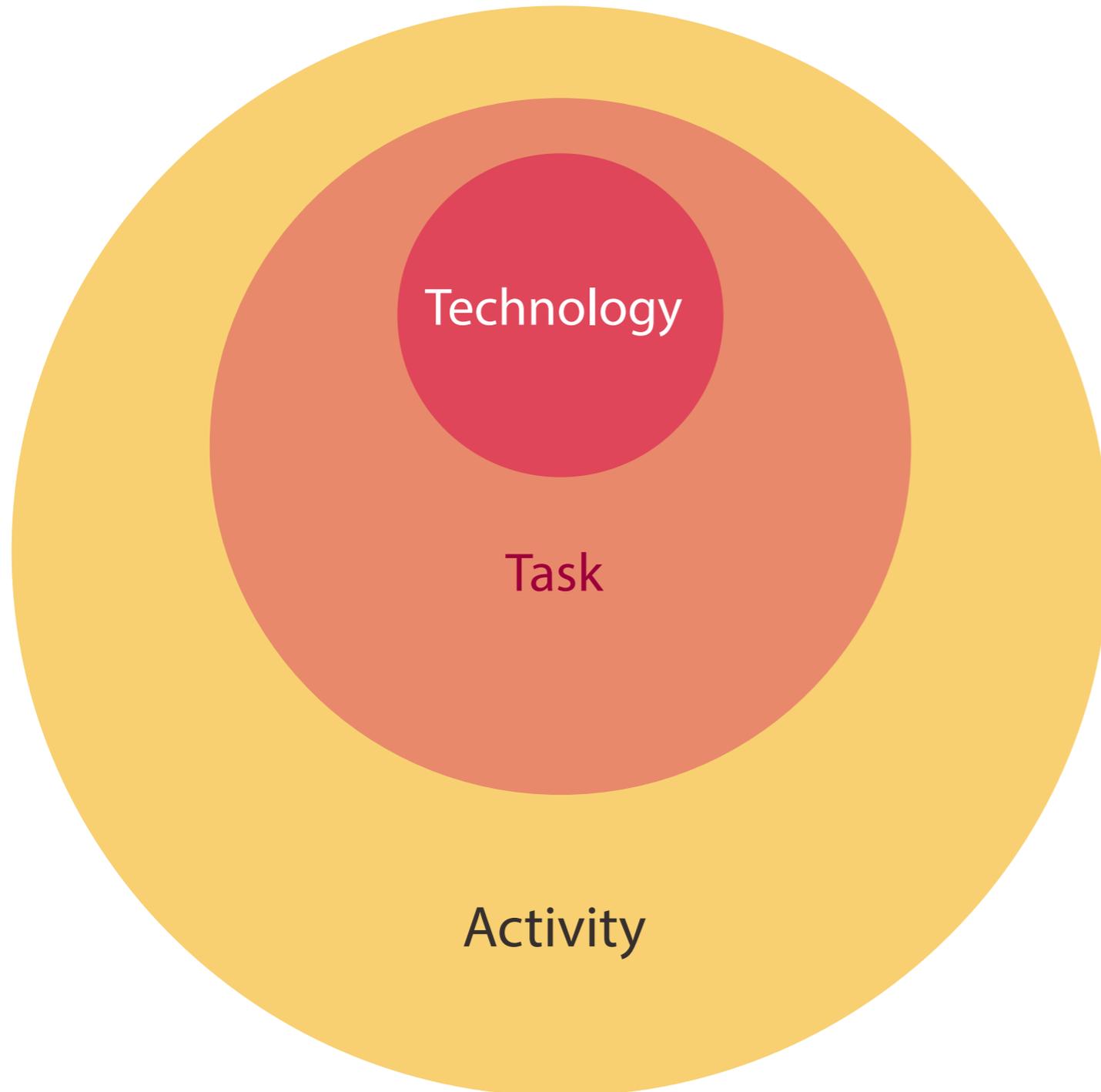
Make a call

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Express sadness

ACTIVITY IN HUMAN-COMPUTER INTERACTION

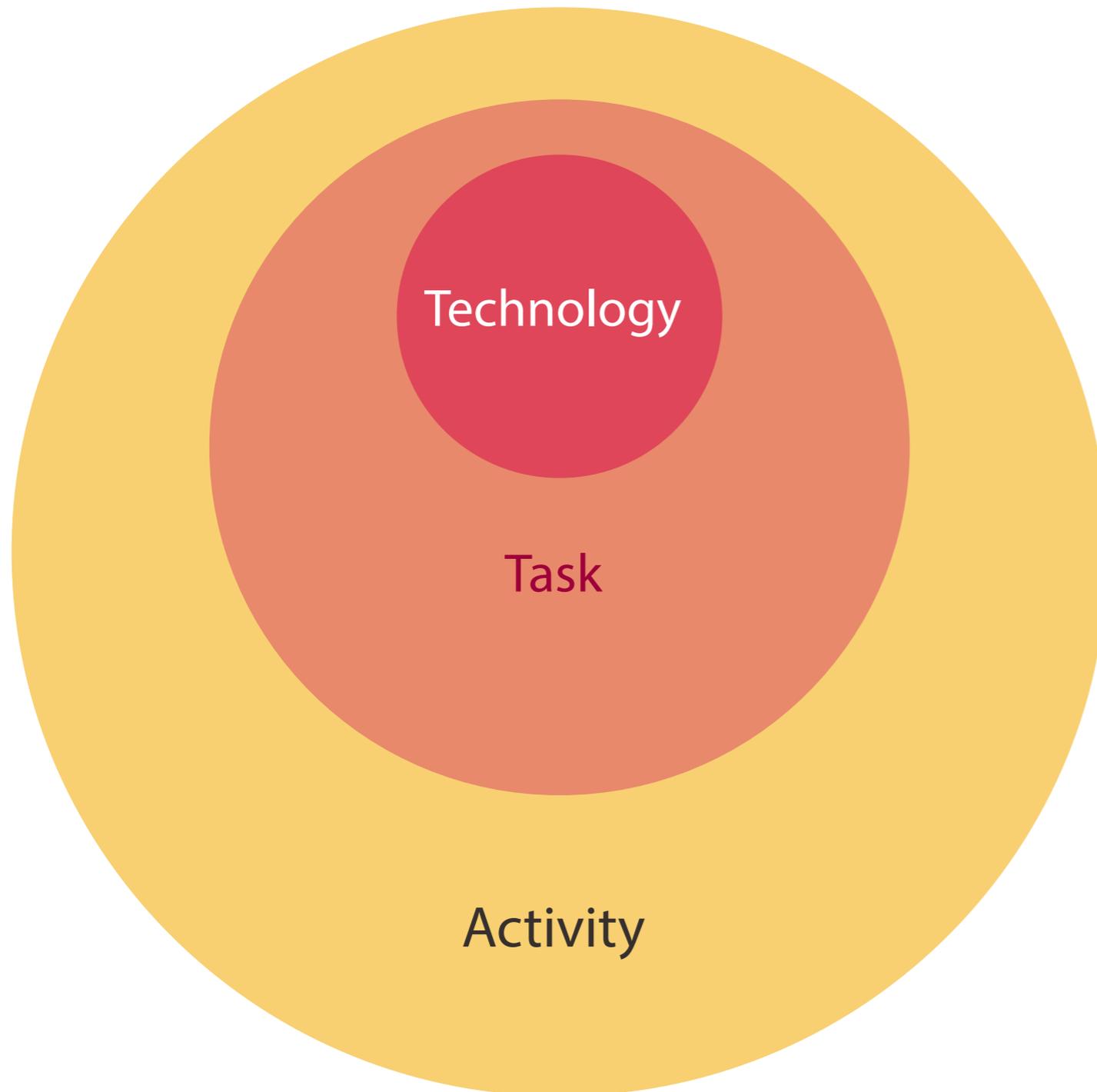


Post an article



Express sadness

ACTIVITY IN HUMAN-COMPUTER INTERACTION



*Activity is a **goal-directed** process which can be comprised of several **tasks** and be supported by diverse **technologies**.*

SPEAKING ABOUT ACTIVITIES...



