

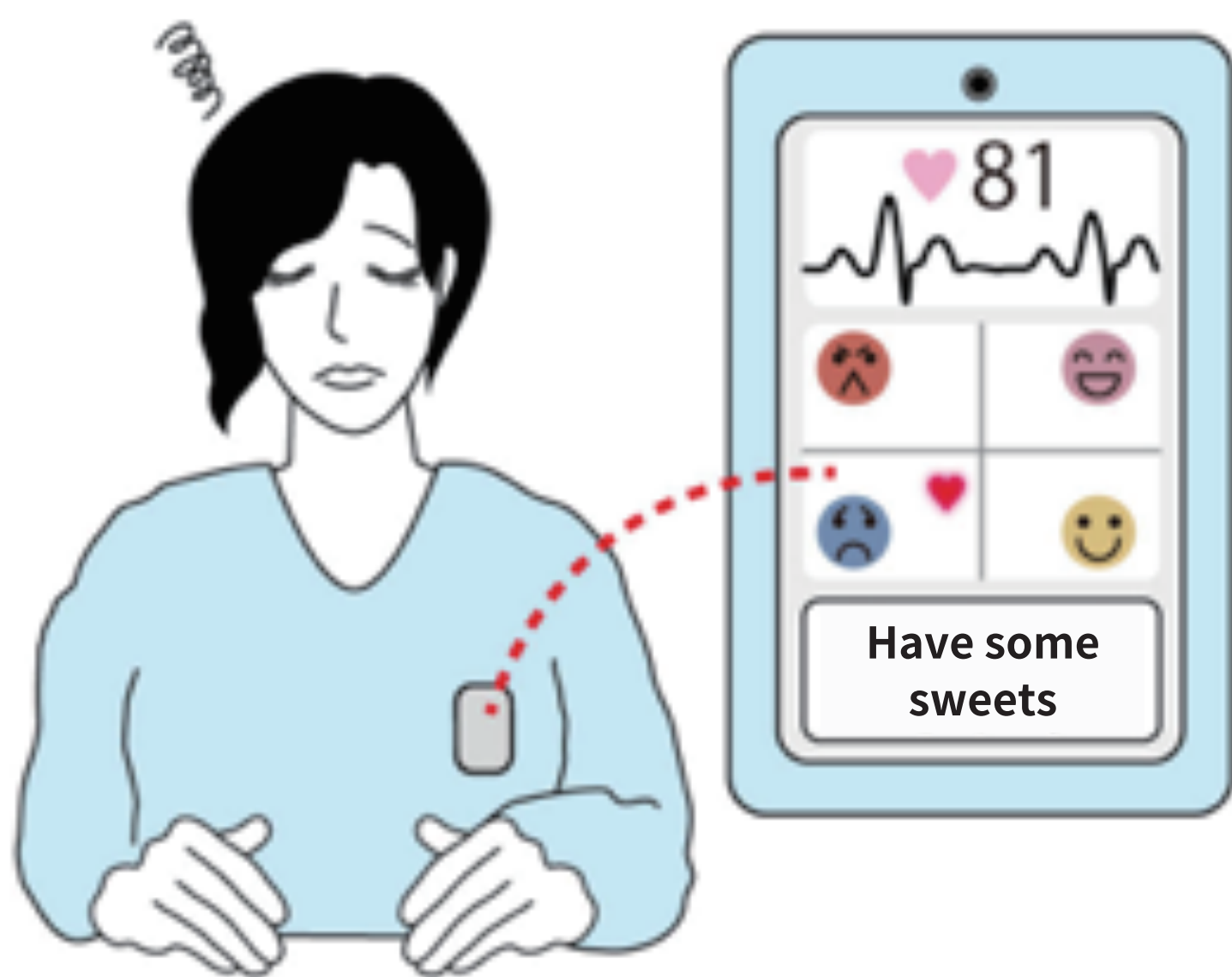
# Development and Dissemination of Information Technology Guidelines for Promoting Japanese-style Wellbeing

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We started a research project to develop technology guidelines for promoting wellbeing, with focus on value systems seen in collectivist cultures such as Japan (i.e., the values generated from human relationships vis-à-vis the group one belongs to or one processes as objective). We will establish and disseminate information technology guidelines with an emphasis on how we can charge such cultural perception of wellbeing into information technology, and on how we can approach information-related problems in collectivist cultures.

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## Problem in Wellbeing Tech



Current Wellbeing Technology such as lifelog / personal informatics services tends to present preset goals for each user, with literal symbols.

