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Motivational Object: Spirit

MASTER DISSERTATION

Alexandra Maria Gonçalves Freitas

MASTER IN INTERACTIVE MEDIA DESIGN



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ORIENTATION

Diogo Nuno Crespo Ribeiro Cabral



Spirit: Motivational Object

Alexandra Freitas

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Abstract

The objective of this project is to find a way to process information in a more personal experience, considering the era of the Internet and the Internet of Things (IoT) and the connection between a digital and real-world through motivational messages. It is focused on an object that will motivate people with their daily tasks, re-framing their state of mind on a shareable self-intrinsic motivation by related people and new relationships.

The project relies in the relation between objects and cued memories — this can be an elucidating trade-off for encountering and re-evaluating personal disposition towards an environment, objects, and their related memories. Since this evaluative process happens in the mind, the project aims to develop a method showing it in a device.

The project consists of an object that aims to improve adherence by giving reminders and helping people or patients to keep track of their mental state and most important daily motivations, by exchanging messages between a restrictive group of people. This can affect the Mental State for good progress to be healthier.

The disproportional information of IoT in comparison with what it was needed in the real world and having an app that could have a richer emotional state and life satisfaction to people. Overall the objective of this object is to develop a good emotional investment in social media having a source of deeper connection if used.

Social media have a crucial role in the way to connect people far and close to share goals, visions, and influences. With this object, Artificial Intelligence and a Cognitive Behavioural Therapy (CBT) bot could have, in the future, a role in the advances of the computational capacity of the data collection and machine learning. Both can have a great impact on people's lives and can influence areas like psychology and psychiatry being a tool to clarify patients' state of mind for motivational messaging or be a mediator to teach some emotional regulation skills on investment on a social purpose.

Keywords

Community Participation

Social Object

Positive Influence

Motivational Object

Positive Psychology

Memory Object

Ambient Awareness

Resumo

O objetivo deste projeto é processar informações de forma mais pessoal na era da Internet e *Internet of Things* (IoT) entre um mundo digital e mundo real com uma mensagem motivacional. Tem por objetivo um objeto que irá intervir para motivar as pessoas com suas tarefas diárias, reformulando estado de espírito em uma motivação intrínseca compartilhável por pessoas relacionadas e novos relacionamentos que possam surgir.

O projeto está na relação entre objetos e memórias lembradas - isso pode estar elucidando o *trade-off* para encontrar e reavaliar nossa disposição em direção a um ambiente, objetos e suas memórias relacionadas. Dado que este processo de avaliação ocorre na mente, o projeto tem por objetivo desenvolver um método para mostrá-lo no dispositivo.

O projeto consiste em um objeto que visa melhorar a adesão, dando tanto mensagens e sinais de cor e ajudando pessoas ou pacientes a acompanhar seu estado mental e motivações importantes diariamente, trocando mensagens entre um grupo restritivo de pessoas. Isso pode afetar o estado mental para que um bom progresso para que seja mais saudável.

A informação da Internet em comparação com o que precisamos no mundo real é enorme e ter um objeto que pode dispor um estado emocional mais rico e com satisfação de vida para as pessoas sem haver grande relação tecnológica é importante.

Em geral, o uso deste objeto irá desenvolver um bom investimento emocional em uma rede social com uma fonte de conexão mais profunda, se usada.

Os média sociais têm um papel crucial na maneira de conectar as pessoas de longe e compartilhar objetivos, visões e influências. Com a utilização do objeto num *Future Work* através de um *bot* a terapia comportamental cognitiva pode ter um papel nos avanços na capacidade computacional da coleta de dados e aprendizado de máquina. Ambos podem ter um grande impacto na vida das pessoas e podem influenciar áreas como psicologia e psiquiatria, sendo uma ferramenta para esclarecer o estado mental dos pacientes por mensagens motivacionais ou para ser um mediador ensinando algumas habilidades de regulação emocional no investimento de médias sociais.

Palavras-Chave

Participação da comunidade

Objeto social

Influência positiva

Objeto motivacional

Psicologia Positiva

Objeto de memória

Consciência Ambiental

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Acronyms

AI – Artificial Intelligence

CBT – Cognitive Behavioural Therapy

FoMo – The fear of Missing Out

IoT – Internet of Things

HTML – HyperText Markup Language

HTTP – Hypertext Transfer Protocol

MDD – Memory Disruption in Depression

MQQT – Message Queuing Telemetry Transport

OHC – Online Health Community

OTM – Organism Theory of Motivation is a sub theory of Self-Determination theory

RW – Real World

SDT – Self-Determination-Theory

SM – Social Media

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Abstract

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1. Introduction

Over the years, technology have gained some weight on the effects of individuals relationships and how they pursuit information as a way of making memories.

This raises some questions:

What source could derive the information?

What type of information do people use for their social health?

The daily use of modern smartphones can hold personal and sensitive data and, social media (SM) play an important role on people's lives in relation to relationship building, maintenance, and perception of oneself. Good and solid relationships are connected to a good healthy social media connection. SM are useful tools to support life transitions, online friendships to alleviate offline loneliness. The opposite can occur if the use of too much social media can bring loneliness:

“According to the Pew Research Centre (2004), 74% of all U.S. adults have at least one social media account. There are seemingly widespread concerns, and some evidence, that in general population, greater use of social media may undermine subjective well-being (Kross et al., 2013), enhancing loneliness and depression (O’Keeffe & Clarke-Pearson, 2011; Yao & Zhong, 2014) and monopolize time that would otherwise be devoted to face to face interaction with others and to participation in meaningful community activities.” (Brusilovskiy et al., 2016).

Social Media practices can have good intrinsic and extrinsic motivations to balance understandings of life and mutual concerning, as a person who has a role in society.

The term ‘social network’, refers to the social ties that link individuals together through communication (Cohen et al., 1978) being a great vehicle of interactions, where individuals can have access to memories of the past and build future ones to re-frame thoughts and understandings.

1.1. Contribution

This project consists of an object that will intervene on people to motivate their daily tasks with instant messaging. Re-framing their state of mind on a shareable self-intrinsic motivation by related people and new relationships. The use of this object develops a good emotional investment in social media having a source of deeper connection if used. This is to anyone who is looking for supportive talk to deal with anxiety or depression, support to the alienation and isolation bred by social media or society.

1.2. Objectives of the Project

Addressing some requirements to develop people's lifestyle:



Fig.1 – Collaborative Space

— Provides to people an important alternative environment in which maintain existing relationships and to make new ones (Fig.1)

— Using a Social Media as a moderation tool — Social Media effects on motivation and satisfaction on the workplace, context and surroundings — extrinsic and intrinsic motives for social sharing throw their Object Output (light)

— Object light can be a reminder to develop memory skills and positive influence — memory accessibility can use this app — Social Support

— Implement new activities to redirect some other types of negative effects like negative thought — altered patterns of communication to overcome poor social skills.

2. Background and Related Work

This chapter reviews the literature relevant to the context of this project to be developed.

2.1. Ambient Devices – Hardware and Software

This project is related to ambient devices that are to minimize the user's mental effort, "calm technology", are designed to support people in an easy and natural way in modern society as being loaded by abundance of information on a daily basis through this introduction into their day to day routine the individual gains the opportunity to decrease the amount of effort to process incoming data and being more productive.

The project has some related work like the SONOFF¹, which Connects home appliances to SONOFF devices through WiFi. The WiFi Router will transmit device's data to the mobile APP eWeLink through AWS Global deployed server, a remote control from anywhere at any time the device; AmbientGaze a smart environment that employs the animation of targets to provide users with direct control of devices by gaze only through smooth pursuit tracking; Holí Smart Connected LED Mood Lamp²– a smart lamp that creates a dazzling light show in the environment 2; Amazon Echo Show 2nd Gen The big step in the right direction, a better design, screen, sound experience and feature set in a smart home full of Echos³; Lumitouch⁴ system consisting of a pair of interactive picture frames. When one user touches her picture frame, the other picture frame lights up. This touch is translated to light over an Internet connection develop a personal emotional language, based upon prior work on telepresence and tangible interfaces, LumiTouch explores emotional communication in tangible form; Zen⁵ is a machine that produces miniature cafe with a minimalist, ergonomic and intuitive design and includes the exclusive back-lit touch keypad with screen effect (similar to the developed object in the context of this thesis).

¹ <https://sonoff.itead.cc/en/>

² <https://www.bestsmartlamp.com/review/holi-smart-lamp>

³ <https://www.amazon.com/Certified-Refurbished-All-new-Echo-Show/dp/B07D7TF91W>

⁴ <https://tangible.media.mit.edu/project/lumitouch/>

⁵ <https://www.azkoyenvending.com/products/zen/>

2.2. Object on interactive Surface

Computational coupling of tangible representations to underlying digital information can transform objects into artefacts with physical properties, which represent the digital state of a system. This work can lead to a strong focus on graspable physical objects to access and manipulate bits like the Tangible Bits project by Hiroshi Ishii and Tangible Media Group (1997).

“Tangible Bits is an attempt to bridge the gap between cyberspace and the physical environment by making digital information (bits) tangible” on the integration of input and output for supporting physical interactions.” (Singer, 2016)

Bits and Atoms – The object turning to a controller (like a mouse with information retained) that has the information of all the messages that had been received. The reference work for this project is Bricks Project by MIT and the Metadesk, where the object is a phicon and the starting point of the topic had been accessed to other locals a network connection.

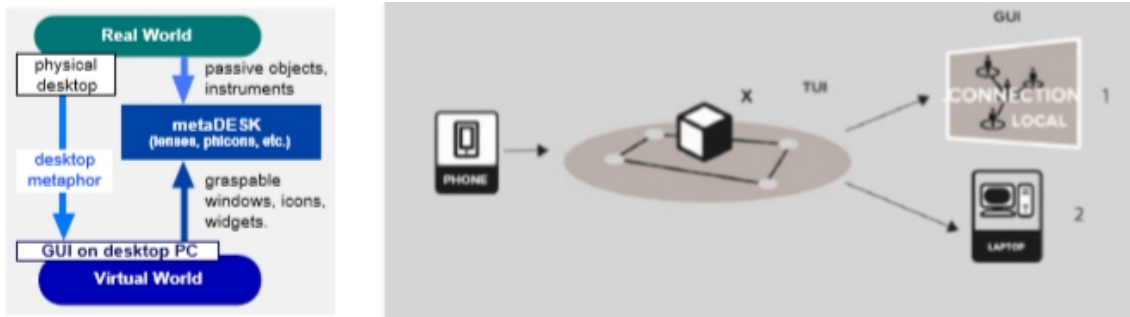


Fig. 2 – a. metaDesk Design Approach b. Reference work of BriCks of MIT and the Metadesk where the object can be a phicon.

Metadesk is another related project were – the “Physical icons”, or “phicons,” a name introduced in (Ishii, 1997) with reference to the Graphical User Interface “icon” concept, offers another possible descriptor. They are small objects that serve as both handles for and containers of information. A prototype of such an interface exists in the form of a horizontal display surface that senses the physical objects placed on it. This work is an example of a possible contribution scenario for the spirit object.

2.3. Motivational Object on Project Approach

What is motivation?

Motivation influences behavior and job performance. Motivation is the reason or reasons for acting or behaving in a particular way. If we ask why we are doing this (action), there is a good chance to know what induces performance to a goal.

“Motivation represents people’s actions to achieve what they desire and is the cause of why people repeat the behaviour. Motivation is your own wish, reward reason what forces to do an action.” (Filimonov, 2017)

It can be applied to a person, a company, a group of people and it is related to do something, to achieve something, what they dream about. Like relationships are crucial to overcoming a mental and physical disease: Psychological needs, integration, individual differences, environmental influences.

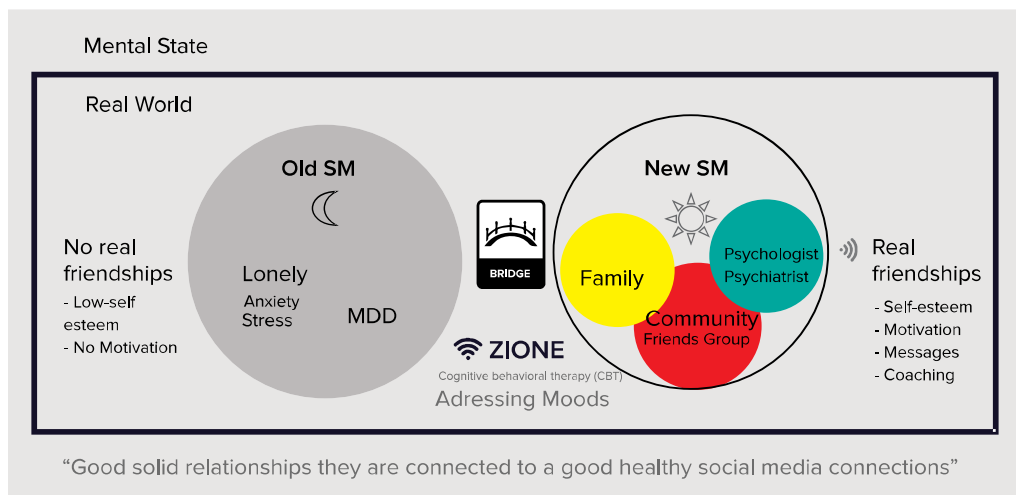


Fig. 3 – Zione (CBT) is the mediator and communicator to be aware of the person who is alone or have behaviours that may be bad for them.

In a possible scenario, the CBT bot is a good communicator who can bridge the person to a good environment to perform, leading to good work for a motivation (extrinsic). Considering a good work environment, it leads to better results on performing tasks asked and demanded individually. This type of motivation provides

the orientation to relationships and purposes that lead to action and it treats the way of an action. In large working groups to attain the same goal.

2.3.1. Intrinsic and Extrinsic Motivation

There are two groups completely opposite to each other and narrate about different ways of how people are motivated to do something.

The intrinsic relates to doing something because it is substantial or enjoyable and originates from within, represents autonomy and embodies growth. Extrinsic is because it drives to a separable outcome and it is originated from outside.

If a person is motivated intrinsically, he or she will complete the task because it is interesting for him or her. To intrinsic motivation, it relates curiosity, interest, involvement or positive challenge. Research on intrinsic versus extrinsic motivation was an initial attempt to differentiate the concept of motivation.

The concept of motivation has been differentiated, concerning the degree to which a behavior is autonomous versus controlled. Autonomy is evidence when behaviours are intrinsically motivated or when they are regulated by extrinsic motivations that people have identified with an integration. Control is represented by behaviours regulated either by external contingencies of reward or by internal contingencies that have been introjected and not transformed into one's.

Definition of Intrinsic Motivation:

“Intrinsic motivation can be defined as doing an activity because of inherent satisfaction. A person who engaged in action does it because of fun or invocation involves rather than because of external pressures or rewards.” (Strikhova & Gusev, 2013).

“When people are motivated because that action is important for their own and appears self-sustained, then it can be said that it is they are intrinsically motivated. (Edwards & Johansen, 2015).” (Filimonov, 2017)

In the analyses of this theory, it is possible to find that there are two types of intrinsic motivation, individuality and group perspective. The examples of individual intrinsic motivation are: play games not to win because they are exciting, doing sport because enjoying is the motive; on the examples of group intrinsic motivation are: doing group sports because you feel integrated and connected to win for the group, play games to develop other ways to understand life, competence, and autonomy thinking, playing a game and do not mind to being the last because what matters is being part of something, understanding every step giving more autonomy and competence on a task and feeling part of a social environment.

Definition of Extrinsic Motivation:

“Extrinsic” means that external factors motivate a group/individual to do something. Intrinsic one means that factors that incite humans for action are internal or come from inside minds.

2.3.2. Other Types of Motivation

Both intrinsic and extrinsic motivation are highly influential determinants of our behavior, and both drive us to meet the three basic needs identified by the Self-Determination Theory (SDT) model that later will be explained.

The three basic need showed by the SDT are: Autonomy, people have a need to feel that they are in control of their own behavior; Competence: people have a need to build their competence and develop mastery over tasks that are important to them, achievements, knowledge, and skills; and Relatedness (Connection): people need to have a sense of belonging and connectedness with others; each of us needs other people to some degree (Deci & Ryan, 2008).

“Self-Determination theory – the notion of self-directedness is relevant to career and is important in SDT, which holds that relatedness, self-competence, and autonomous motivation is important for psychological health (Deci and Ryan 2008). Autonomy describes the need to have control over one’s life and direct one’s own course of action. If people are autonomously motivated, they will identify the value of

an activity and integrate it into their sense of self, endorsing it as a positive activity for them.” (Deci & Vansteenkise, 2004)

“According to Self-Determination Theory (Deci & Ryan, 1985) types of motivation are differentiated by different reasons that give a push to action.” And the effect of “any actions that fulfil the basic needs like competence, autonomy – tend to raise intrinsic motivation.”(Deci & Vansteenkise, 2004).

Normally persons have a perceived locus of causality (EPLC; deCharms, 1968). Causality refers to how people adapt and orient themselves to their environment and their degree of self-determination in general, across many different contexts. The two causality orientations underlying people’s goal pursuit are: autonomous (internal) or controlled (why people pursue whatever it is they pursue, external). On the intrinsic goals are consistent with the satisfaction of the basic needs for autonomy, belongingness and related-ness and extrinsic goals are at odds with the satisfaction of these needs (Duriez, 2010).

On the image below it is possible to identify each types of motivations on the Self-Determination Model. In the left is the least autonomous of extrinsic motivation behaviour to fulfil external requires or to receive external rewards.