40% of our happiness depends on intentional activities

~Sonja Lyubomirsky





STUDY AIM & QUESTIONS

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► Study aim:

Identify the **activity-based design opportunities** in the bereavement context





STUDY AIM & QUESTIONS

► Study aim:

Identify the activity-based design opportunities in the bereavement context

► Study questions:

What are the activity-based design opportunities in the bereavement context



PARTICIPANTS



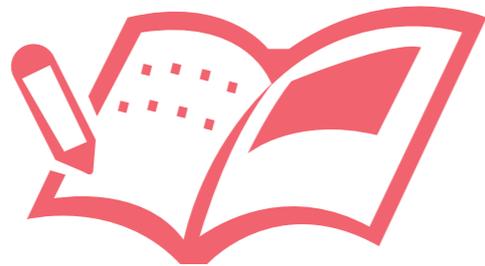
12 participants

between the age 24 to 52 from 9 nationalities who have experienced the death of loved ones

TWO PHASES OF DATA COLLECTING

First phase

Sensitizing booklets

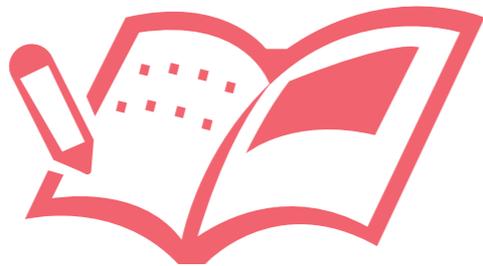


Assignment book
+ photobook

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First phase

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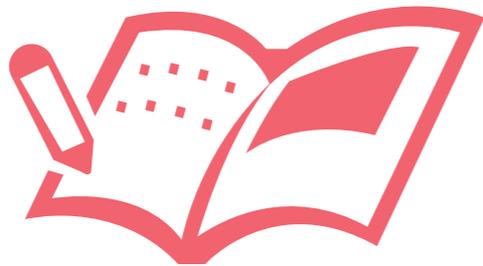
Assignment book
+ photobook

- *Relationship type*
- *Loss experience*
- *Supporting figures*
- *Meaning making process*
- *Current life and social relationships*

TWO PHASES OF DATA COLLECTING

First phase

Sensitizing booklets



Assignment book
+ photobook

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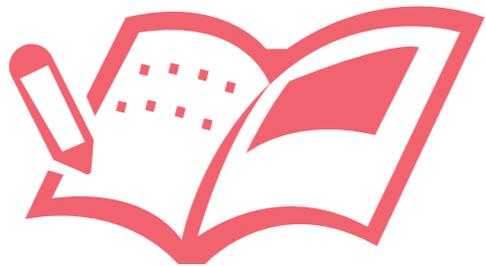


11 assignment
and photo books

TWO PHASES OF DATA COLLECTING

First phase

Sensitizing booklets



Assignment book
+ photobook



Second phase

In-depth interview



1 hr

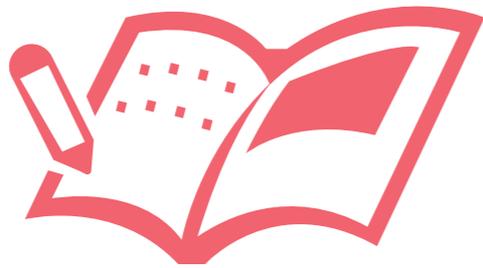


11 assignment
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TWO PHASES OF DATA COLLECTING