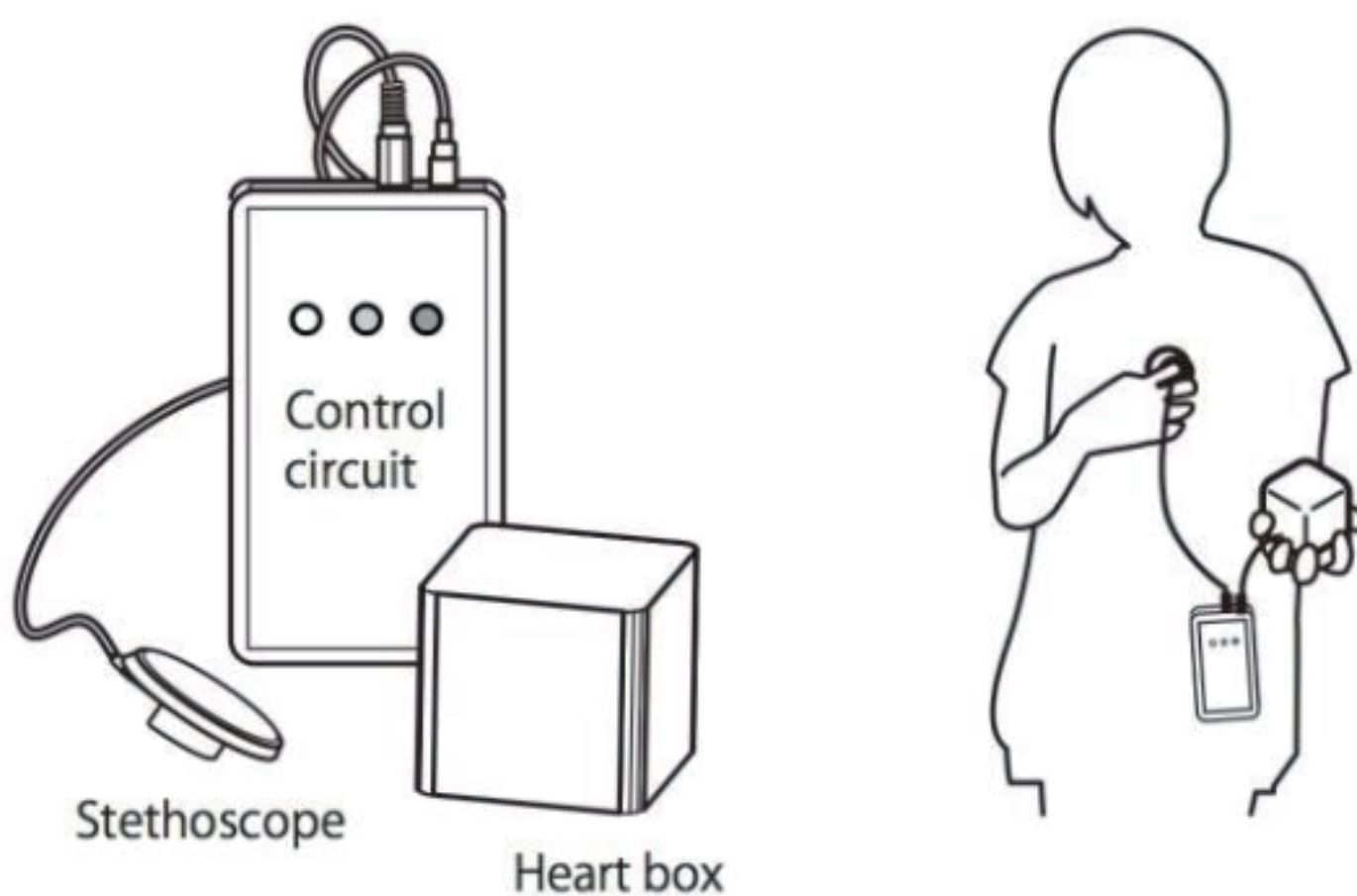
Doesn't this lead to some idea of "optimisation of psychological state" just like in optimisation of working efficiency?

We believe human psychic system and wellbeing are driven by a more complex, inter-personal factors.