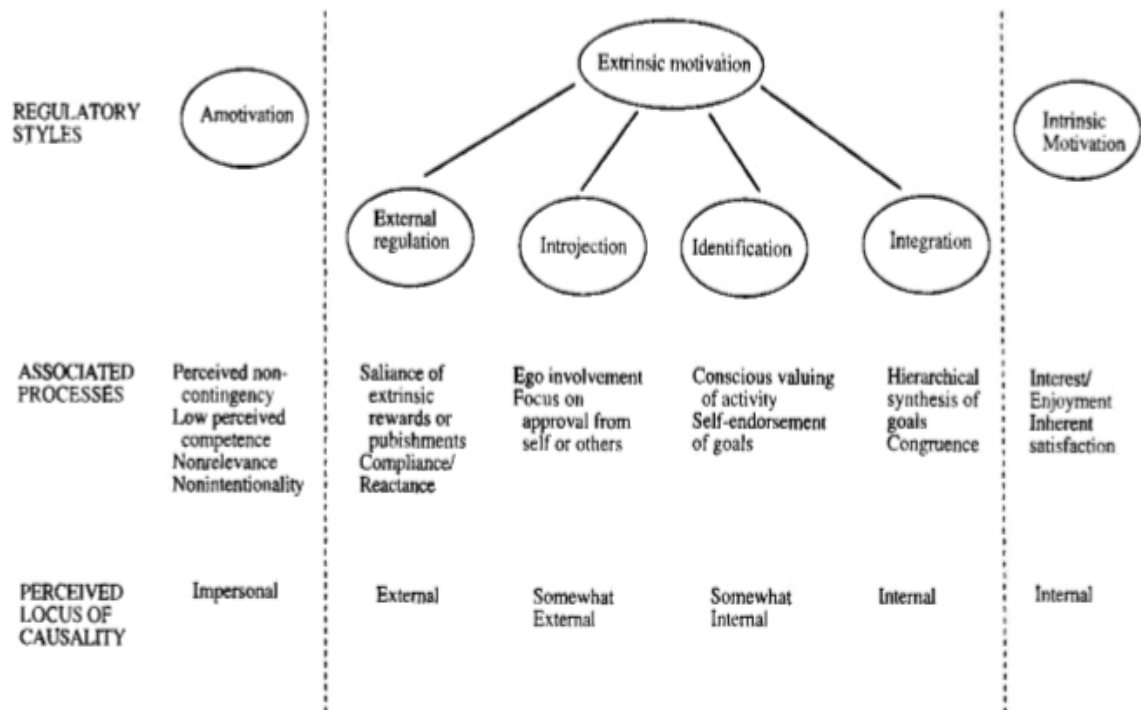


Fig. 4 – Show the systematization of types of motivation, disposed from left to right in terms to the extent to which the motivation for one’s behavior emanates from one’s self (Ryan & Deci 2000)

Amotivation, shown at the left end of the figure, occurs when an individual is completely non-autonomous, struggling to have any of their needs met, lacking an intention to act, lack of aspiration. In the middle, several levels of extrinsic motivation are presented. On the right of amotivation is the external regulation, in which motivation is exclusively external and regulated by compliance, conformity, and external rewards and punishments.

The next is extrinsic motivation is termed introjected regulation, in which the motivation is somewhat external and is driven by self-control, describes the type of internal regulation that is controlling, the person makes an action to increase or support self-esteem or the feeling of the value of others for themselves.

In the identified regulation, the motivation is somewhat internal and based on conscious values and that which is personally important to the individual. It is the more independent form of extrinsic motivation, a regulation through identification regulation,

where the person understands the significance of behavior and so accepts its regulation as to his or her own.

The final step of extrinsic motivation is integrated regulation, in which intrinsic sources and the desire to be self-aware are guiding the individual's behavior. The most autonomous form of extrinsic motivation and integrated regulation appears when identified and assimilated by a person is like a self-examination and new regulations to implement into other coherence values and needs – an internalized process, where the causes of action and assimilate them to the self, so extrinsically motivated actions can become self-defined. The self-defined activity does not mean that “extrinsic regulations become more internalized they transformed into intrinsic motivation” (Ryan & Deci, 2000).

The right side of the figure shows an individual entirely motivated by intrinsic sources. In intrinsic regulation, the individual is self-motivated and self-determined and driven by interest, enjoyment, and the satisfaction inherent in the behavior or activity he or she is engaging in.

There is a word important to evaluate the motivation in the relationship between rewards and personal goals, the word valence. The value of valence can be positive or negative, considering it, stress and weariness are negative and increased pay or bonuses are positive. For successful motivation, the sum of valence must be positive. (Pranav & Shilpi, 2014)

2.4 Motivational Object and Space

To begin to define design space is in the relationship between the process inputs and the critical quality attributes of space. A motivational object can create a space for self-development for self-motivated and self-determined behavior. The relationship between human and object have a certain valence, it can be positive or negative for a successful space environment in the attributes we put into the object are important for the course of a motivational task.

The psychological field, K. Lewin also emphasized the relation between quazi need and the object, recognizing that we are living among things which carry a certain

valence. In this theoretical context, we understand the motivational space as a space of motivational objects which the individual refers to in the course of the motivational task resolution.” (Filimonov, 2017).

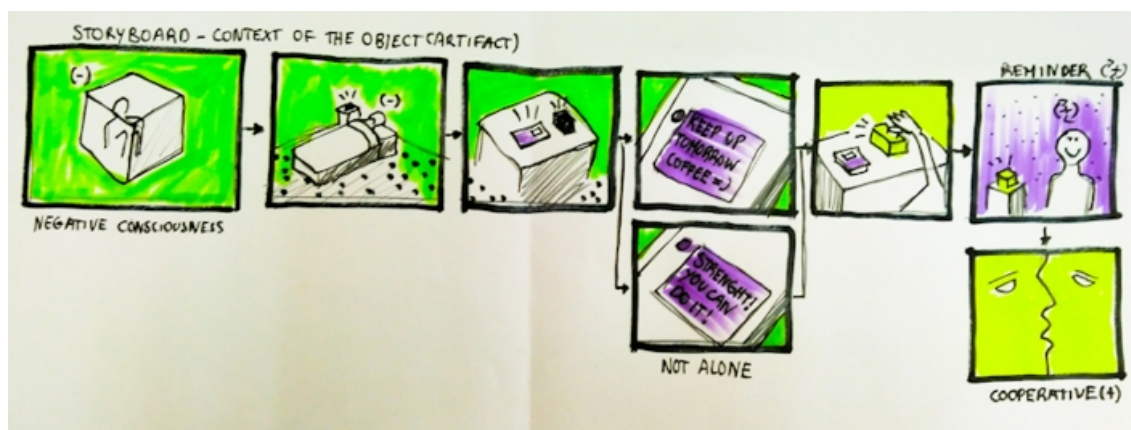


Fig.5 – Storyboard of a Motivational Object

Such investigations of its effects on attention, memory, and choice, could, therefore, benefit from a comprehensive database of the motivational value assigned to everyday objects in our complex scenes.“ (Einhäuser et al., 2017).

Motivation can thus direct actions toward or away from objects associated with high or low subjective utility (Elliot, 2006; Braver et al., 2014). Motivational stimuli and internal motivational states serve as inducements to action by affecting the direction, intensity, and duration of a set of actions. There was a research on the effects of motivation on attention or memory commonly employs artificial stimuli for which motivational relevance is learned during the experiment.

Motivational task as a tool for self-appraisal of the field of relevant motivational objects allowing further reconstruction of motivational space. Effective diagnostics of motivation can also be conducted in a specially created environment (experimental environment) that would allow taking into consideration the specifics of motivation as a complex psychological structure.

“Motivation Indicators are a means of psychological reconstruction of the psychic reality through registration of certain empirical characteristics. The complexity of motivation indicators research lies with the fact that motivation is incorporated in

most spaces of psychic activities, which in turn demands a large number of operational criteria to be employed by motivation psycho diagnostics.” (Filimonov, 2017).

Research has shown that when people place strong relative value on intrinsic goals, it leads to greater well-being and less ill-being, thus confirming that intrinsic goal pursuits represent an important path toward positive mental health outcomes.

Intrinsic goals are directly linked to basic psychological needs and reflect people’s basic growth tendencies and meaningful relationships contribute to personal growth.

The goal content is not the negative effect but the regulatory style or motive to act upon it for pursuing them (relatively autonomous or controlled state).

Conditions of the Motivational task: (Filimonov, 2017)

- According to K. Lewin, the psychological field structure where the behaviour of an individual is being performed. It comprises motivational orientations of an individual as well as their objectives.

- The dynamic process of reflection over the relation between figure (newly placed object) and the background (the structure formed by earlier placed objects) of his/her subjective motivational space.

- Multiple comparative appraisals of motivational objects – the spaces between the motivational objects and the ensuring reconstruction of the multidimensional subjective motivational space.

- Sequential refinement of the motivational object’s appraisals – the motivational objects is compensated for by the decrease in the cognitive complexity associated with the evaluation of the lower priority objects. Specify the subjective idea of relations between the motives as well enhances the accuracy and reliability of the comparative appraisals.

Methods of Motivational Teaching (Malouff et al., 2008)

- 1 – making content relevant to give values and goals
- 2 – helping achieve goals through learning
- 3 – prompting and persuading to learn

- 4 – establishing a positive relationship with students
- 5 – rewarding achievement and learning efforts
- 6 – using an appealing teaching style
- 7 – giving motivational feedback

2.5 Positive Psychology



Fig.6 – Logo of a possible union with messenger

Positive Psychology has focused on positive human experiences and health outcomes, which is important for a fuller understanding of human functioning in the social world. Positive Psychology has the integration of self-determination theory (SDT; Ryan & Deci, 2000), a macro-theory of motivation, personality and optimal functioning.

The dialectical relation between the active organism and the social environment, the positive and negative consequences that follow from it, can be best understood by considering the degree to which the environment versus satisfies people's basic psychological needs (Deci & Ryan, 2000).

2.5.1 Self-Determination theory (SDT)

This theory helps to concentrate social and cultural factors to help people to show initiative, helps persons to receive more experience in autonomy, competence and relatedness to encourage forms of motivation, creativity, and perseverance. The Self-Determination Theory understands human development in Positive Psychology. The Basic need to work to identify personality and social factors that nurture individuals' strengths, virtues, and development.

“Self-Determination Theory (SDT) also illustrates humanistic prospects on motivation considering that persons make efforts to perform fundamental needs for competence, relatedness, and autonomy. (Neighbors, Lewis, Fossos & Grossbard, 2007)” (Deci & Vansteenkise, 2004).

SDT has the concept of basic psychological needs, provides the basis for predicting whether the social world will promote the positive outcomes that have been the focus of positive psychology. SDT offers guidelines for the design of therapy systems in suggesting the importance of providing features that encourage relatedness, self-competence, and autonomy.

The focus of the project is a possible treatment adherence towards a new phenomenon in HCI, the development of therapeutics which is centrally important to mental health therapy, and to Self-Determination Theory (SDT), which inform a new approach to design. Proposing a way to help the basic needs for competence, autonomy and relatedness are the principal human foundations of mental health that one needs to intervene.

With the interactive object it will help:

1. Organizational rewards – revealing general or primary needs triggering a great variety of motivations.

2. Personal Goals– Leading to Individual effort and performance

3. Emotional Intelligence – to know the emotions and how to manage them

4. Term of subjective motivational space to refer to the geometric structure reflecting the relations between the motivational objects.

5. SDT (Self-determination theory) is an approach to human motivation and personality that uses the empirical methods with a more autonomous, self-determinate form of extrinsic and intrinsic motivation to best regulate identification.

6. Identification reflects a conscious valuing of a behavioral goal, such action is accepted or owned as personally important. Internalizing this and having assimilation of

thoughts people experience greater autonomy in action. They can internalize new behavioral regulation.

7. Oriented the development of inner and outer environments to promote positive processes and outcomes.

3.Design Space

3.1 Object and Social Purpose

The project has a social purpose targeting anyone who is looking for supportive talk to deal with sadness and isolation by social media:

“Adolescents and young adults who spend more time online and using social media sites tend to experience higher levels of anxiety and depression... which includes feelings upset and disconnected from others when unable to access social media sites.”
(Woods & Scott, 2016)

This is essential to understand how social media relates to a good healthy state, the memory factors enter as fixation points, having good solid understandings of them to prevent:

- Heavily relying on SM for guidance consequence of having the consequence of regret and shame of a bad outcome from a social media affects integral to the decisions made leading to an anxiety disorder when they regret or fear something, when they did not measure the consequences

- The use of a wrong emotional investment in a social media have a root of disconnection when unable to access social media accounts – time specific and emotional. People who seek social approval to reinforce their own sense of self, having a consequence of emotional investment– pressure of a social role on a social media

- Lonely challenges of a person with mental disease
- Sensation of “feeling connected” in the superficial way that social media offers.

- Transitions on life – social support – providing guidelines

In adolescence and young adults’ comparisons via social media are often, during this period, the vulnerability for the onset of depression and anxiety increases. Receiving positive or negative feedback on an online profile can decrease self-esteem.

Researchers from Babes-Bolyai University in Romania reviewed existing research on the relationship between social anxiety and social networking in 2016 and found that the results were mixed. Other examples of studies: “In a study of 413 young adults, Ophir (2017) found that people with stressful feelings related to social pressure, high expectations and problems are more likely to use social media for these negative emotions (Varghese and Pistole, 2017).” (Ophir, 2017).

“Two studies involving more than 700 students found that depressive symptoms, such as low mood and feelings of worthlessness and hopelessness, were linked to the quality of online interactions. Researchers found higher levels of depressive symptoms among those who reported having more negative interactions.” (Brown, 2018).

“A similar study conducted in 2016 involving 1,700 people found a threefold risk of depression and anxiety among people who used the most social media platforms. Reasons for this, they suggested, include cyber-bullying, having a distorted view of other people’s lives, and feeling like time spent on social media is a waste.”(Brown, 2018).

“A study published in the American Journal of Preventive Medicine last year surveyed 7,000 19 to 32 years old and found that those who spend the most time on social media were twice as likely to report experiencing social isolation, which can include a lack of a sense of social belonging, engagement with others and fulfilling relationships.” (Brown, 2018).

Such as stress, exhaustion, self-esteem, loss of concentration and motivation. When people are in a state of depression or anxiety, being more engaged in social media use may result in an increase in psychological suffering,

“What’s being inherited is not loneliness, it’s the painfulness of the disconnection” Cacioppo (Singer, 2016)

In the continuity of challenges, the complexity of life includes the need for such psychological independence of our SM society. To cultivate an active/passive social life being, able to protect itself from some attempts of manipulation and emotional

challenges that society employs on adolescents and young adults on their transitions of life.

Not only this social factor is linked nowadays with social networks. If all the factors are against the person (social, family and work) together with long-term isolation, it can lead to depression, anxiety, and psychological consequences. Isolated people develop problems with reasoning and remembering. An interpersonal and meaningful relationship can assume good personal growth. But solitude can otherwise confirm and give the order in our mind, maturation.

Interacting with individuals own inner and outer work with streams of interpersonal interactions (with others) develop our own work (personal and professional) it contributes to the environment too. There is evidence of studies for the impact of social media has a more negative effect on the well-being of those who are more socially isolated. In resume, the possible negative influences that social media have for people on a vulnerable situation of their life:

1. Manipulation of Social Media: Facebook usage can be broken down into passive consumption and active participation. Passive consumption of Facebook can be described as persuading through the newsfeed and browsing profiles while active participation can be defined as actual interactions

2. The time (duration and quality material) that adolescents consume affects their stability of social and personality. The development identity by comparing on an imaginary and not confronting real-life statements can be a concern. Having conceived ideas of false truths. We need to have in consideration that everyone has their time of emotional growth in life.

3. “Young adults express concern with building and adding to an online persona, and the implications for shaping digital identity” can be led to Isolation [7]. Having the concern of creating some patterns on modern life. Reflections of others persuading the self – a reflection of building a self-care social media from others and not what they really are and need. The disproportional information of IoT in comparison with what we need in the real world.

- 3.1 Social Media Projectors (self-image) – avoiding an undesired image to a new online audience – transitions in life, this can lead people having

panic disorders, a fear or regret anticipatory anxiety about getting trapped in a situation or places without a way to escape easily – Agoraphobia.

3.2 Emotion dysregulation may be associated with psychopathology from losing social media access. The fear of missing out (FoMo) defined as apprehension or concern of being disconnected, having poor emotional state and life satisfaction. “Maladaptive emotion regulation is associated with increased distress from imagined smartphone/social media loss “(Elhaia et al., 2017).

In the following figures, there is a real and hypothetical scenario for social media use. (see appendix)

Real Scenario



Figure 1. Society

Motivational Object based on User Messaging

Target: People who are fragile, introverted, age is transversal

- Society / individual interaction;
- Negative influences that can weaken / shake the emotional state of the Individual.

Society 4.0 - people would access a cloud service (databases) in cyberspace via the Internet and search for, retrieve, and analyze information or data.

Keywords: Fast Income, No meaning, fast cash, Internet
https://www8.cao.go.jp/cstp/english/society5_0/index.html

Aim: The main objective of the object is the visualization of messages of motivation, being a stimulus for the day-to-day. Being an activity outside social networks, public domain. An independent, individual, visual and decorative meaning that each constructs. Assigning your individual characteristics to the object.

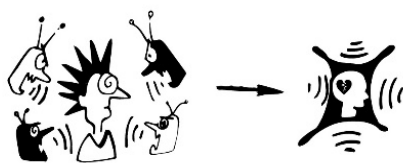


Figure 2. Bad Influence on Woody being at a emotional fragile state

Fragile/Depression
 Isolation
 Amotivation
 ...



Internal
 Emotional
 Self-esteem
 No mediator
 Alone

Figure 3. (Amotivation) Virtual and Physical spaces influence

Fig.7 – Storyboard page1 of a Motivational Object

hypothetical scenarios
SPACES FOR THE OBJECT

CONCRETE ONE

Hipotesis 1

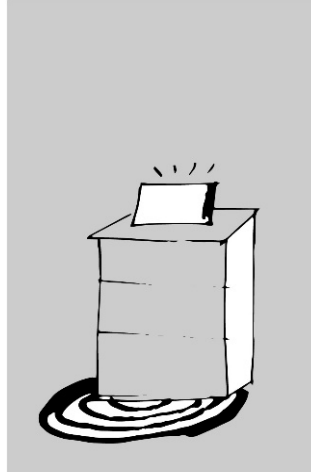


Figure 16. Personal Object - This can complement for scientific research

Spirit Motivation Message
(Intrinsic Motivation)

Public DOMAIN



Figure 17. Public Spaces - saved from on the object and people can access it

PRIVATE DOMAIN



Figure 18. Space of a Museum

Hipotesis 2

Figure 19. Space of Research



Fig. 8 – This are the other possible scenarios that the concept or object may work.

