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CURRENT SITUATION

People's mood are more or less affected by the weather. For instance, Seasonal affective disorder (SAD), also known as winter depression or winter blues, is a mood disorder in which people who have normal mental health throughout most of the year experience depressive symptoms in the winter. So to speak, there is a relation between weather and people's mood.

DESIGN GOAL

The design goal is bring a mental feeling lightness to the users.

PHENOMENA

During the initial exploration I discovered a few interesting phenomena that I want to explore further. In the research, I focus on the following phenomena:

- International students notice there is a big difference between the weather in their country and this one.
- People have different preferences when it comes to their favorite weather.
- The mood a person is in can change their perception of the weather very much.
- The weather can change the activities people had planned for the day.

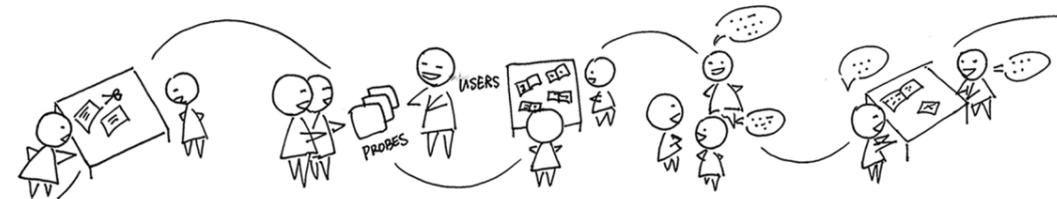
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RESEARCH GOAL AND USED METHODS

A research is conducted afterwards to discover the relationship between international students' moods and weather. I explored different aspects involving in this interaction: culture differences, individual personalities and international students' specific problems, in order to gain insight about the current interaction.

Seven international students were involved in this research. A dairy (booklet) as chosen as the base of the study. Participants were asked to report daily about the weather as they perceived it and their moods and activities on the booklet. To aid them in this task some tools were given such as the stickers which could help them make collage.

Then I analyzed what the participants reported about and interviewed them in order to provide me with some answers that I could not get through the booklet and to clarify some parts of the booklet that where were unclear.

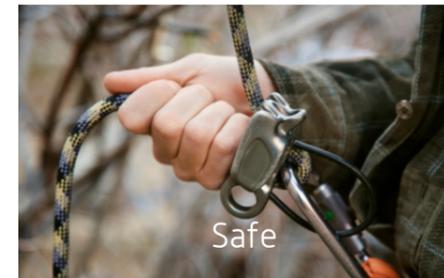


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RESEARCH RESULTS

The way the weather influences our participant's mood seems to be mainly by decreasing or amplifying their existing mood.

- Each weather type has a certain aspect that influenced the mood of our participants.
 - Sunny – outdoors activities, happy, cheerful
 - Cloudy – the lack of sunlight, gloomy, depressed
 - Rainy – being "trapped", melancholy, coziness
- The influence the weather has on someone seems to change in what ways this happens.
- Bad experiences can make someone's perception of the weather be more negative.
- Good experiences can make someone's perception of the weather be more positive.
- Culture differences really affect the results to some extent but it is not so significant.



IMPLICATIONS FOR THE DESIGN

- Introducing the positive effect of sunny weather into rainy days, such as the feeling of cheerful and outdoors activities.
- Lighting up the users in rainy days to eliminate the negative feelings such as melancholy, gloomy.

MODIFIED DESIGN GOAL

I want to bring people a light mood in rainy days by making them experience excitement and feel cheerful.

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INTERACTION VISION