First phase

Sensitizing booklets

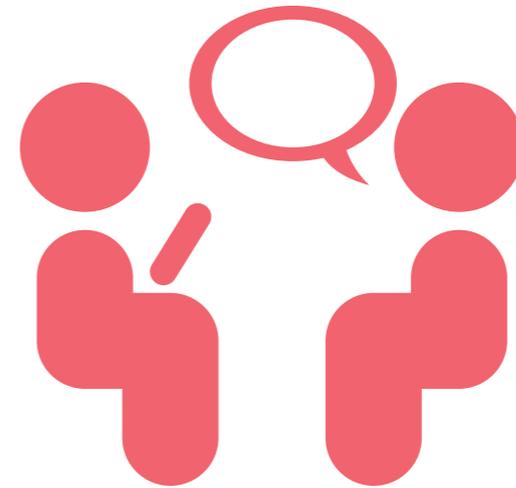


Assignment book
+ photobook



Second phase

In-depth interview



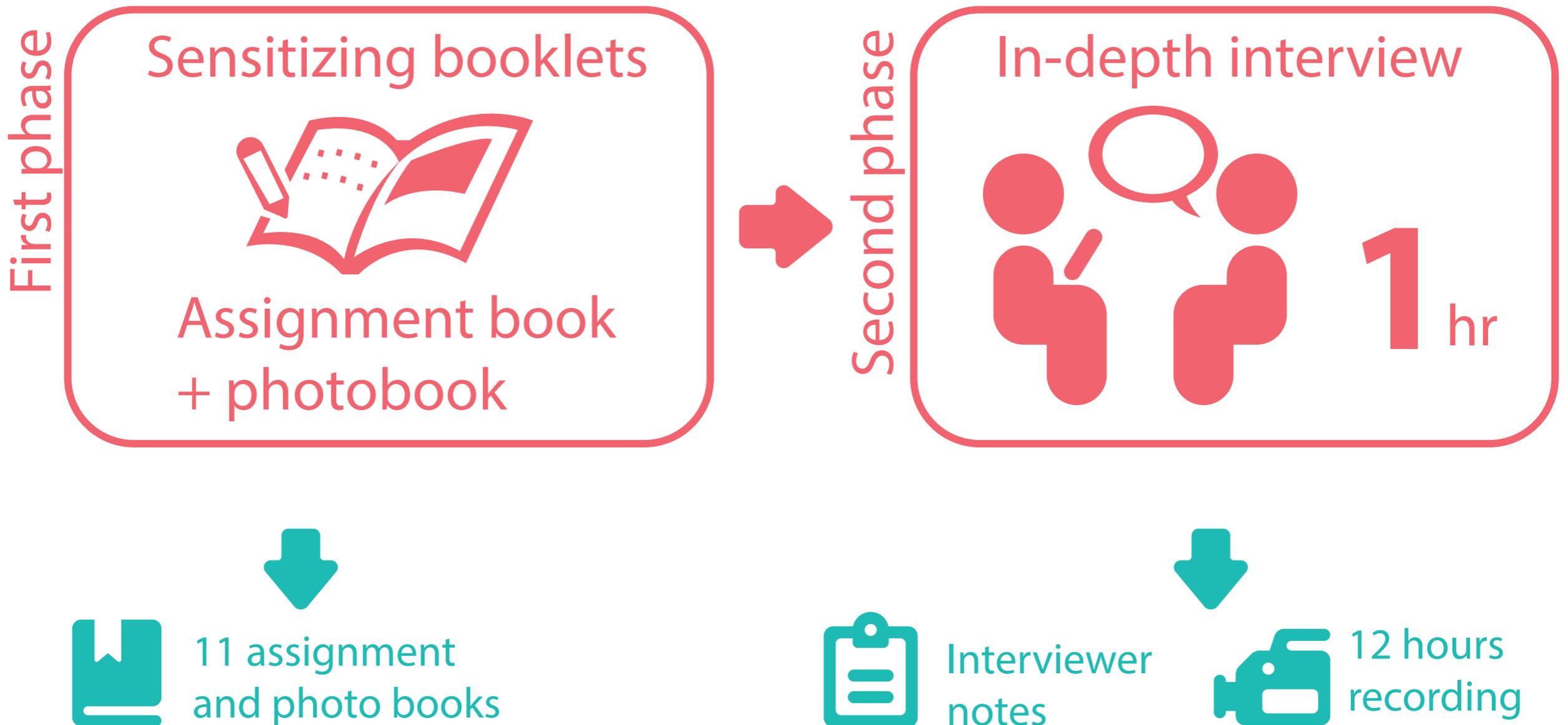
1 hr



11 assignment
and photo books

- *Coping experience*
- *Support received*
- *General impression about the bereavement experience*

TWO PHASES OF DATA COLLECTING





P R O C E S S I N G



Inter-coder coding session: 4 coders

Holsti's coefficient 0.825

6 DIMENSIONS OF PSYCHOLOGICAL WELL-BEING



RESULT

.....