This project aims to make an alternative way to communicate and have a self-investment on social and emotional skills. In a future approach, it will develop an object to complement the recollection of conscious retrieval of episodic memory that comes with substantial contextual detail.

Considering that depression disrupts encoding, consolidation, and retrieval to the emotional symptoms that characterize Memory Disruption in Depression (MDD) or other types of disorders, or just emotional needs, the developed object can be a way to understand it. Positive memories may have a synergistic therapeutic effect on depressing adults, making a possible therapy for MDD patients, including an activity for their daily responses, and direct their daily routines to a positive and healthy life. It can prevent other negative activities that affect one's life, to be substituted by other acts of communication. Putting the person, highly aware of the pathological thought and behaviors on time.

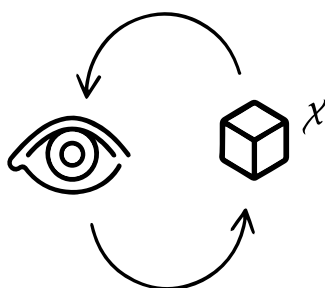


Fig. 9 – Stimuli - “I see I remember”.

The project adds stimulus, like rewards and good positive motivational processes to cause positive memory. The effect is to reduce depressive symptoms and having a good influence in daily life. It integrates an alternative way of perspective like an interactive and clinical approach to have better chances to understand how to treat and prevent mental illness. This project formulates good habits for practicing inner motivations and self-knowledge, being more aware of the outcome that does not cause suffering for uncontrolled decisions. For the treatment of people diagnosed with MDD, stimulating constructive conscious retrieval of episodic memory – may engage more with rewarding tasks. Taking into account all of this as well as a process to extrinsic motivation to intrinsic motivation, first, one needs to know the symptoms of depression, the loss of engagement in daily activities.

Most of the daily activities come from intrinsic and extrinsic motivation, having an intention for action. From the moment individuals wake up to dress up to work or have a meeting with depressive symptoms, they lack motivation:

Breaking up the answers into smaller coherent units to study:

1. Motivation
2. Projects Related
3. Emotion
4. Decision Making
5. Memory

Collecting data from different sources, organizing the concepts from the emotion, memory, and effects, and how it processes of encoding a memory with an item or object they relate to, creating something that may help to complement the treatment of people with psychological help.

3.1. Community – Online Support on Instant Messaging

Social Media systems can support the development of online social networking and promote psychological well-being (Ellison et al., 2007; Wellman et al., 2001).

Sosik & Bazarova (2014) measured SM use in a sample of 256 students in a large US university, using an app that collected Facebook communication between friends to explore relationship escalation. They noticed that students manage a balance between their community building and social activities, an online and offline presence on Facebook channels can help students to convey a feeling of closeness ... while communication absence from each other's life corresponds to alienation and relation - de-escalation. There is a need to understand better the mechanism through which people trust and utilize information found on SM and on instant messaging. In testing a theory-based trust model, we find that forum users accept advice more readily as they develop cognitive trust (trust based on a cognitive assessment) and/or effective trust (trust based on an emotional connection).

“Affective trust is also closely related to formation of relational closeness. This indicates that, while both forms of trust are important, the development of emotional connections provides for long-term Online Health Community interactions.” (Fan & Lederman, 2017).

What type of motivation this object will provide for a social purpose?

Motivation is often treated as a singular construction. People can be motivated because they value an activity that there is strong external coercion. Being urged into action by abiding interest or by a bribe. It is a matter of significance in every culture

(Johnson, 1993) and represents the basic dimension by which people make sense of their own and others' behavior. This can be a communication system that helps people navigate and coordinate social interactions by providing information and strategies for productive social relationships and good progress of mental states. This can change the patterns of communication to overcome poor social skills. A satisfactory social support and robust social networks have an important role in maintaining a person's life quality and good mental health in some cases.

Providing autonomy by an energizing state it facilitates the integration of intrinsic and extrinsic motivation is support autonomy. Individuals actively make an activity of exchanging knowledge and motivation messages, transforming values into their own understandings. They can classify each choice an acknowledgement of the current feelings, giving a self-direction to enhance intrinsic motivation because they allow people a greater feeling of autonomy (Decy & Ryan, 1985; Deci & Vansteenkise, 2004).

3.2. Memory Encoding Intervention

It is possible to observe on the image below that from the disproportional information of the Internet in comparison with what we need on the real world just take a brief second to become an information for our social health and be a source information from us to a good insight. It is important to enrich individuals' emotional state and life in little things such as an instant message that we saved before in the negative event. It is also possible to see a relation between objects and cued memories — this trade-off re-evaluates personal dispositions towards an environment. Although this evaluative process happens in the mind, it is possible to see how information becomes a visual memory by displaying it in an object.

SMM = Spirit Motivation Message
 Light = Motivation = Hope = Beliefs
 Act of Retrieving = Bringing Storage information into consciousness

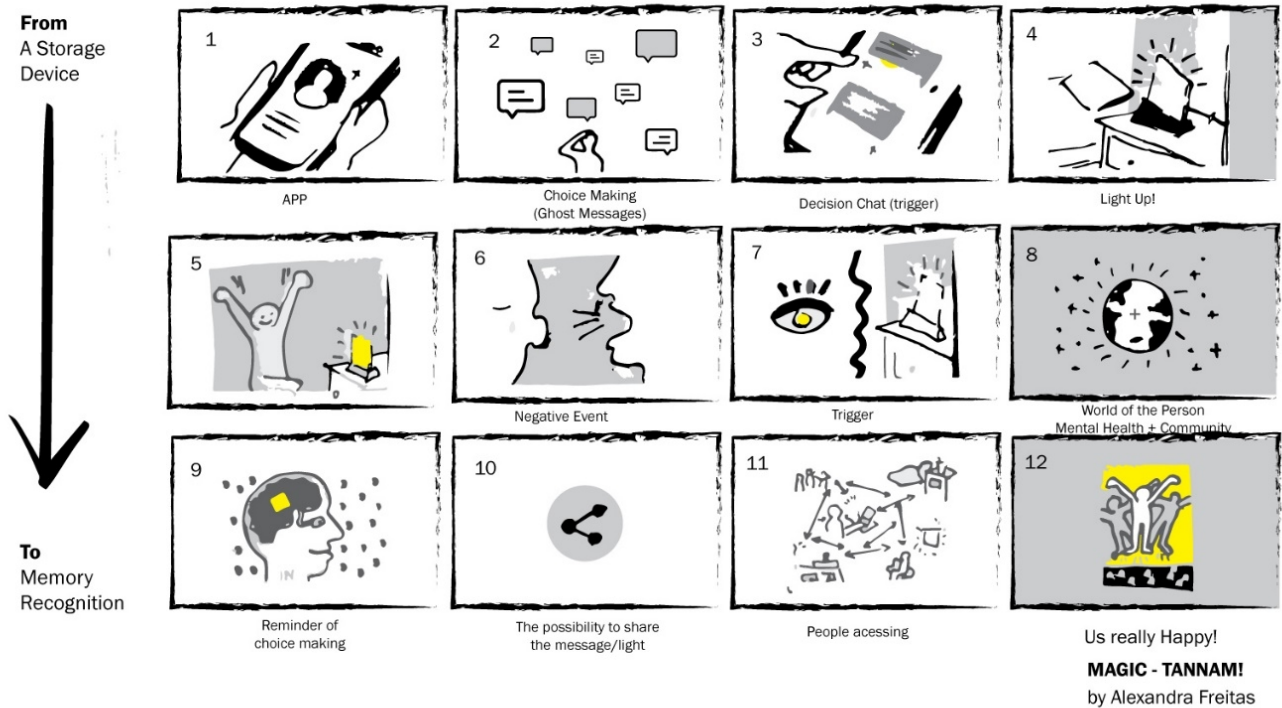


Fig. 10 – Storyboard – Cognitive Process – Application and it’s used.

The central idea is to make a model to understand emotions as they play at the level of the individual and the group. By which, an object is used as an emotional communicator to others, in other words, a connection between the user interface and their activity.

This approach to intervention targets initial learning with the goal of creating retrievable memories that robust to stress. This strategy may be particularly useful when preparing for scenarios in which a stress response is unavoidable.

Retrieval attempt updates the retrieval memory with new contextual information. In a final test, the user can have different cues available for guiding him or her on memory search, using it like anchor points in time and establishing another state of mind.

“Memory retrieval is the phase of episodic memory which information is recollected after going through the process of encoding and consolidation. Researchers

have examined the impact of inducing stress that has a negative effect on episodic memory.” (Elhai et al., 2017)

The intervention with positive reminiscence and cognitive retrieval practice about positive memories, goal shifting, and somatic relaxation can be a way to encourage individuals to be consciously aware of their emotions and to not allow emotions to have significant impact on their subsequent thoughts – (mindfulness).

The intervention is encouraging to develop memory accessibility in the context of stressful events, depression, MDD, psychosis. The goal is to create a high retrieval memory accessibility that robust to reduce physiological stress response, intervening to bolster memory through effective learning.

Key Principles Underlying the Design Goals on the Object

In the development of the work, it is possible to establish some key elements for the object work in a consistent way for the purpose of therapy:

1. Evidence that the system supported Self-Directedness. Therapy components of the site and how it motivated them to take action toward a therapeutic behavior change.

2. Evidence that the system Supported Relatedness- common positive comment relatedness of peer support, and to the moderators. The benefit is able to share problems relating to caring with others who had similar experiences, in a secure dedicated environment.

3. Evidence that the System Supported Self-Competence. Suggestions for strategies that could be taken to promote positive outcomes for the young person in their care.

4. Evidence that the system Supported Trust. Having a safe and comfortable forum to talk about their issues.

3.3. Person pursuing an object of interest in a created context

P-O-Cs perspective to interest including a person-centered approach that accounts for a person's (P) multiple objects of interest (O) in multiple contexts (Cs).

“A P-O-Cs perspective also requires a method for capturing whatever interests and social participation are reported by the person and tracing subsequent engagements in the objects of interest whenever they occur in daily life.” (Akkerman & Bakker, 2019)

A person and an object in this case Spirit box (be it a topic, idea, activity or event) given its inherent focus on content and associated intrinsic motivation and affect (Deci, 1992; Krapp, 2005). We can call that interests, “interests play a key role in how people make sense of themselves in the past, present, and future (Krapp, 2002), and present themselves to others.” (Akkerman & Bakker, 2019)

“As people typically strive for a certain level of coherence and continuity in their identities, multiplicity of interests may also generate reflections and narrations about how interest pursuits in and across contexts fit or do not fit together in an epistemic sense, something that in turn may depend on what is culturally accepted in a certain society (Bruner, 1990).” (Akkerman & Bakker, 2019)

Mental Categories

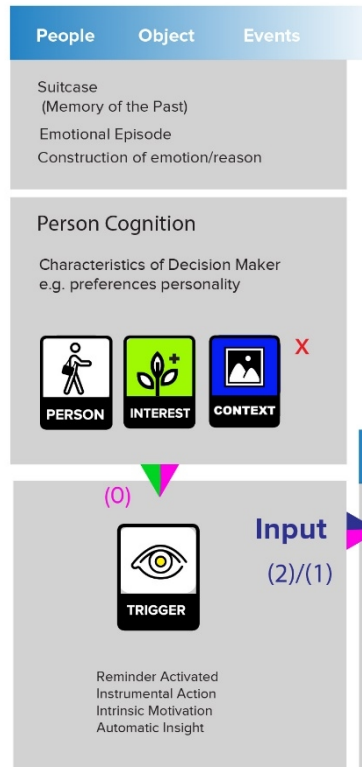


Fig.11 – Cognitive Process (A part of the scheme).

Person + Object + Contexts

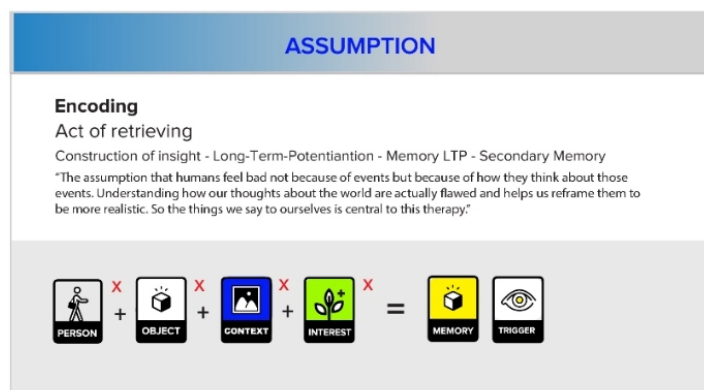


Fig.12 – Act of Retrieving.

The person as a significant and moving unit of analysis, including the one through which individuals can discover how multiple interests develop in multiple contexts.

This describes the difference between individuals separated from their environment. Looking at within and from within persons to the practices through and by means of which they experience, engage, and gradually come to define and develop themselves. The view of interest as both a relational construct, relating person-object-context, and an experiential one, connected to real-world events. Contexts and perceived value of this object for the present or future life.

Considering how interest can emerge and develop from situations, it is important to acknowledge that basically anything in daily life can become a momentary or enduring object of interest, ranging from any topic, idea, material artifact, event, or activity that a person encounters.

People show selective attention and motivation in daily activities (Kleiber et al., 2014) and pursue specific interests in relation to their deeper values and motives and developing self-concept (Akkerman & Eijck, 2013; Hofer 2010; Krapp, 2002).

“The configuration of interests becomes a way for adolescents (in particular) to define themselves as connected to, but also as distinctive from other peers (Krapp 2000)”. (Akkerman & Bakker, 2019).

“Research shows that a person’s social contexts can strongly differ epistemically and culturally, with practices showing distinct topics, activities, routines, rules, values, goals, and motives (Akkerman & Bakker 2011; Bronkhorst & Akkerman 2016). Accordingly, each social context may support particular interests and discourage others.” (Akkerman & Bakker, 2019).

Giving interest to an object we are giving a motive for developing a self-concept. This object comes to originate a new context even being influenced by other social contexts.

3.4. Emotion, State of Mind and Affect (Vocabulary)

First, to understand the P-O-C theory, it is needed to understand the concepts from an emotion to a possible affect and state of mind.

1. Emotions refer to an emotional, chemical and physiological change that can be constantly repeated for a couple of minutes and is generally attributed to a stimulus.

2. Feelings are not used in the scientific literature but last longer than emotions, feelings happen as we begin integrating an emotion, to think about it.

3. Mood refers to a long-lasting (hours/days) and usually independent of a stimulus. The mood is influenced by several factors: the environment (weather, light, people), physiology (health and exercise) and our mental state (focus, attention and current emotions).

4. Attitudes are relatively stable beliefs about the goodness or badness of something or someone, it is how a person will think about and behave towards a thing or person (Frijda, 1994).

5. Moods are less stable than attitudes, and unlike attitudes often do not have a specific object. Mood is defined as a prolonged core affect without an object.

6. Affect is integral to the decision-making task itself it differs only on the different types of integral effect.

Emotions are inherently social (Keltner & Lerner, 2010), which is a complex influence on people. Emotions can be instrumentally to manage one's mood, relieving sadness or distress by managing through a reorganization of thoughts on a specific moment with shared messaging.

In the following figure, there is a representative scheme of how a person interacts with an object in a context with the application/object. Having different inputs and outputs depending on the context and the people around it.