## Our Hypothesis

	Individualist approach to Wellbeing	Collectivist approach to Wellbeing
Approach	The wellness of the society is achieved by <b>maximising each individual's wellbeing.</b>	<b>Contributing to the "field" (場, ba)</b> has an equally important value for the individual's wellbeing.
Means	Provide <b>answers for preset purpose(s)</b>	Midwife <b>spontaneous generation of meaning and question</b>
Medium	<b>Literal and verbal</b>	<b>Evocative and non-verbal</b>

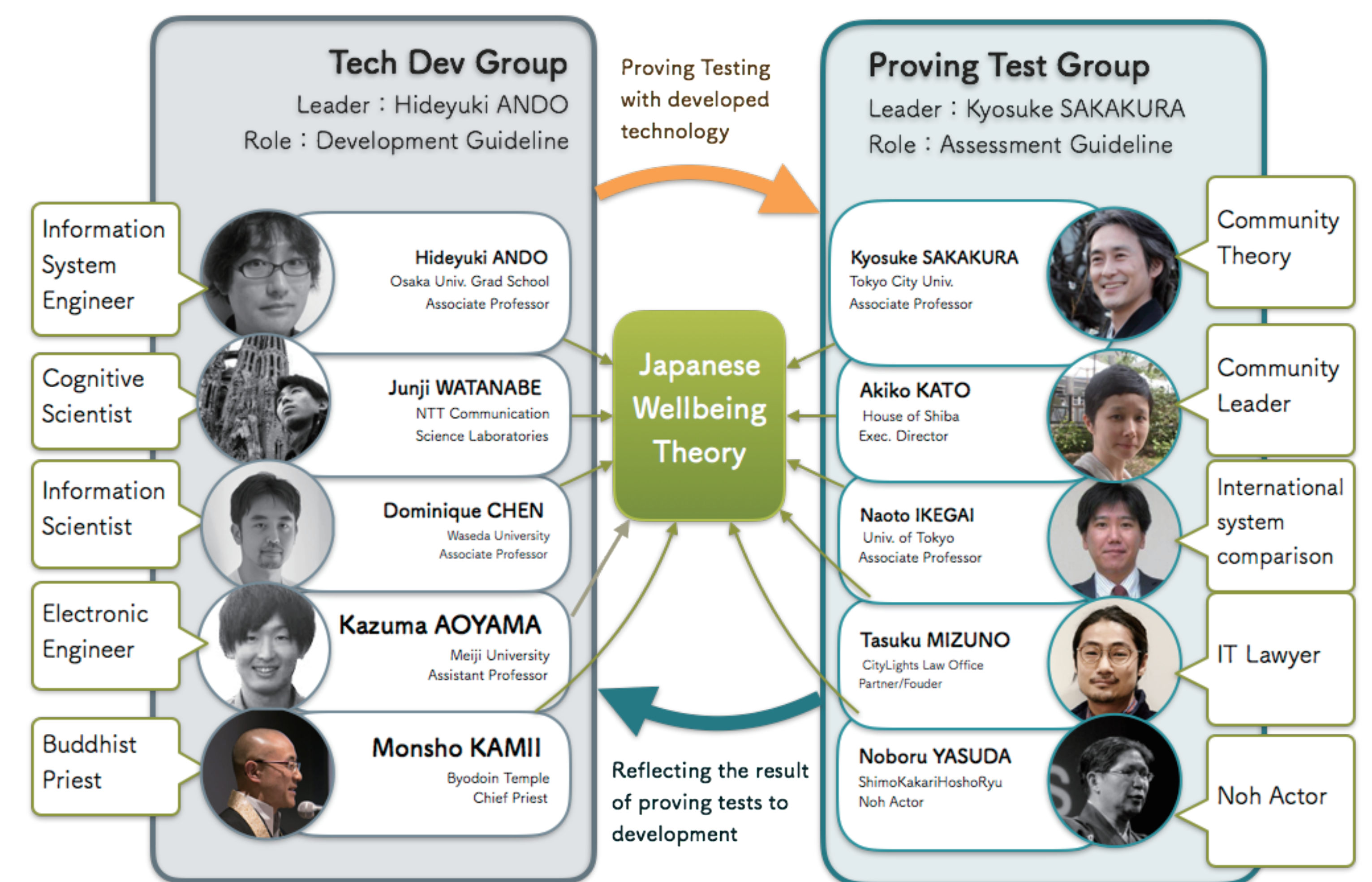
## Practice: "Heartbeat Picnic"