- 12 meaningful bereavement activities
- 6 positive outcomes

12 MEANINGFUL BEREAVEMENT ACTIVITIES



Organize
reminders and
memorable
possessions



Express
emotions



Redirect
attention



Nurture and
comfort self



Denial and
avoidance



Suppress
emotions



Continue and
relocate the
bonds



Cognitive
reappraisal



Seek support



Perform rituals



Craft for
bereavement



Conduct
altruistic
behavior

6 POSITIVE OUTCOMES

Personal growth



Express emotions



Suppress emotions



Craft for bereavement



Cognitive reappraisal



Altruistic behavior

Self-acceptance



Nurture and comfort self



Cognitive reappraisal



Perform rituals

Purpose of life



Redirect attention



Seek support



Cognitive reappraisal



Craft for bereavement



Altruistic behavior

Environmental mastery



Express emotions



Suppress emotions



Nurture and comfort self



Redirect attention



Perform rituals

Autonomy

* No clear link between enhanced autonomy and the meaningful activities.

Positive relations with others



Seek support



Perform rituals



Altruistic behavior



Express emotions

DISCUSSION

► New activities:



supported by psychology

DISCUSSION

.....

➤ New activities:



supported by psychology

➤ 2 activities that do not exhibit strong link to enhanced psychological well-being



Denial and avoidance



Organize reminders and memorable possessions

DISCUSSION

.....

- No explicit report of enhanced purpose of life and enhanced environmental mastery
- Most and second frequently observed positive outcome:
 - Enhanced social relationship
 - personal growth

DISCUSSION

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- 3 Phases to intervene:
 - Before death
 - During the dying process
 - After death

- Decision to end a life



CONCLUSION

.....

- An **integrated perspective** on designing for bereavement is more thoughtful and highly necessary



CONCLUSION

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- An integrated perspective on designing for bereavement is more thoughtful and highly necessary
- **Activity** plays an important role for individual's post-loss well-being



CONCLUSION

.....

- An integrated perspective on designing for bereavement is more thoughtful and highly necessary
- Activity plays an important role for individual's post-loss well-being
- **Activity-based design opportunities** can support designers to contribute in facilitating individuals' greater well-being in the bereavement context



**YOUR QUESTIONS AND
COMMENTS ARE HIGHLY
APPRECIATED**

6 POSITIVE OUTCOMES

Personal growth



Express emotions



Suppress emotions



Craft for bereavement



Cognitive reappraisal



Altruistic behavior

- *The second frequently observed positive change*
- *Revealed participants' realization of their strength and resilience in the face of bereavement*

6 POSITIVE OUTCOMES

Self-acceptance



Nurture and comfort self



Cognitive reappraisal



Perform rituals

- *Learn to adapt to the unsatisfactory fact of losing a loved one and to possess positive attitude about the bereavement experience*

6 POSITIVE OUTCOMES

Purpose of life



Redirect
attention



Seek
support



Cognitive
reappraisal



Craft for
bereavement



Altruistic
behavior

- *No explicit responses of an enhanced purpose of life*
- *Can be supported by some activities*

6 POSITIVE OUTCOMES

Environmental mastery



Express emotions



Suppress emotions



Nurture and comfort self



Redirect attention



Perform rituals

- *No explicit responses of an enhanced environmental mastery*
- *A sense of control over the environment and the ability to employ social resources in supporting personal (bereavement) needs*

6 POSITIVE OUTCOMES

Autonomy

* No clear link between enhanced autonomy and the meaningful activities.

- *Both a positive outcome and one of the critical facilitators for self-empowerment*
- *No clear link between enhanced autonomy and the meaningful activities*

6 POSITIVE OUTCOMES

Positive relations with others



Seek support



Perform rituals



Altruistic behavior



Express emotions

- *The most frequently observed positive outcome*
- *Solidified relations with other important figures such as family members, friends, partners or other significant figures*