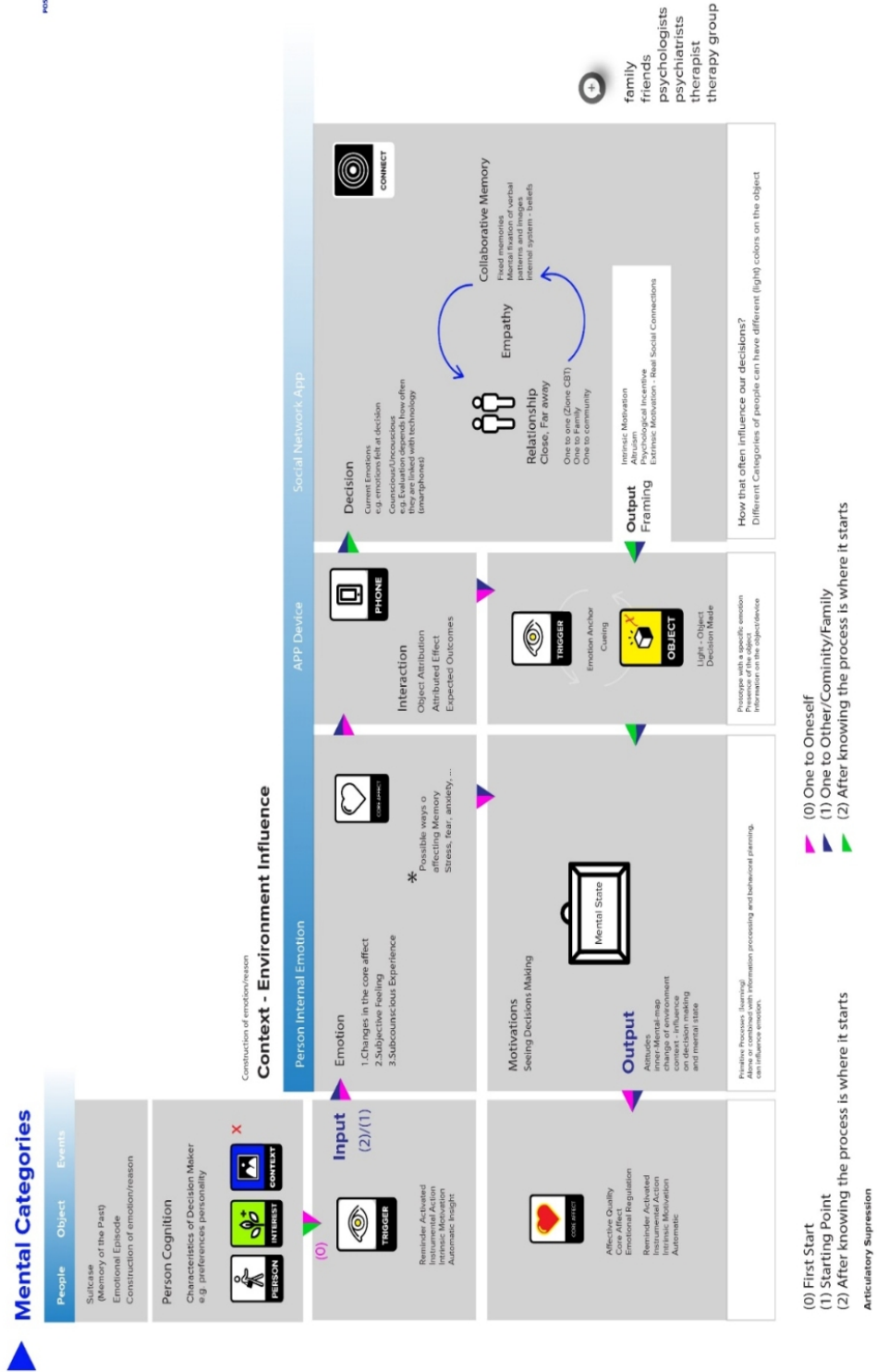


Fig.13 – Context Environment Influence

3.4.1 Emotions influence interpersonal decision making

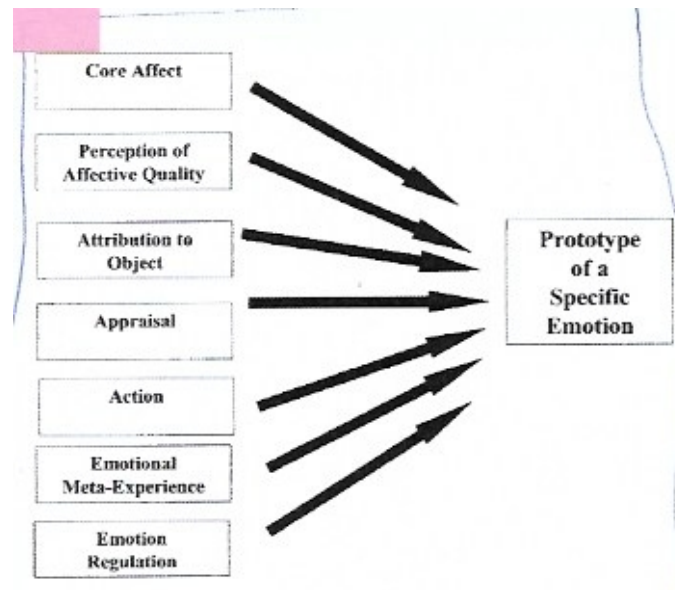


Fig.14 – Cognitive Prototype for an emotion (Russell, 2003).

In the area of human decision-making, the trigger effect is a phenomenon of emotional reminiscence triggered by a stimulus that causes the emergence of a vague recollection. “Emotional triggers” trigger something unconscious or memory in the subconscious. A situation that causes much anxiety is speaking in public. One way to confront this reality would be to "anchor" a pleasant, relaxing and positive moment of our memory, and to associate it with visualization and breathing techniques, in the face of the "stressful situation". Anchoring is a term used in psychology to describe the common human tendency to rely heavily on, or "anchor," on one trait or piece of information when making decisions. So, it is good to locate the emotion cause an anchor points to reevaluate the situation.

A person that has stress or depression, that is always concerned, this can be a gateway activity to think in another perspective to the problems they characterize on their state. The primary reason people initially perform such actions is that are prompted, modeled, or valued by significant others to whom they feel or want to feel attached or related. Suggesting that relatedness, the need for belonging and connectedness with others, is centrally important for internalization. (Ryan & Deci, 2000).

The sense of integrity and well-being, emphasizing the retrieval processes to explain learning and memory (consolidation). The response to a situation is perceived as relevant to an individual's current goals and consists of appraisals.

Nudging is a way to influence human development, without resorting to coercion, banishment or other types of obligation, but with the use of small stimuli for deciding which good positive message should be a stimulus for others and this influence on the user thinking on the process of giving to others the message. Studies have found that choice to have positive effects on people's intrinsic motivation by increasing their sense of autonomy with respect to the activity, although there is an indication that there are limits to the conditions under which choice will have its positive effects. Intrinsically motivated activity is the basis for people's learning and development. To feel a sense of personal causation and that this is the basis of intrinsic motivation.

Emotions shape decisions via goal activation. Emotions serve an adaptive coordinate role, triggering responses (physiological, behavioral, experimental and communication) that enable individuals to address encountered problems or opportunities quickly. It is not the goal that will have a positive effect but the motives that regulated an action to such purpose, what they were pursuing them and that gives them autonomy to educate their emotions towards what they desire to feel posterior of the action having an effect. An example is given that anxiety is characterized by the appraisal theme of facing uncertain existential threats (Lazarus, 1991), it accompanies the action tendency to reduce uncertainty. The developed Object is created by two steps anthill it becomes a tool for communication:

1. Action – sharing takes place at the same time to give value to someone and to us
2. Narrative – to elaborate a common-sense – sharing experiences is the foundation for connections, ties, and bonds.
3. The object
4. Object + Time = Artefact an object made by a human being, typically one of cultural or historical interest.
5. Tool for communication

Result: “The element of physical places becomes a real interface of memory, a connective tissue.” (Nayar, 2010).

The world is socially constructed and the objects that come from experience (noema) and from the mental experiences of those objects (noesis) are bond together. The real meaning of life experience.

3.5. Tool for Communication- Context and Change

Understanding

The object with time gathers the information that becomes in a long-term tool communication for understanding emotions in a specific context. Gathering such information can be visualized on an object.

Information representation > visual design > impact emotions
-> learning

It is possible to see how the representation of information is important to relearn meaningful ideas. Giving purpose it will engage to actuate in the field, in the action.

In the end, the object is a prototype for an emotion.

Memory > Attribute Affect > Information for Future Interactions

This creates an action, a task performance related to the feedback in a correct response and errors that motivate learners to adapt their behaviors. The final effect is to enhance motivation on feedback processing during the learning in the long-term. Learning task encoding to improve post-stress memory accessibility.

The central idea is to make a model that understands emotions as they play out at the level of the individual and a group. Having progress on an active memory

reorganization and values. Self-regulate emotional experiences throughout the learning process.

Exposing all this information regularly on an object. Using as a stimulus, nudging it into another mode or thought field is to consciously generate constructive semantic phrases, maintaining a constructive state of mind with respect to their personal values. Making them more autonomous, self-aware, and self-determined with their decision making. Decision-making makes a person more aware and autonomous.

Overall the use of this object will develop a good emotional investment in a social environment having a source of deeper connection by exchanging messages between a restrictive group of people, called “Spirit”. People that will help to establish memory and emotional intelligence. For example, certain people will have support from a post-stress situation.

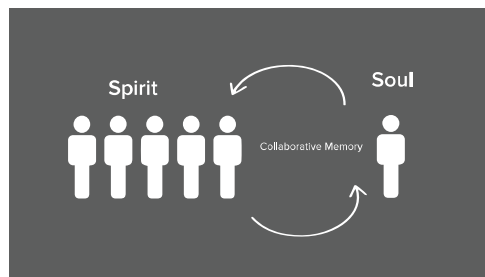


Fig.15 – Illustration of how Spirit App work.

Spirit (living memory) is a set of beliefs developed by an environment to re-establish an inner map of a person (living being) by affecting the Mental State of good progress for a healthier social and personal life. There is an exchange instant text messaging-based interaction that eases the process, as it is like talking with a friend, making for a unique environment in which the user can share personal data comfortably.

3.6. Attributed Object

Mood and the effective attribution effect on an object

Core Affect (Figure 16) is a continuous assessment of one's current state, it affects other psychological processes. Core affect is involved in motivation, reward, and reinforcement. The more positive events encountered or remembered or envisioned seem more reluctant to put peoples in positive action. To trigger off other actions.

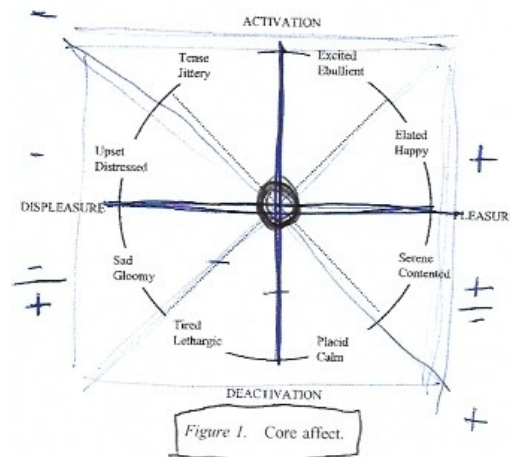


Fig.16– Core Affect (Russell, 2003).

The object identified or linked by its perceived cause (person, place, event) gains the features of the object in attributing cause affects, a change in core affect, attributing the core affect to the object. The aspects of attributed affect or the perception of an effective quality (the ability to cause a change in core affect) rather than of core affect. The object includes the full meaning and future consequences of an action, attributing perception of causal links between events, allowing a room having its own individual aura and collectively. By imagining the situations of others. Their own core affect represented we can change it, one can understand, and anticipate other effects. This adds a sense of a companion's share awareness. Stimulating the future allows anticipation including one core affect in reaction to the imagined scenario.

This process is a practical way of an action having its source of meaning, and the object turns the embodiment of a memory (a memory object). The object is always restored by the progress of life and transformation of its own identity on space. On an occasion with setting and specific circumstance giving meaning and value.

The keyword of the project is Anchoring because it “comes at the right moment” (Eggen) to a deep understanding of the translation from knowledges into insights that are value to designers of systems, to facilitate the process of remembering experiences of the users. And being the user re-framing his one state, or self-generation makes an effect on the user, and cultivates own self and others.

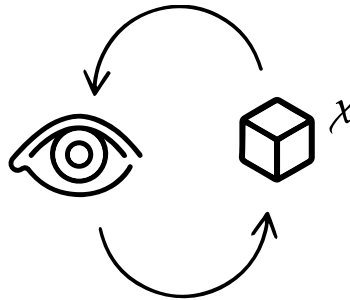


Fig. 17 – Memory - “I see I remember”

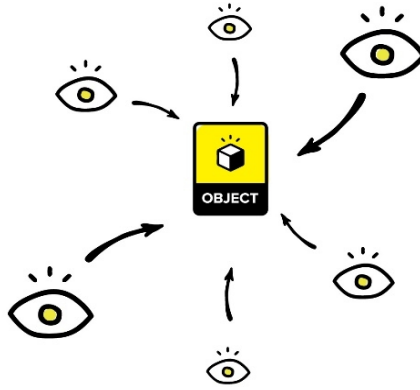
The work approaches the problem of intentionality being the essence of how entities bear meaning and coupling between the user interface and the activity, as well as the ability to turn an object into an emotional communicator to others, having an object coordinating different elements towards the same goal.

3.7. Social Object or Collaborative Object

The tool of communication having the same goal and perspective it becomes a social object on having a collaborative source of information and purpose.



SPIRIT: A Motivational Object



Collaborative Memory

-> Emotion influences a group perception



Fig. 18 - “The Spirit enriches itself with what it receives; the heart with what it gives” – illustration of a resume of the final object and its aura.

Framing a local framework between Social Media and Real-World or vice-versa. A collaborative space where they can modify the mood, helping others.

Collaborative Space

CONCRETE ONE | Scenario

The Message can be shared across the World by Wi-fi and with multiple people seeing the same thing. Connecting ...

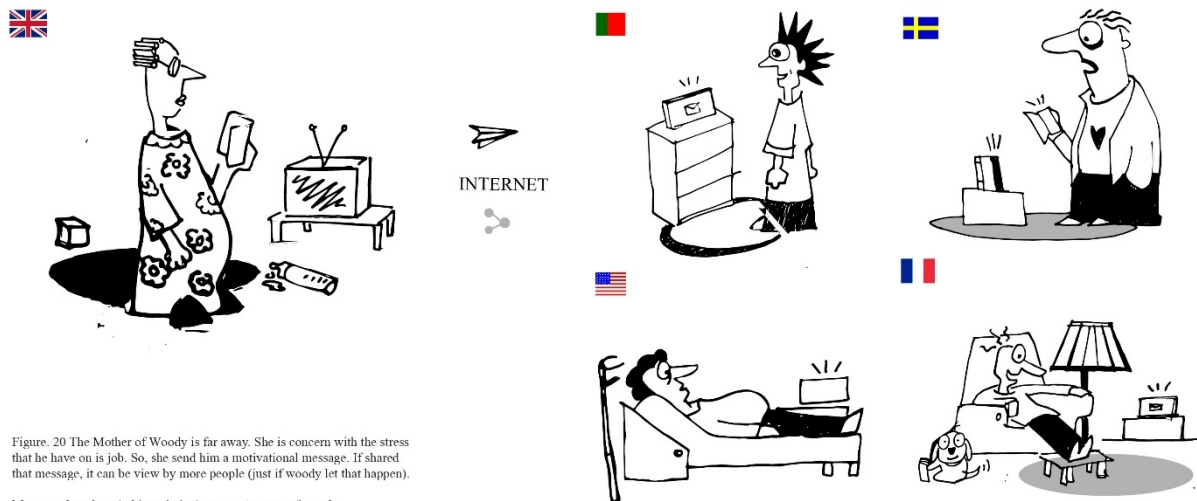


Figure. 20 The Mother of Woody is far away. She is concern with the stress that he have on is job. So, she send him a motivational message. If shared that message, it can be view by more people (just if woody let that happen).

Message shared on 4 objects in in 4 spaces. A group of people.

Fig. 19 – Collaborative Space and Object.

The object light up's when saving a message for any person or own-self. And social media will have a way to be positively manipulative in a way of constructing memories to the user and to have access to them. But it always depends on the inputs from the group and the person.

The object having its own source, context and purposes develop:

- Good environment with good object can trigger such memories, we feel connected, and balanced with our emotional needs because we do not feel alone
- Family rituals as a mean of celebrating connectivity and shared values of family life.
- Relying on someone awareness being cued (a friend connected)

- Meaningful cues are not limited to the environment, but supportive Mental cues are relevant for everyday life from family and friends. The creation of a relationship between the real and virtual space existing in a data set.

- To share a common memory is a basic structure to the foundation of connections, ties, and bonds – experience must be in the first person and this relates to the purpose of SM.

- This Spiritual Motivational Messages would frame a state or mood of the person that owns the application, influencing not only the person but the environment that the object had been connected to the app.

People's will categorize deriving self-interest (shared achievements group, self-expression, avoiding loneliness), communal motives (e.g. making connections, altruistic motivational messages). This motivation is important for intrinsic motivators in Herzberg's (1964) terms since they refer to internal psychological reactions and processes. Motivation on Objects in a Scene provides a controlled set of common objects and scenes varying in motivational value that will be available on the effects of motivation on brain and behavior. It provides colored light on the object location and, thus, creating a different type of 'social network', referring to the social ties that link individuals together through communication.

This object is a great vehicle of interactions where we can see the image of a collaborative space. Where — Relationships are truly important for woody to growth — provides an important alternative environment to implement — new activities to redirect some other types of negative effects — to “changing patterns of communication to overcome poor social skills.”

3.8. Output Light

Using emotion may serve for an interpersonal decision making, evoking a complementary, reciprocal, or shared emotions in others (Keltner & Haidt, 1999).

This will not represent a mental state, or mood of the user but is evoking an effect of change of the mood of the user by looking at the decision made on the object.

The object lights up reminding the user what decision he made with the message he saves and possible narrative (context). The description of an image, a text, and a possible environment.

The good intention of adding positive messaging to the object, the output will always be a good reminder state of others and influences behavior. Attributing an effect allows to anticipate how core affect will change in reaction to the unknown event, a scenario that has anxiety in anticipating the future. It aims to retrieve a good memory and stimulate good motivations, expectations, about future and daily experiences on the user. Helping them to mirror their emotions to have better feedback on their actions and so learn from them, leading to construct an autonomy on thinking and constructing a type of autonomy in memory or cognition.

3.8.1 Collaborative Memory (SM&RW)

In such construction, people can have feedback on their own-self in a mirrored action in such a context. Having the possibility to know how they perform in life.

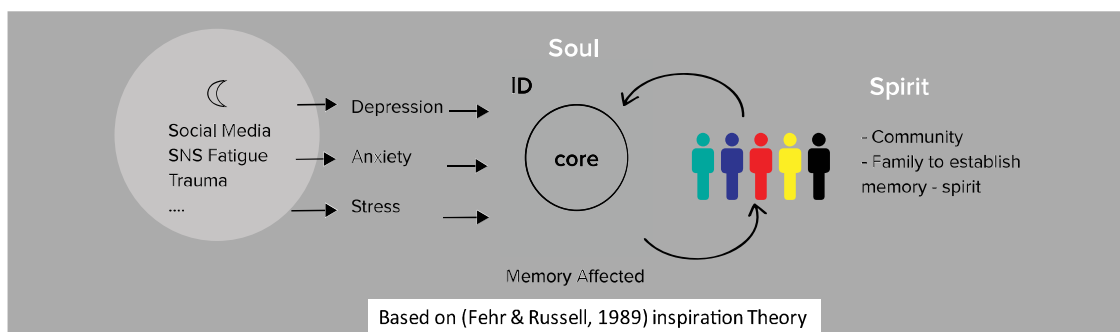


Fig. 20 - “The Spirit enriches itself with what it receives; the heart with what it gives” – illustration of a resume of the final object

How does interaction during collaboration affects subsequence individual memory? Developing a system for coding the interaction and discussion that occurs on a group member during collaboration. The group member successfully cued one another during recall practice may enhance relational processing.

This object reminds or alerts people of their personality characteristics, motivations, because of memory loss due to causes such as (MDD, Anxiety Disorder, Depression, among others).

The retrieval context when there are expected stimuli leads to greater feelings, rising for more accurate familiarity memory, this reflects a mechanism that selectively boosts the similarity between stored representation and the expected current sensory experience resulting in enhanced emotion memory. The encoding is defined by the level of expectation defined by the context, in which retrieval takes place informing and triggering the construction and recovery of rich associative memories.