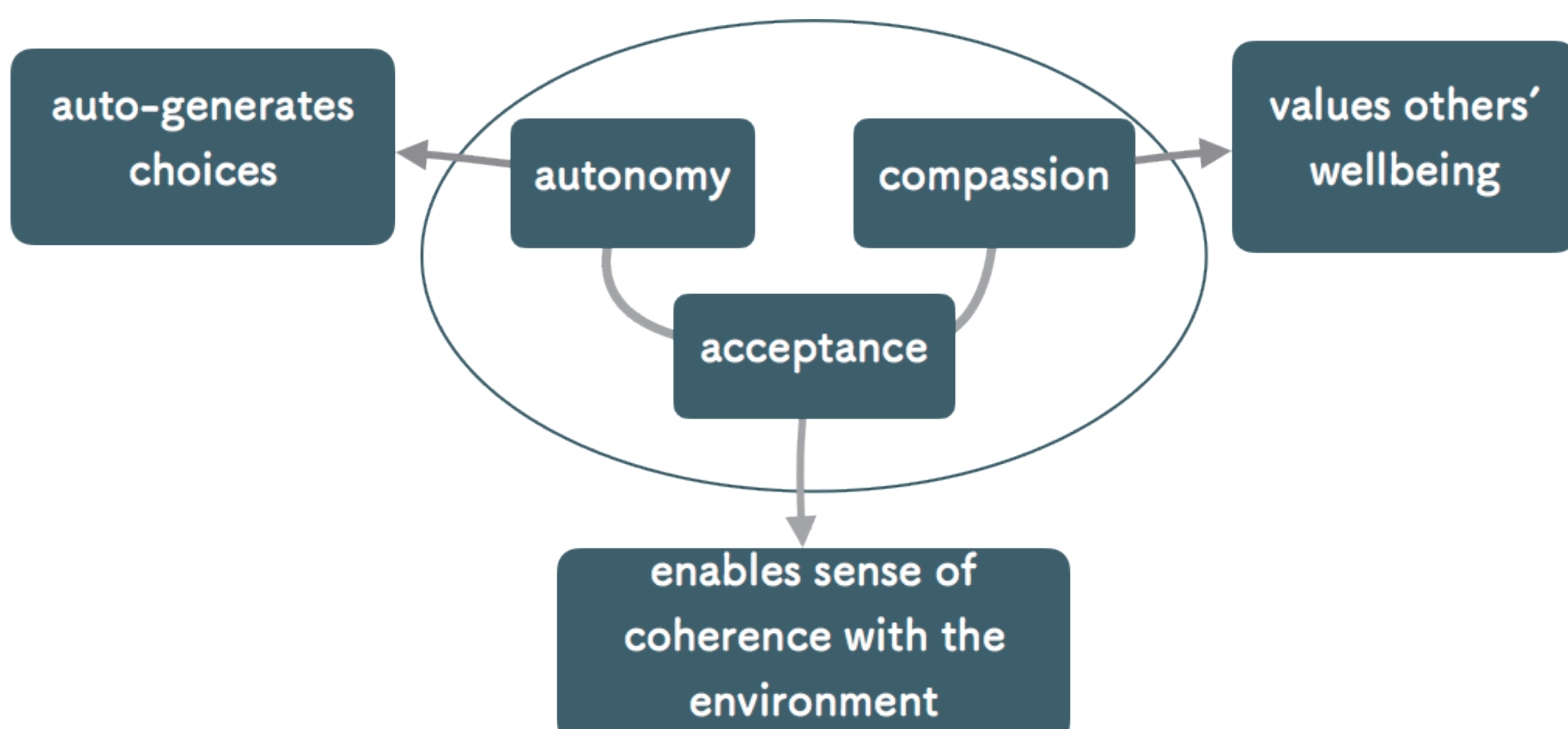
We have received various responses from the workshop participants regarding their experience of touching heartbeats of self & others. Some said that they felt a sense of endearment with their own heart boxes and a sense of affinity and kindness upon feeling other people's heart boxes.

These responses suggested that the experience of touching the heartbeat, even if only simulated and artificial, provides an opportunity to appreciate the vitality, autonomy, and irreversibility of life.

## Interdisciplinary Project Members



## Factors of Japanese Wellbeing



We will publish Design Guideline for Wellbeing Technology developers, based on values conforming to the "Collectivist Wellbeing" model, of which we will analyze its key constructive factors.

## Evaluation: Local Community



We will periodically collect feedbacks from non-IT professionals through workshops and discussion events hosted by a local community in Tokyo called "House of Shiba".

- collaborative community without specific purposes, run by Municipality and University
- Open : Annually 239 days • Visitors : 8,842 (Monthly 700~1000)
- Kids (Infant~MidSchool):34% | Adults (MidSchool and above):52% | Elder (65+) :14%