Emotion influences on a group perception (SM&RW)

Collaborative retrieval practice improves subsequent individual memory by enhancing both components on distinctive processing. To share a sense of reality, can associate with group thinking and spread on groups' values that can help the individual. Increasing awareness and having control of her own tool, the utility for such decisions is to predict one's emotional response to that outcome. Representing an understanding of decision making and human behaviour as a whole.

4. Spirit Box Prototype



Fig.21 – First Prototype

The object in the first place would have access to linked media with an application that would store the instant messaging to send to the object but in the way, there were some problems and decided to go to the basic, making an object and a webserver where it receives the message to send to the object to the LCD display. The project was first made with a chatbot but was changed to an instant messaging box. Spirit focuses on communicating emotional content.

This project aims to control the box wherever the user is connected to the internet or using Messenger (+). In this project, one can control a lightbox device using a webpage created by the Arduino, creating an access point on the internet of the local network and working as the main user interface.

The Internet of Things is a growing potential that will soon change the way how individuals live in their homes. With a single click, one can monitor and control certain home devices while she is away from home. The basic principle of it is a “thing” is controlled and/or connected by/to the Internet.

The result of such research had driven to a specific object. This object is profoundly shaping decisions made by people in a positive way, it is not considered

manipulative, but serves to educate one-self on the process from emotion to decision-making and this may reflect on social media consciousness and interaction in life.



Fig.22 – Final Prototype

This prototype helps to the traditional conception of the rational decision to educate stressful moments or other situations, in which the subject deliberates in the different scenarios and possible consequences. The decision passes through the previous consideration of the different alternatives, constitutes a concept beyond a theory of decision that presupposes, not a rational subject, reflected and self-conscious, but presupposes an emotional, unconscious subject who decides under pressure of her repressions, fears, repressed desires, phantoms and unconscious aspirations, i.e., which she has no control and is sometimes unaware of herself.

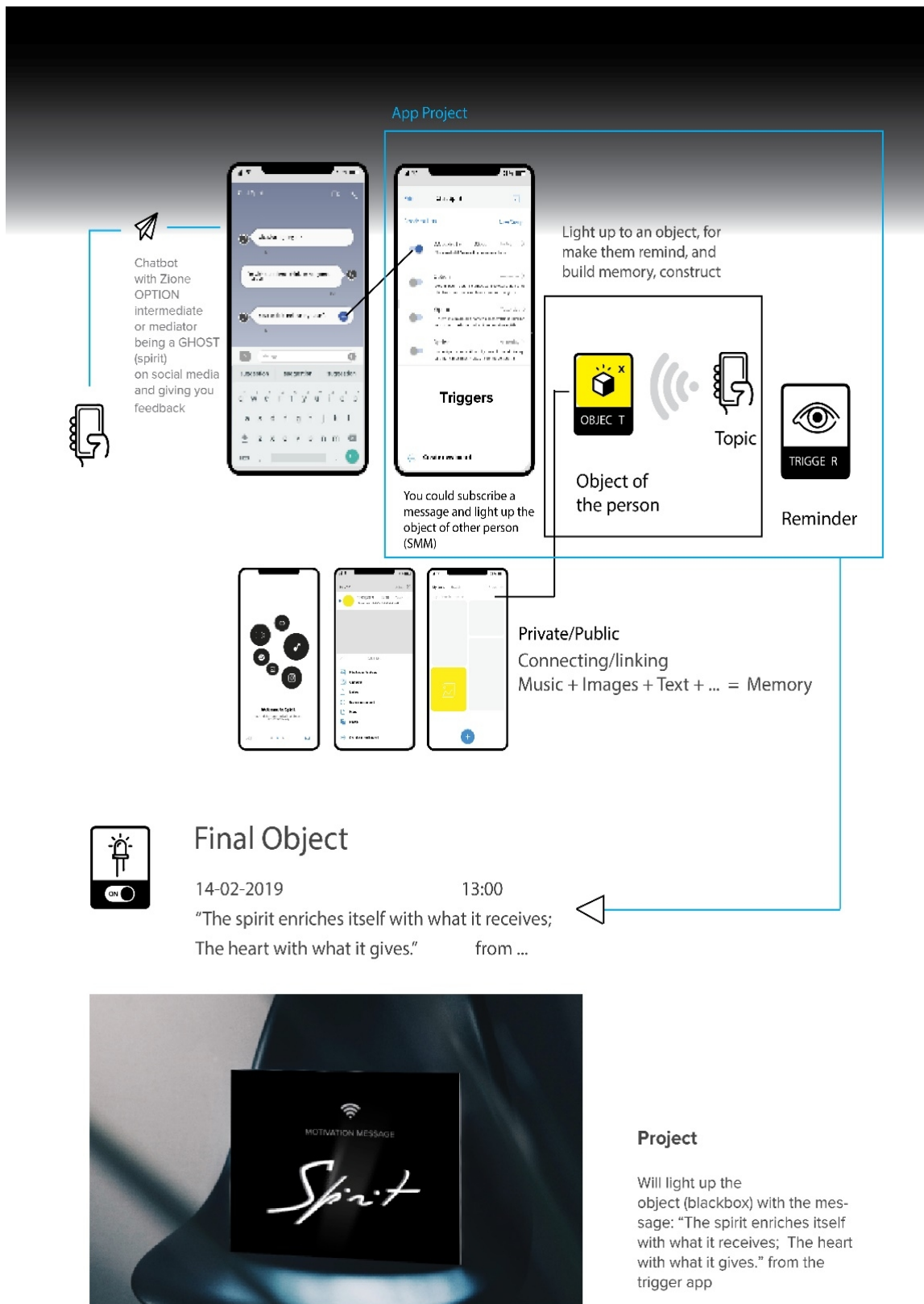


Figure 7 . App Project + Final Object

Fig. 23 – First draft of the idea of the project.

Figure 23 shows how the app would work with the object. The first prototype is a visual memory and the phrase that lighted up the object was “Spirit enriches itself with what it receives, the heart with what it gives”. This is the slogan that defines the project to understand the meaning of the spirit. It is an object that one can add emotional value to it and becomes a physical message that one can share with many people that we want across the globe.

The app could link the light with other media like text, images, songs for the user to have memory accessibility to remember some moment in their life.

On the next topic, it will be explained the first steps while building the prototype.

4.1. First Prototype

Set-up – Software & Hardware

The first prototype has the hardware components to perform the simple task of lighting up with Wi-Fi. The hardware of this initial version is:

1. One ESP8266 chip NodeMCU card via USB; Version of the card, the chip responsible for the conversion is CP210x (V2 cards) there is still the CH340G (V3 cards).



Fig.24 - ESP8266 NodeMCU V2 ESP-12E wifi module.

2. Breadboard

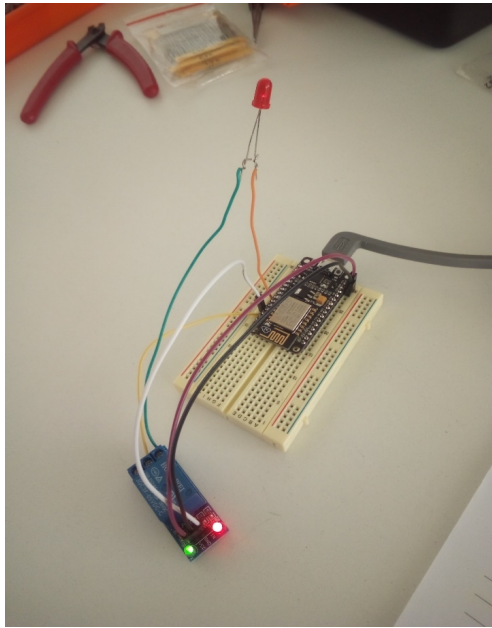


Fig.26 – Circuit with a red LED

To complement the circuit part, the software components to perform the light up led by a click:

1. Arduino IDE
2. Facebook Messenger (website, application)
3. Adafruit IO
4. Chatfuel
5. IFTTT

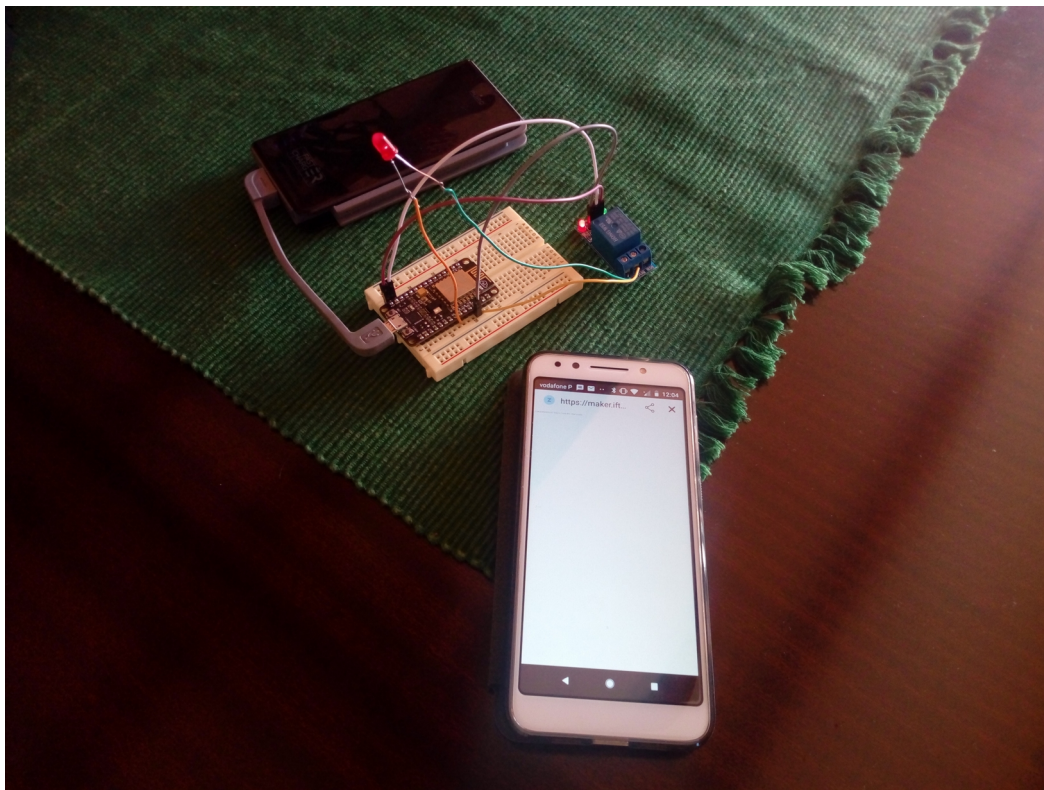


Fig.27 – Circuit with a red LED.

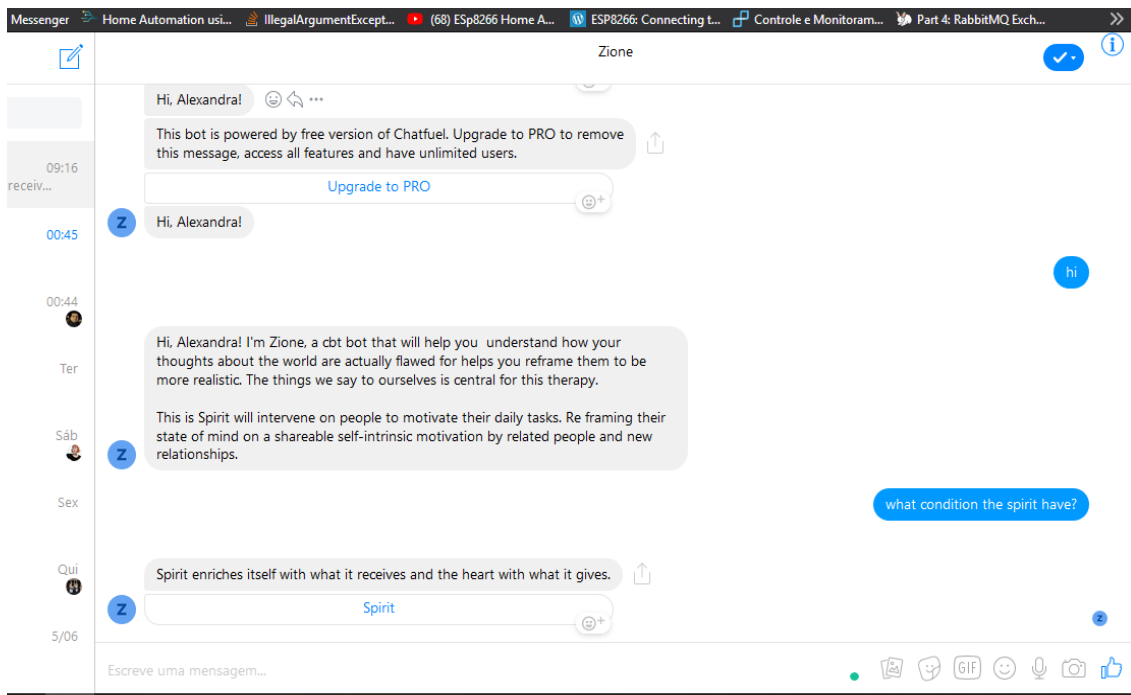


Fig.28 – Messenger conversation that will light up the message.

The Chatfuel helps to create the Messenger bot by linking it to a Facebook Page. The chatbot recognizes keywords to trigger a certain Artificial Intelligence (AI) block, that block is called the JSON API and in that block, it sends a POST request to IFTTT (If This Then That).

IFTTT is a free platform that helps to connect the apps and devices using Applets. Webhooks are a simple and flexible way to send data from your Particle devices to other apps and services around the Internet redirected to Adafruit IO page to authorize the connection between the two websites. – Chatfuel bot.

The chatbot used to talk in Messenger sends a POST request to IFTTT, and IFTTT triggers the toggle button (on/off) in Adafruit IO. Adafruit IO then sends a character in a form of 1/0 (on/off) to the ESP8266 NodeMCU board, which toggles the relay pin.

Adafruit IO is an IoT server and MQTT broker that stores data from a certain sensor through a microcontroller board in their Feed and toggle/activate commands using their Dashboard widgets.

Message Query Telemetry Transport (MQTT)

MQTT is an IoT faster than the Hypertext Transfer Protocol (HTTP) when connecting to a network. Although HTTP is used for transferring heavy data to an online server, getting data takes a lot of effort and time to do that. HTTP will always ask if there are changes in the server so that it can get data, also known as pull updates. Pull updates check slowly (every n minutes) and/or is power consuming.

For MQTT, it is suitable for this kind of IoT project since it only publishes (send data from Arduino to the server) and subscribe (get data from the server to Arduino) small amounts of data. And it is continuously connected so no need for disconnection issues. The publish and subscribe methods only occupy 80 bytes of data, which is lightweight compared to HTTP. Both publish and subscribe can also happen simultaneously.

MQTT Broker (Server)

In the IoT system, there must be a server that handles all the information about the things that are connected to the internet. This is where the MQTT broker comes in. The MQTT Broker the Adafruit IO, which stores data sent by the Arduino or NodeMCU to it and are saved in the Adafruit IO Feeds. Data can also be sent back to the Arduino by subscribing to that feed.

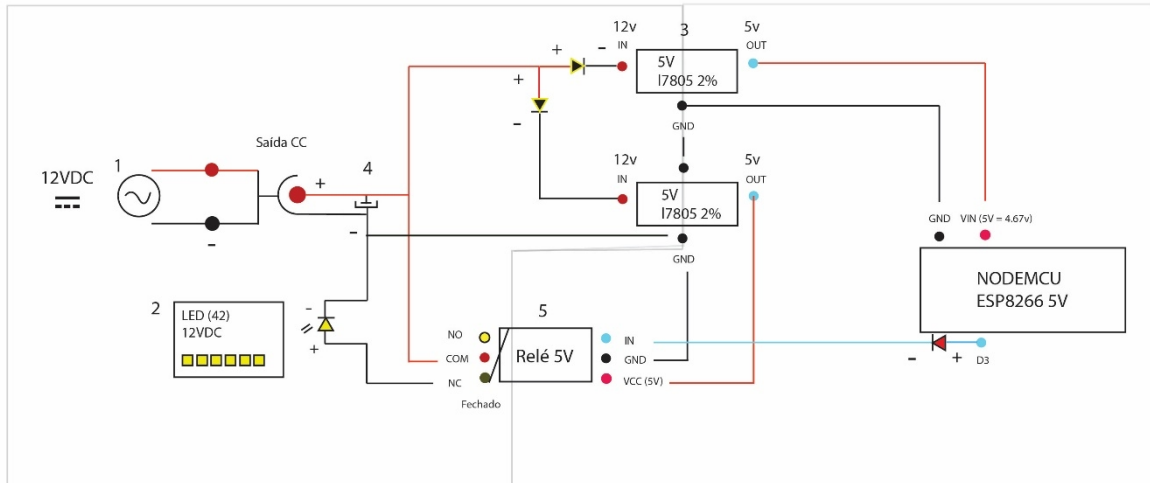
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4.1.2. Basic Circuit

The final prototype has its own independent circuit from the computer, having a twelve-voltage source indicated by the white led strap establishing two circuits in one separating a five-voltage source from the Arduino to a twelve-voltage source of the led strap dividing by a tension regulated.

HARDWARE SETUP

1. Fonte De Alimentação 12VDC 2.0A 24W
2. Fita de LEDs SMD3528 12VDC
3. Regulador de Tensão L7805 - TO220
4. Codensador/Capacitor - 1000yf 25v
5. Relé 5V



 Condensador Electrolítico 1000/25V

 Regulador de Tensão L7805

 Diode de Sinal Rápido 1N4148

 Diode Retificador 1N4006

 LED's

Fig.29 – Circuit from the first prototype.

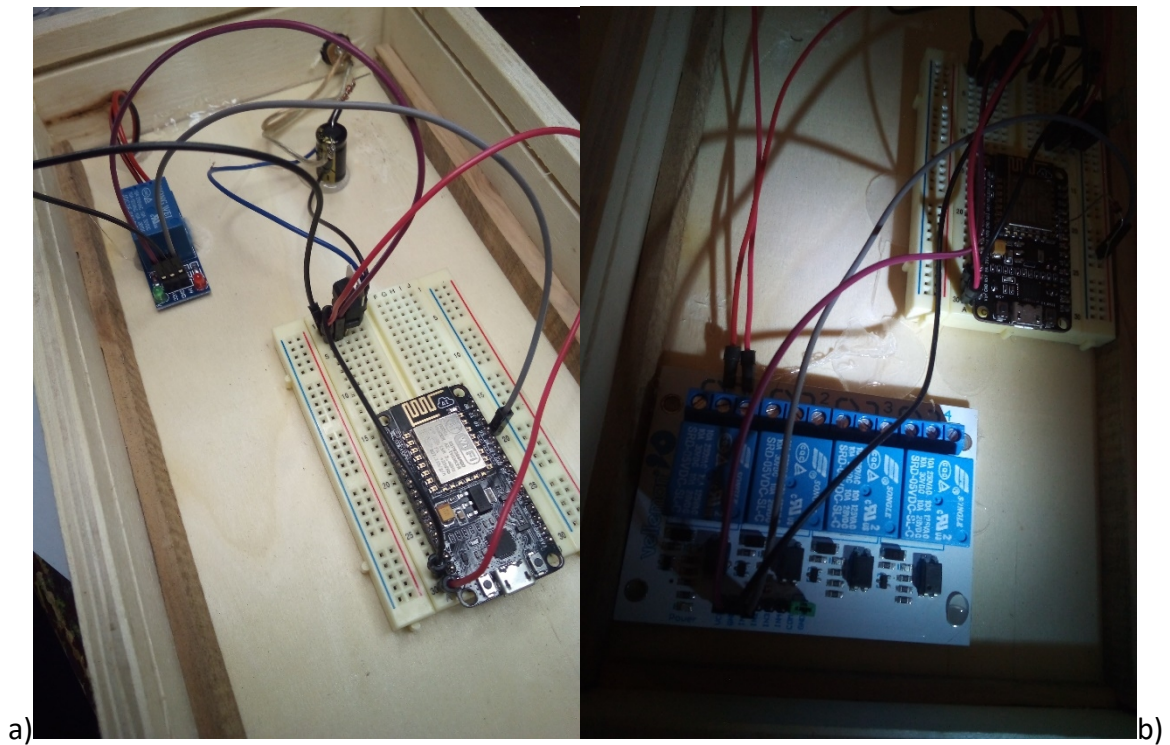


Fig.30 – a) e b) Circuit from the first prototype.

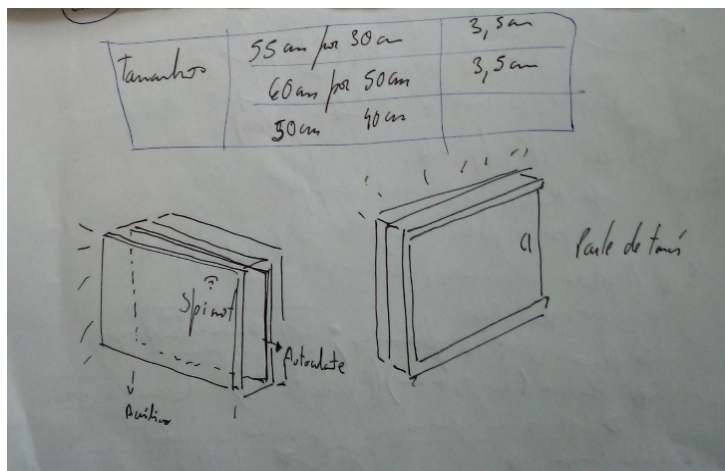
In the first circuit, a Hong Wei 10A 250VAC 10 A 30VDC Relay was used. However, it was found that this relay: it does not have an optical coupler that separates the circuits, is susceptible to failure due to the generation of voltage pulses that lead to the reset of the microcontroller. B7301 817C G Coupler Relay num - Single SRD-05VDC-SC-C It was only necessary to separate the paths from the current that feeds the microcontroller to the current that feeds the inductive loads so that there is no problem, separating the circuits.

4.1.3. Prototype Construction

The box was idealized on a pre-fabrication box re-designing to a prototype box, as shown in Figure 36.



a)

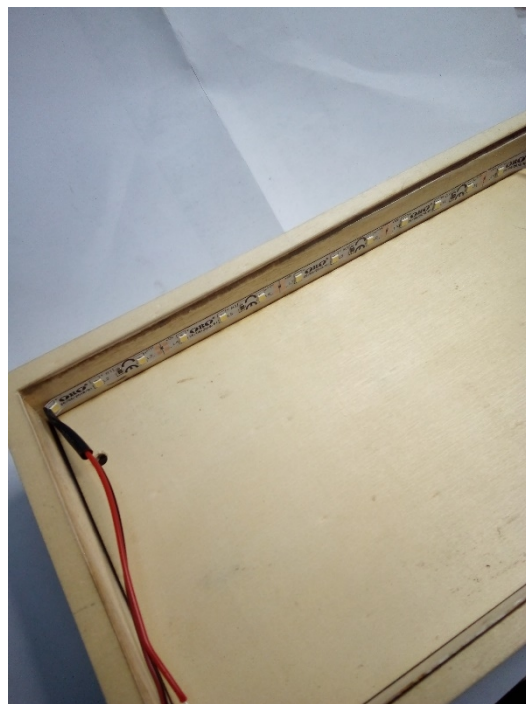


b)

Fig. 31 – a) Logo Spirit draft b) Sketch for the development of the box Light .



a)



b)



c)



d)

Fig. 32 – a), b), c) e d) Construction of the box anthill final – White Light.

4.2 Second Prototype

On the second prototype, an android application was developed, aiming to establish a message connection between a phone and the object. The Rabbitmq with Android (operating system) was tried but there were the limitations of protocols and interconnection of programs. Since was too much time-consuming, the direction was to make an offline web application.

Web Application and Technology

Offline use of multimedia application

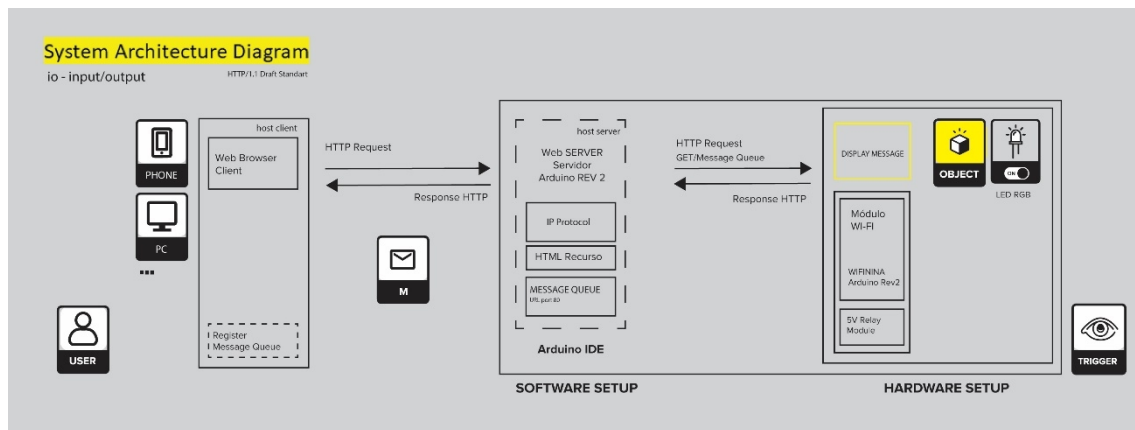


Fig. 33 - Architectural System

In the case of the Web is a multimedia service that relies on the Internet, web applications depend based on the protocols that are used on the Internet. Protocols can be understood as rules governing the exchange of information on computer networks. The characteristics of the Hypertext Transfer Protocol (HTTP) protocol for Web applications, using IP as a cycle of HTTP requests and responses and describing in detail the content of messages exchanged between browsers and Web servers, namely the GET methods and POST, which is used by the HTTP protocol. In short, when a web server and a browser exchange hypermedia information via the HTTP protocol, communication actually occurs at various protocol levels, not only the HTTP protocol but also TCP or UDP protocols, as well as the IP protocol.

Putting Arduino to dynamically generate an HTML page on the server-side. The GET method submits a simple request for a resource to the web server in this case in the <input type text> form sending the data of URL to the display.

Transmission Control Protocol / Internet Protocol (TCP / IP) has as its main objective the interconnection of computers in a network used for environments, through the web resource transfer supported by the HTTP protocol. The internet is a constantly growing and expanding the set of networks.

The IP protocol ensures that this packet reaches the intended recipients such as TCP, the highest-level protocol-layer implemental application-oriented services such as the transfer of hypermedia information via the HTTP protocol.

When a web server and a client exchange hypermedia information via the HTTP protocol, communication occurs at various protocol levels. At the web application level, the client sends HTTP requests to the server, which in turn responds with HTTP messages.

When the information arrives at the destination computer, the TCP packets that have been sent are used to reconstruct the HTTP message they contain and will be interpreted by the client software - the Web Browser.

The HTTP protocol enables communication to be established between a web browser running on a given host computer on a network and a web server running on another host computer on the same network.

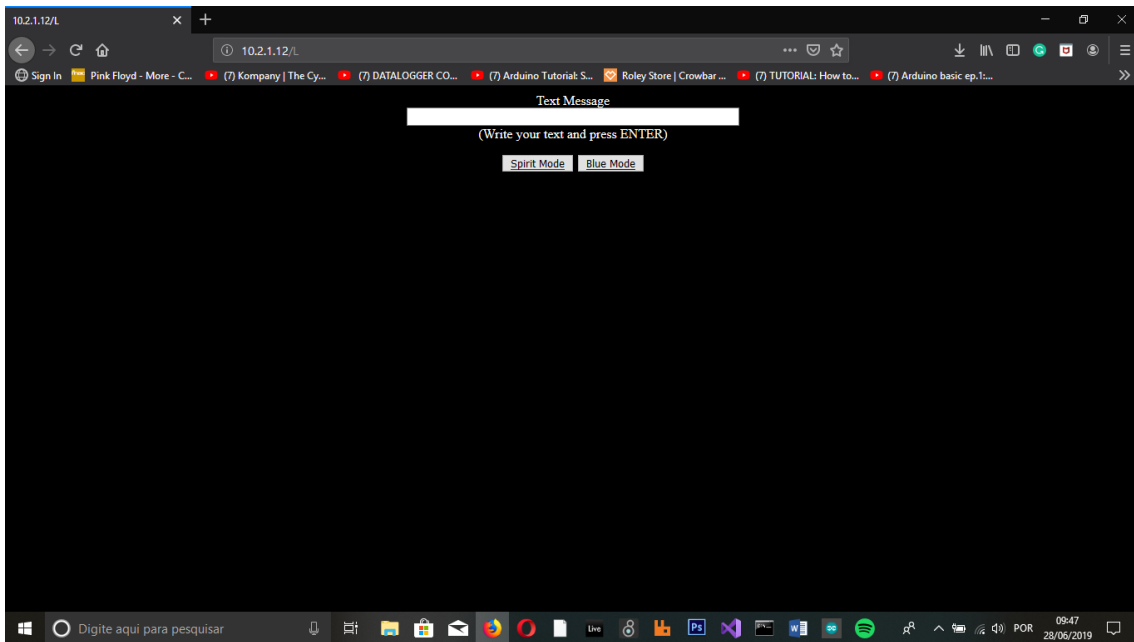


Fig. 34 –Webpage without image

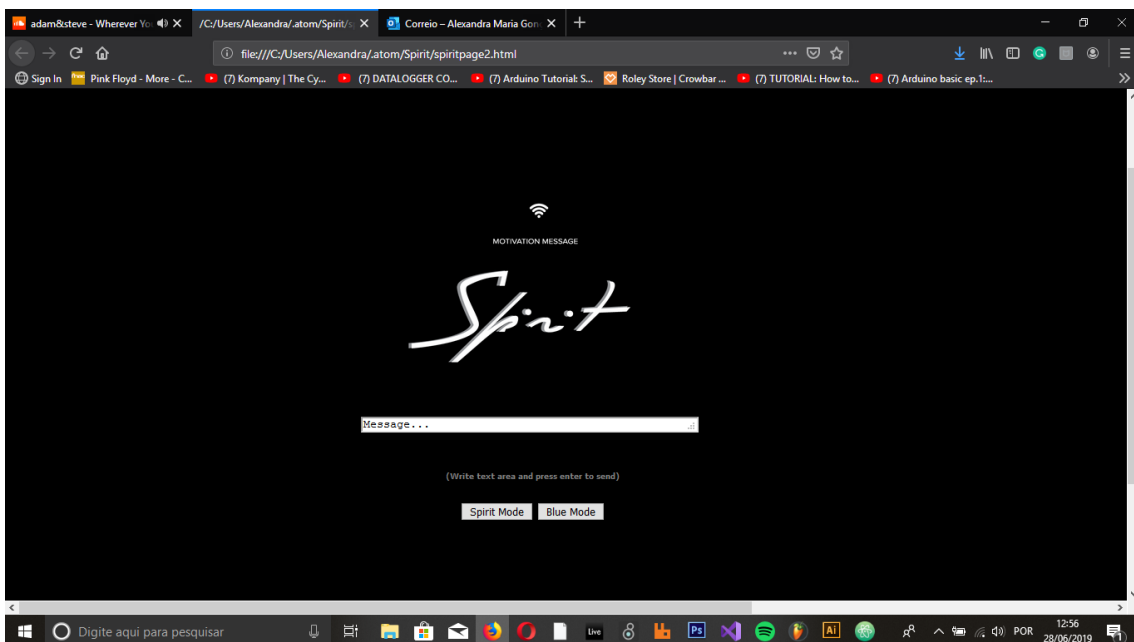


Fig. 35 – Webpage with an Image from Imgur link

4.2.1. Hardware and Software Setup

1st Enables network connection (local and Internet)

2nd The board can connect either to open or encrypted networks (WEP, WPA).

3rd The IP address can be assigned statically or through a DHCP. The library can also manage DNS.

The antenna WIFI Nina serves as an access point, connecting to be part of the local network.

The WIFI-Multi library allows to add different networks and automatically connects to the one with the strongest signal referencing ESP8266 for the first prototype. The second prototype will host a webpage on the Arduino Rev2 WIFI.

A webserver is an Internet-connected device that stores and serves files. Clients can request such a file or another piece of data sending right back to the client the request. The request is made in HTTP, or Hypertext Transfer Protocol is the text-based protocol used to communicate with web servers. There are two ways of methods to request GET and POST.

HTTP is either a request or a response. A server listens on a connection for a request, parses each message received. The client constructs request messages to communicate specific intentions, determines how to interpret results.

The client (browser) submits an HTTP request to the server, then it returns a response to the client. The response contains status information about the request and may also contain requested content like the webpage in HTML. The Web browser is the client, and the application on a computer that hosts a website may be the server that comes from the ARDUINORev2.

A GET Request was used, on connecting to the local network it creates a host on the IP, when is access on a browser it requests line, it contains the request method: GET, in this case, the Uniform Resource Identifier (URI) and the HTTP version 1.1.

The second the host header, it specifies the domain name of the host (server).

The post method is to submit data to be processed to a specific resource. Using a query string (name/value) sent in the URL of a get request to the LCD.

The main page there is two buttons one is for the object to have a blue light mode for night sleep and spirit mode for light presence.

4.2.2. Basic Circuit

An SD Card was an attempt to store the main image spirit and read it to the HTML but it was too heavy to load even in gif low resolution.

The first circuit was assembled with a white light separated from the RGB because the white color of the RGB was a light blue. In the end, the decision made was to have less material eliminating the white led strap and the SD card replaced by a local bank (imgur).

On the next circuit, a power bank supply was used (but it needs a high amp for the display have the good performance task) making possible to create an independent circuit having the twelve and five voltage circuit.

HARDWARE SETUP

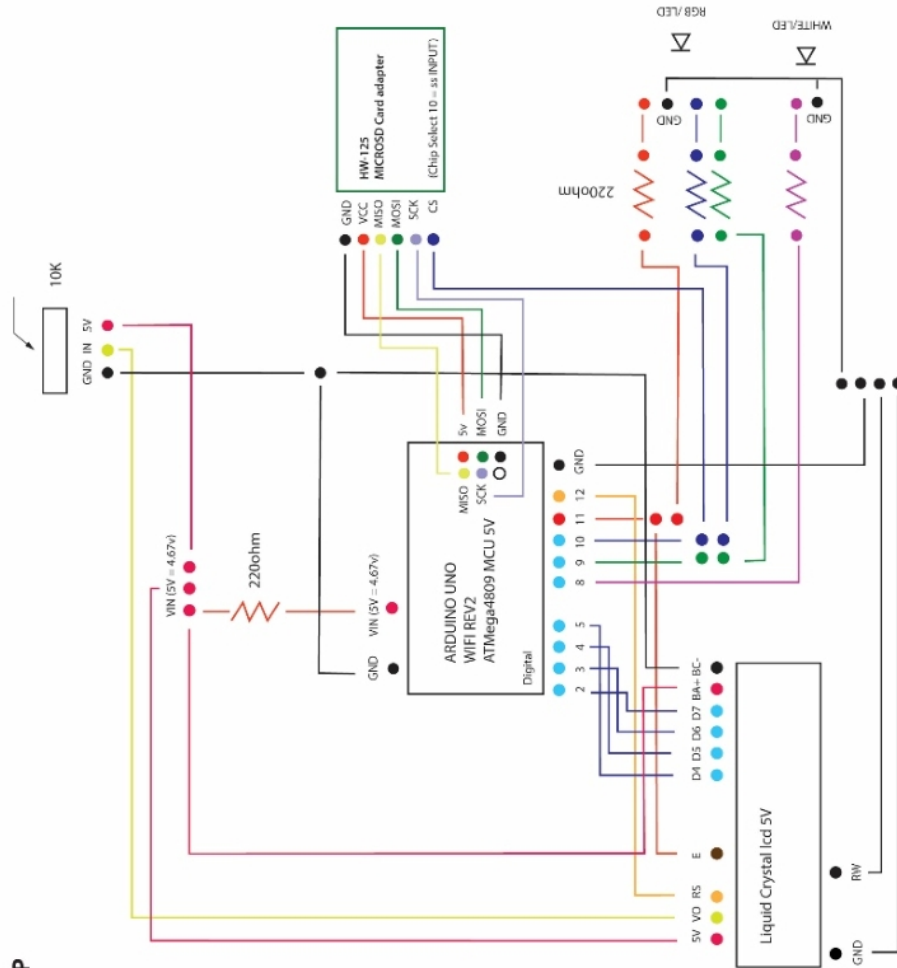


Fig. 36 - Main Circuit with an SD Card

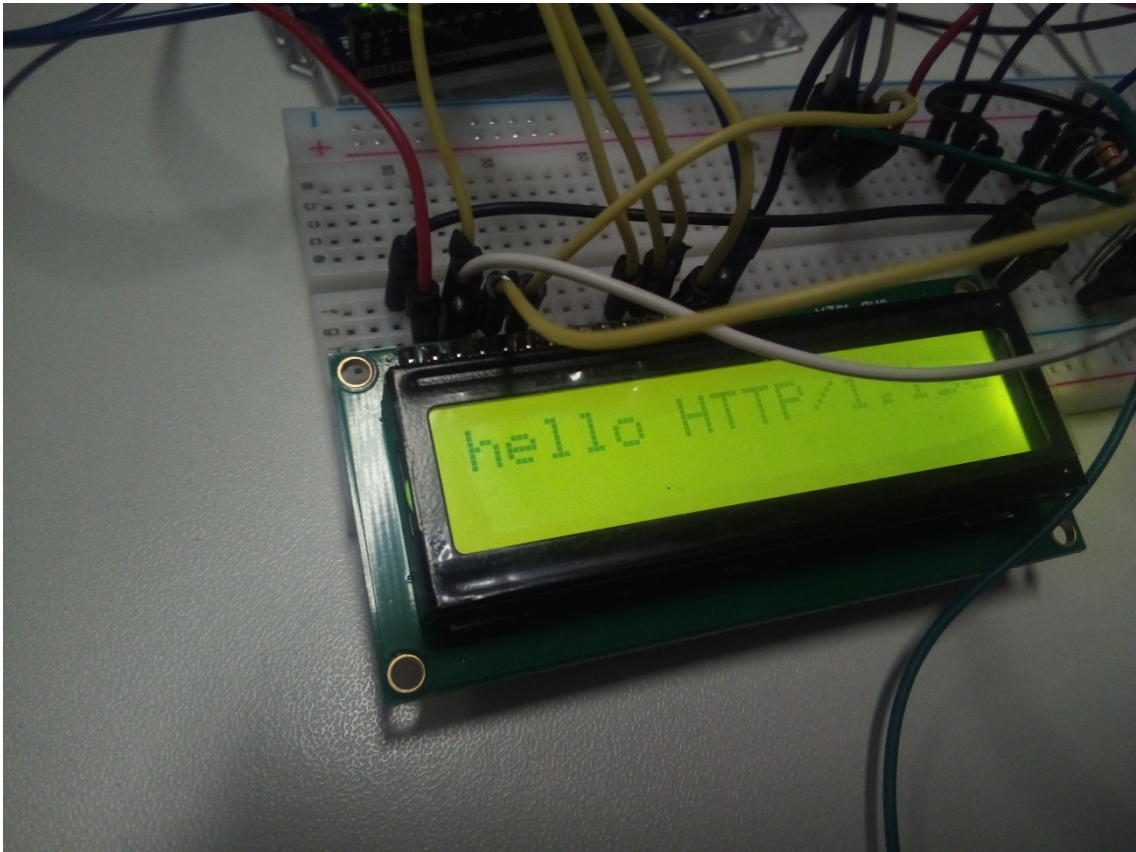


Fig. 37 – First Received Message WI-Fi to the display

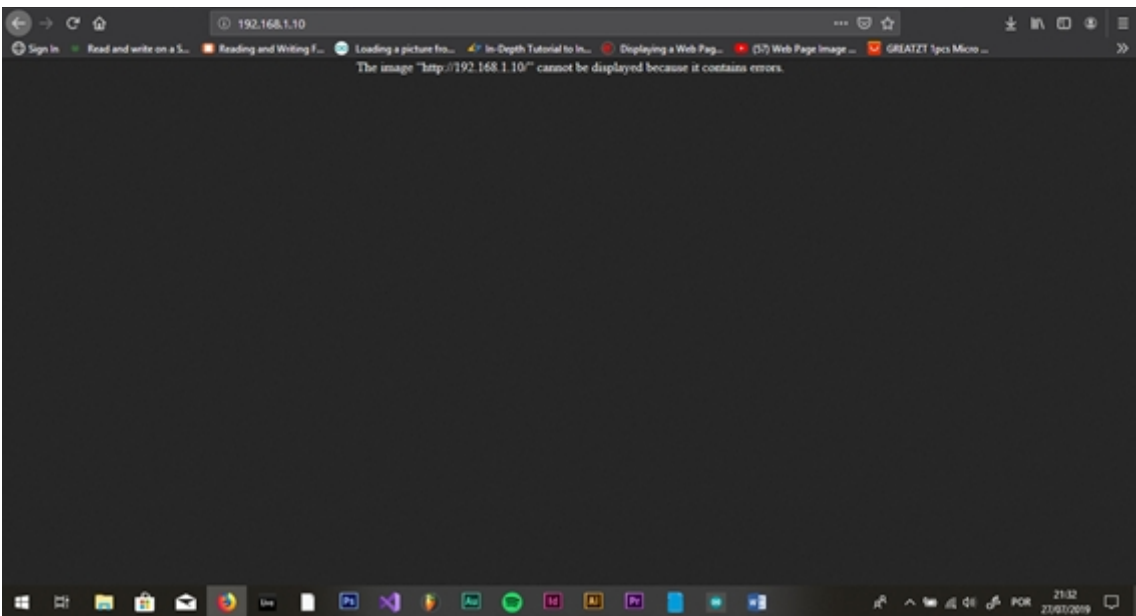


Fig. 38 – Result (error) of the webpage with the image from the SD Card

4.2.3. Construction of the Box

The second prototype was composed of again on a pre-fabricated box, in order to avoid the additional effort of making a box, but introduction the constraint of that specific box. Figure 39, shows a square box having a display where one could see the message received by a device.

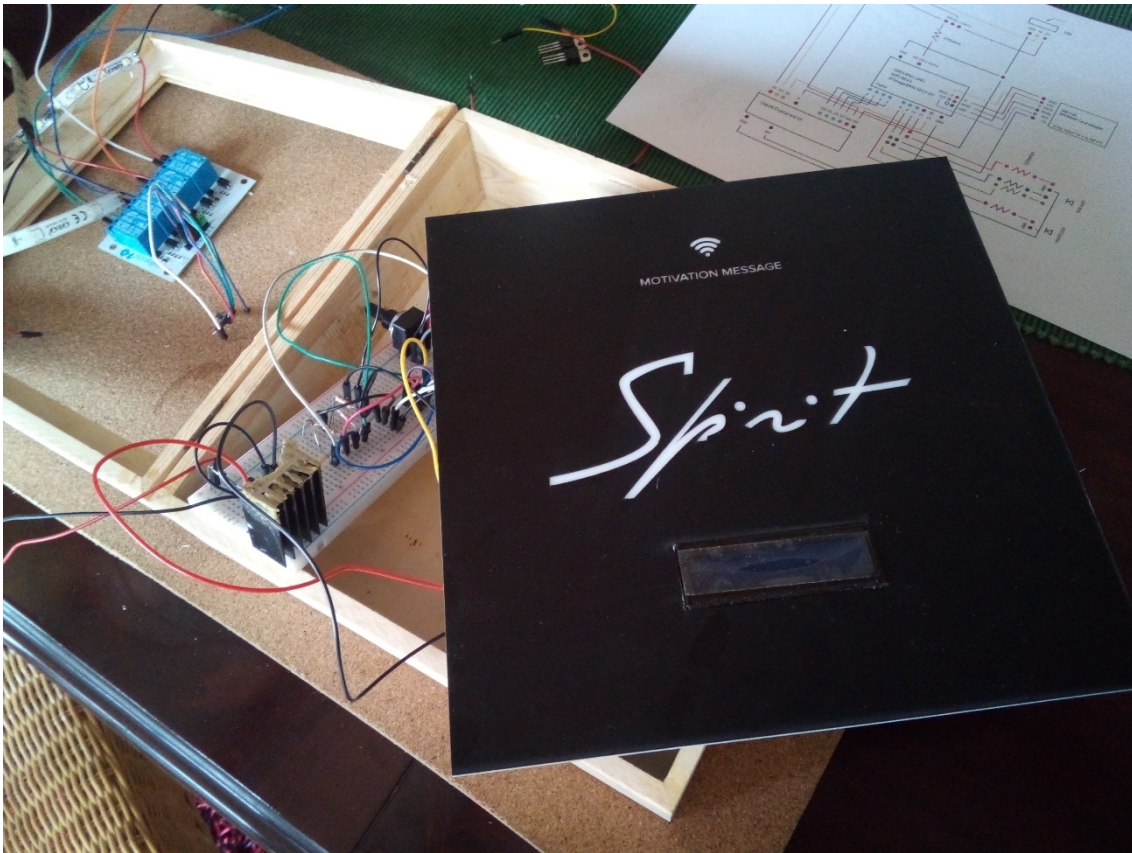


Fig. 39 – Second Prototype Interior

4.2.4 Poster



Fig. 40 – Poster – The aim of the project

Poster to understand the meaning of the spirit slogan. It is a shareable and physical message, which becomes a visual memory. It is an object, which adds an emotional value to it.

This object has a social purpose, allowing anyone who is looking for supportive talk to deal with anxiety and can work as reminder to control medication by giving reminders and helping people to keep track of their mental state and most important motivations daily life. By exchanging messages between a person/group. This serves best when people are suffering of anxiety. Isolated people tend to develop memory problem. This app and object can have a positive impact on these people. For Accessibility to post-stress memory to increase involvement in the use of social interaction in various ways.

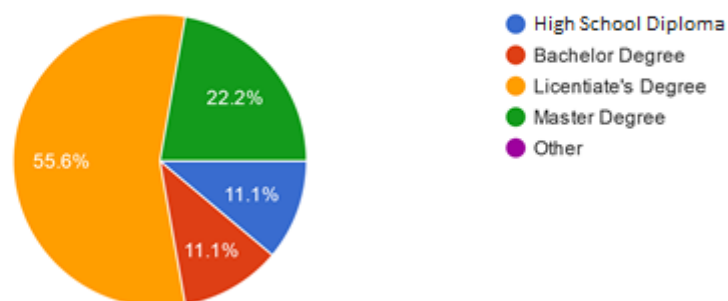
5. Evaluation

A user test was made with nine participants with observations and questionnaires around ten minutes each. The age average was 31.7 (SD = 12.03) and 7 of participants were female.

19	19
23	23
24	24
26	26
28	28
29	29
33	33
44	44
60	60
12.03492859	31.77777778

Scholarity (Graduation)

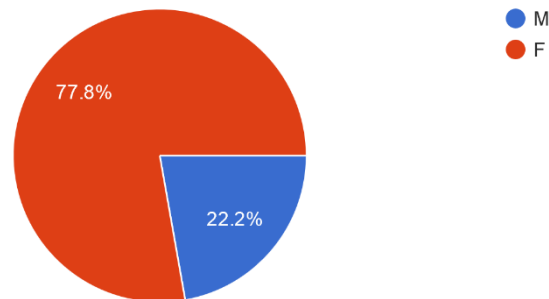
9 responses



Graph. 1 – Users Graduation (Appendix quiz)

Gender

9 responses



Graph. 2 – Users Gender (Appendix quiz)

On the first question, people were asked if they expect something from the object without knowing what the object could do. Most of the people were not expecting much of the object considering it is just a box that we could be opened. The users with less experience in technology get a bit to confuse about how to interact with the object the others could flow on the website and object.

Ratings can be given on motivation scales:

- (1) Desire to own the object;
- (2) Approach/Avoid;
- (3) Desire to interact with the object;

There is the wish to interact with the object (Interaction Scale) and to approach or avoid the object. On the avoidance people without instructions would not get to the website because it is a prototype that needs to make it manually to the IP host web.

In the evaluation of the interaction with the Object, people would feel confused at the initial point to interact with if were by computer or smartphone. The prototype had a positive response by doing what was supposed to and the design being matched by its purpose.

The first impact the word valence is considered because is more likely to ‘liking’ and disliking’ where motivation is more strongly associated with ‘wanting’ (Berridge et al., 2009).

The current confound between motivational ratings and valence may be a natural consequence of the connection between emotion and motivation in the real world.

Example: The object can be intended in a motivational value or in an emotional impact. In the end, people had a more emotional approach to the object after they interact with it. Before they had a low expectation, they could think they could contact their son or family members with the box (smile after they knew).

These demonstrate that effective impact and motivational drive can be distinguished for everyday objects.

The users were satisfied with the design and would not change how the box was made and the design matches the purpose they expect on the first questions without even knowing what the object did. For example:

1 - “As it says "Spirit" I expect something relating to my personal state of mind. Also, with the letter display box below the word "spirit" I also assume to possibly increase my well-being, to the point of sending messages somehow.”

2- “Place it near bedroom or on bedside table and see motivational messages based on timer (every day) or weather data. I can compare it to a Google Home or Amazon Echo in that regard as a sort of electronic house companion.”

The evaluation of the interface was positive, the navigation was easy to understand and the function not having unnecessary things.

People react positively to the object being a way to interact and communicate with people, receiving messages without having a pc or a smartphone. Even having fewer words to describe the message would have its measure on quality (pointing to the mass media information, this can be a way to turn off indirectly from the information and relax with less content). It was asked if they would use the object to send a message and all of them agreed.

In the part of the evaluation of the product, one of the questions was: “How would you describe this product using your own words?” Words like: “Friendly”, “Positive”, “influencer”, “necessary”, “creative”, “innovative”, and “straightforward”.

People would use this object to be sending a message to a loved one during work or working late at night at home, to family members, to colleagues at work. They highly recommend this object to avoid digital space information.

The sensation that people felt when using the product was curiosity, intriguing, comfortable, news, positive, good, understanding, playful.

15. How do you feel when using the prototype?

9 responses



Good
intrigued
interessada, curiosa
i feel i can spread positive vibes for others
comfortable
Curious to see if i could share the way i am with others, so they could feel the same way.
Like I did a good positive thing.
it took me time to understand, but know i am feeling playfull

Graph. 3 – Users Evaluation Product

In the end, people would send reminders or positive self-motivation messages to them on interacting with the object and curiosity will remain on the object because it will always expect something new from someone on a long-term product.

5.1 Discussion

A discussion occurs on the procedure of the user testing was the possibility of the object create its own response to the user. This perspective creates another way of further development of the project, assuming there was a bot corresponding or a button to send an answer to the sender the received message.

The project was associated with a pager that is also known by beeper a wireless telecommunications device, receiving messages by a beep. This association occurs the possibility of putting a sound on the box, having a received message sound.

6. Conclusions

The objective of this project is to make a way to connect the information in the era of the Internet (Internet of Things (IoT)) to the Real World as a motivational message by a personal object.

The relation between objects and cued memories — can be elucidating trade-off to encountering and re-evaluating our disposition towards an environment, objects, and their related memories. Although this evaluative process happens in the mind and is not evident to interactive devices. This project develops a method between mind and device to show this process of memory, being a good practice for mindfulness.

The disproportional information of the Internet in comparison with what it is needed in the real world is somewhat lost and with this object, we will enrich our emotional state and life in little things such an instant message.

So, how it is possible to intervene to make people more aware of the practice of emotional investment?

Re-framing their state of mind on a shareable self-intrinsic motivation by related people or new relationships. It helps us re-frame them to be more realistic. So, the things we say to ourselves is central to this therapy.

Overall the use of this object will develop a good emotional investment in social media having a source of deeper connection if used. Having the possibility to connect with other people with similar problems to better understand and to surpass them together.

This type of ambient device will be new generation of consumer electronic products.

Spirit

More for the soul that is just a substance and spirit, unity.

Spirit: A Motivational Object Message Communicator Device with an emotional approach

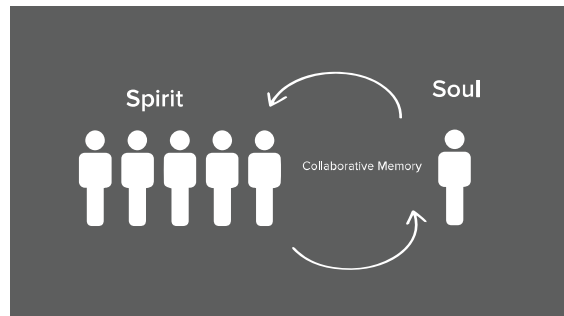


Fig. 41 - “The Spirit enriches itself with what it receives; the heart with what it gives” – illustration of a resume of the final object with Online Community.

SPIRIT = Soul is a regulatory idea > unknowable > object of thought

6.0.1 Spirit as a life-giving principle

“A vivificação da sensibilidade através da ideia é o espírito”. (Refl.933, AA 15:414) Joãozinho Beckenkamp, “Tinha Kant um conceito de espírito?”

Kant in his work Critique of Pure Reason concluded that metaphysical entities (Soul, God, World) cannot be known because they are not spatiotemporal, they do not belong to the reality caused as natural phenomena are not grasped by sensitive intuitions. They can be thought of, but not known. In this work, the Soul, understood as immortal, constitutes a postulate, presupposition or condition of possibility of moral consciousness. In this sense, the soul as a regulative idea³² approaches the spiritual, immaterial conception, understood in its ethical function, that is, as will and reason and as a substance for the spiritual unity as a whole. The soul becomes a regulative idea of human freedom, of virtue, since moral conscience needs the rational belief of

² According to the philosopher Kant, the conception of spirit as an entity consists of a delirium of reason or delirium of sensation (unlike the Norwegian Baumgarten, famous at the time for reporting the existence of spiritual entities).

immortality as a support, a presupposition of goodwill, which dispenses with immediate satisfaction to fulfill the dictates of action for duty. For Kant reason is limited in his ability to know, since metaphysical themes are not amenable to scientific knowledge.

Spirit comes to occupy the crossing point between the phenomenon (Nature in Kant) and the noumenon (world of things, unknowable, such as the Ideas of God, Soul, World, fruit of reason in its capacity for synthesis). Arguing that the object³³ is metaphysical - like the soul, the world, God (Kant), not being able to know its theoretical reason, the main reason for feeling and thinking. The meaning given by the people who transfer their ideas to the object may be unlimited; This is because through aesthetic enjoyment the conditioned and unconditioned intersect. Then the phenomenal, spatiotemporal reality, and ideas, only created by thought, establish exchanges with the object — representing the “noumenon” of things themselves and the kingdom of Kantian ends. A virtual space for sharing ideas, for personal, subjective appreciations, for a barely verbalizable, unknowable, feeling and thinking opens up.

The thought of another is captured in an object, understanding the soul, the rational and volitional anima, and this product will, proper to the creation of the human subject.

Spirit is the sum of thought between human beings who make themselves known, eventually make this idea cloud or nebula knowable - not representative of anything or anyone - it is a virtual space in which the object merely conveys, expresses the thought of someone in another and vice versa, nullifying its provenance. Thus, these ideas of experiences - or feeling real or virtual - translate the ideas belonging to the noumenon (the reality of things themselves), which the human subject can think but not know because they are not based on sensory data.

1. The soul is a regulative idea that underpins good will, ethical and moral conscience, and constitutes the root of human freedom embodied in moral conscience. It is this that has a spiritual, immaterial character (Spirit) that one transpose into artistic sensibility.

³ The term object is marked to differentiate from the notion of known object, as opposed to the knowing subject. Object is, rather, the application created with the purpose of interacting with the person looking for answers to the critical situation, anxiety, lack of meaning, depression or simple difficult moment that goes through.

2. The aesthetic experience may present or symbolize the unknowable, the incommensurable, the unconditioned (as the ideas of Soul, World and God) since in artistic creation there is the “free play of the faculties” presided over by the imagination (Kant)⁴, in which thought need not submit to logical, conceptual rationality. Thus, it supports the thesis that in art the sensible and the intelligible, the finite and the infinite, or the phenomenon and the noumenon, the material and the spiritual, can meet, cross and enjoy. The aesthetic experience makes tangible, thinkable what the subject cannot know - the “things themselves” - but the subject experiences the “disinterested contemplative pleasure” (Kant) linked not only to the value of beauty but also to the sublime.

Definition of spirit as a principle. The transcendental idea that interests us here is that which totalizes the relation of representations or thoughts with the subject of thought, aiming to achieve “the absolute (unconditioned) unity of the thinking subject” (KrV, A 334 / B 391). “All spirit is substance.”

Absolute unity considers a judgment other than the ‘beautiful’, the ‘sublime’. The feeling of the sublime is experienced before the formless or the shapeless (immensity or potency). Everything then happens as if the imagination were confronted as its own limit, forced to its maximum, suffering violence that raises it to the extreme of its power. - Deleuze⁵, G. -ob.cit, p. 57.

The totality of human experience not being knowable, the reason in its unifying capacity. It follows that the ideas of Soul, God, World, take on the role of regulating ideas, that is, they guide, lead thought in its vocation of freedom and the search for the unconditioned, the infinite. As for imagination, it is subordinated to understanding and reason in the Critique of Pure Reason and practical reason. But in the faculty of judgment, the imagination has the primacy and goes to its limit associated with Reason. Accepting the limits of reason, one start from the allowance that human faculties, human reason has limits, it is important to know the limits because it gives us comfort in complexity and dynamics that is not verbalizable, conceptualizable (such as depression, anxiety, phobias). The subject has difficulty distancing herself from what

4 Kant t in his work Critique of the Faculty of Judgment where he analyses reason in the domain of the arts and aesthetic judgment.

5 Deleuze, Gilles –Kant’s Critical Philosophy, 1963, translator Geminiano Franco, editions 70, Lisbon, ch. III (pp. 53 to 67).

she feels and speaking, so the reason is central to conditioning the thought at the moment.

Concluding that Spirit comes to represent some of this contemplative taste or pleasure, as people remember the idea conveyed or mediated by the object.

In conclusion the link between finite and infinite, the sensible and the intelligible, the conditioned and the unconditioned, which cannot be perceived conceptually or verbally but can be expressed in the work of art and the aesthetic experience of reality. Artistic expression and works of art make room for these emotions, ideation's, dreams, daydreams, contradictions, and psychic conflicts, and in this sense, art can result in therapy. Being the Kantian notion of sublime can be linked to Freud's notion of sublimation. Healing art because it sublimates the unconscious, that is, it gives expression, cultural and social response to traumas, ghosts, repressed emotions and desires, repressed drives, conflicts that are proper to all human beings in their acquisition of culture, in their socialization.

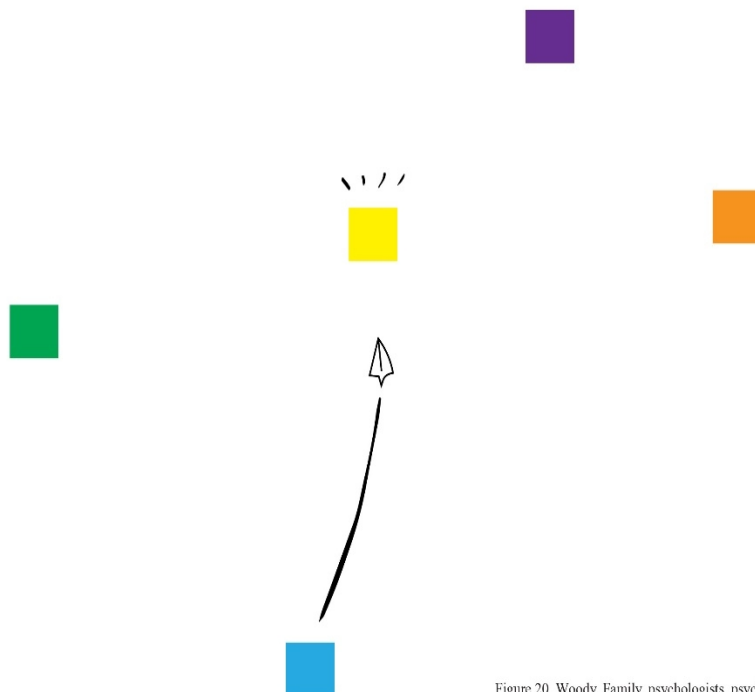


Figure 20. Woody, Family, psychologists, psychiatrists, Ziona, ...

Fig. 42 - "The Spirit enriches itself with what it receives; the heart with what it gives" – Message Spread – Spirit focuses on communicating emotional content in addition to presence detection.

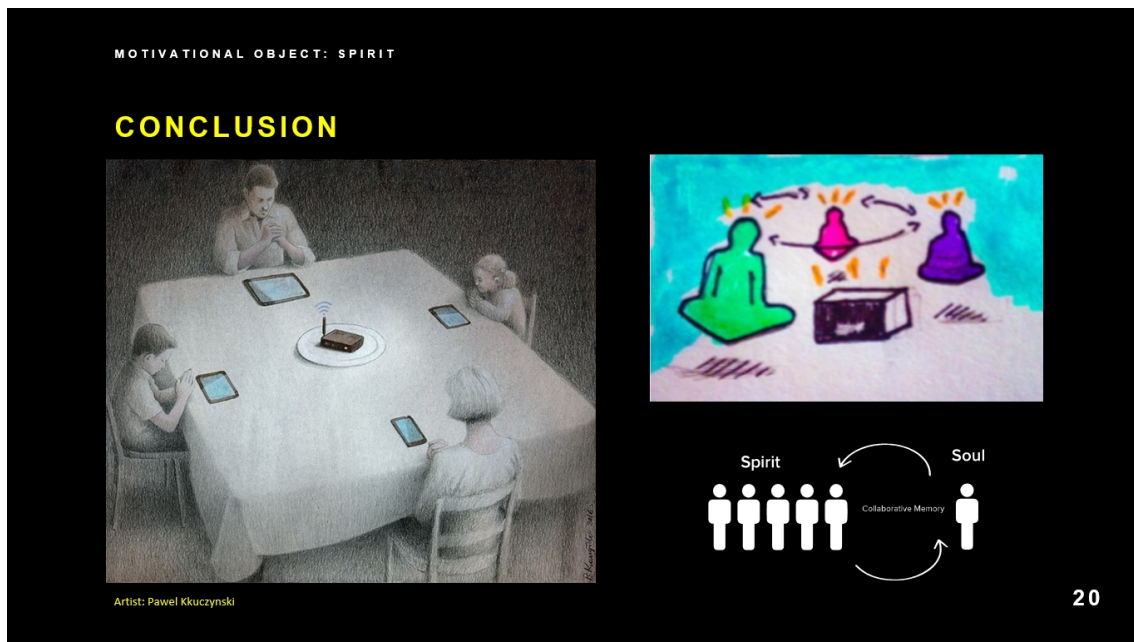


Fig. 43 Discussion

In the image above on the left, an image where the source information is at the center table where individuality is present, with the law of spirit one have the right image at the top where one have a shareable experience being the center of the activity.

The object mediates new topics to start conversations or to meditate about the understandings of a giving thought. It fills the off and online presence for giving the sensation of presence to someone who is lonely or feels loneliness. The message received on the object (the light- that is a representation of someone's presence) is like an anchor for someone, telling there is a person near to talk to them. It is a reminder for a moment to moment. With this function, the object gives comfort to people's life one of the most important necessities for human well-being in the pyramid of Maslow.

This object is also a way to link with other individuals that have the same problem being more connected with each other, selecting a group of people to make part of the life of the person and to the box, choosing a colour to represent each person on the object.

A design should either an open or closed society for digital space?

Ambient Awareness is a new form of peripheral social awareness in the digital age. Social media is what you do, what you are and how you feel combine with social

communication. The participants on producing their own media they are consuming new ambient awareness from different social circles in the digital space and so Spirit creates an ambient awareness through regular and constant reception or exchange of information fragments through the object.

The designer Leisa Reichelt defines that ambient awareness "is about being able to keep in touch with people with a level of regularity and intimacy that you wouldn't usually have access to, because time and space conspire to make it impossible."

With the new technology that is being produced lately is being more and more persuasive and designed by external triggers, making people more conscious about their information. If a system is occurring in the digital realm that collects personal data, publishes personal data, tracks personal actions, shares personal information, enters personal space, and/or implements a personal identity, then privacy concerns arise. This involves user awareness/knowledge and user freedom within his/her domicile.

How in the Future freedom of expression will be weighed against the people's need for protection?

So how to design those triggers to make people more aware of them?

Is it possible to design triggers for an emotional investment? For the ambience awareness? - <https://soundcloud.com/user-201082626/zebra-ambient-awareness>

This is related to the root cause of the psychological diseases of this century, it is important to understand the motivation of human behaviour, exposing positive information regularly on the Spirit object. Using as a stimulus, nudging it into another mode or thought field is to consciously generate constructive semantic phrases that one can maintain a constructive state of mind with respect to her personal values this can be a new method to cope with the discommodity of being addicted to technology, social alienation, the sensation of loneliness (FoMo), depression, anxiety.

6.1. Limitations

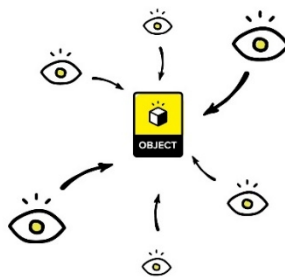
The major limitation on the project was establishing the Rabbitmq, having the application without webservice and requiring a protocol to establish the connection. Nonetheless, with the ArduinoWifi the second prototype was made without having in

the consideration of the connection of protocols to make an application running or do the performance task.

On the side of the hardware components were used to have the cost of a low price budget in the attempt to have less material on the prototype using pre-fabricated boxes (existing objects). Having this object, the money was saved and time off work for delivering the thesis at the desired time. With this the project it's possible of having in any prefabricated box having its format and design measures, redesigning its function and appearance but always having the same conceptual idea. The material, budget and time was limited.

6.2. Future Work

SPIRIT: A Motivational Object



Collaborative Memory

-> Emoton influences a group perception



Fig. 44 – Collaborative Memory

The future work is based on social media having a crucial role in the way to connect people far and close to share goals, visions, and influences. With Artificial Intelligence and a Cognitive Behavioural Therapy (CBT) bot having a role in the advances in the computational capacity of the data collection and machine learning. Both can have a great impact on people's lives and can influence areas like psychology and psychiatry being a tool to clarify patients' state of mind for motivational messaging or be a mediator to teach some emotional regulation skills on investment of social media.

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Motivational Object: Spirit

*Required

1. Age

2. Gender

Mark only one oval.

M

F

Other: _____

3. Occupation (Profession) *

4. Scholarity (Graduation) *

Mark only one oval.

High School Diploma

Bachelor Degree

Licentiate's Degree

Master Degree

Other

Other: _____



5. 1. Before even look at the wireframe or prototype, what would you expect to be able to do with it?

6. 2. What's the first thing you would want to do on this product?

Interacting with the Object

"Imagine you could send a message in this box to anyone in any part of the world."

7. 3. When you explore the product do you become confused at any point?

Mark only one oval.

	1	2	3	4	5	
Strongly Disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree

8. 4. Would You change the product?

Mark only one oval.

	1	2	3	4	5	
Strongly Disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree

9. 5. Does the prototype do what it's supposed to?

Mark only one oval.

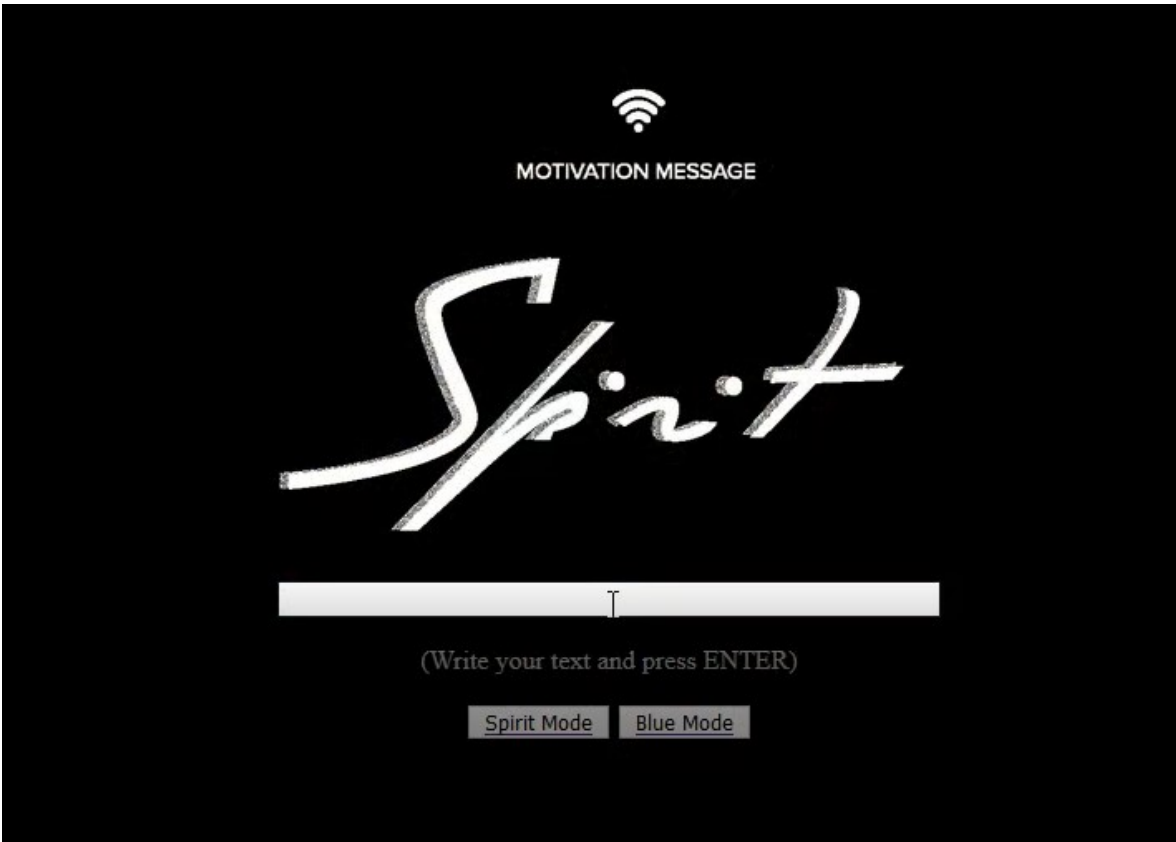
	1	2	3	4	5	
Strongly Disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree

10. 6. Do you think the product's design matches its purpose?

Mark only one oval.

	1	2	3	4	5	
Strongly Disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree

Interface**Web Page**



11. 7. Does the information architecture and navigation make sense?

Mark only one oval.

1 2 3 4 5

Strongly Disagree Strongly Agree

12. 8. Does anything seem out of place or unnecessary?

Mark only one oval.

1 2 3 4 5

Strongly Disagree Strongly Agree

13. 9. Do you think this would be great for your communication?

Mark only one oval.

1 2 3 4 5

Strongly Disagree Strongly Agree

14. **10. WOULD YOU use the object to send message often?**

Mark only one oval.

1 2 3 4 5

Strongly Disagree Strongly Agree

15. **11. Is there quality in the information you send?**

Mark only one oval.

1 2 3 4 5

Strongly Disagree Strongly Agree

16. **12. How likely or unlikely would you be to recommend the finished product to a friend?**

Mark only one oval.

1 2 3 4 5

Strongly Disagree Strongly Agree

PRODUCT

17. **13. How would you describe this product using your own words?**

18. **14. What scenarios can you picture yourselves using it in?**

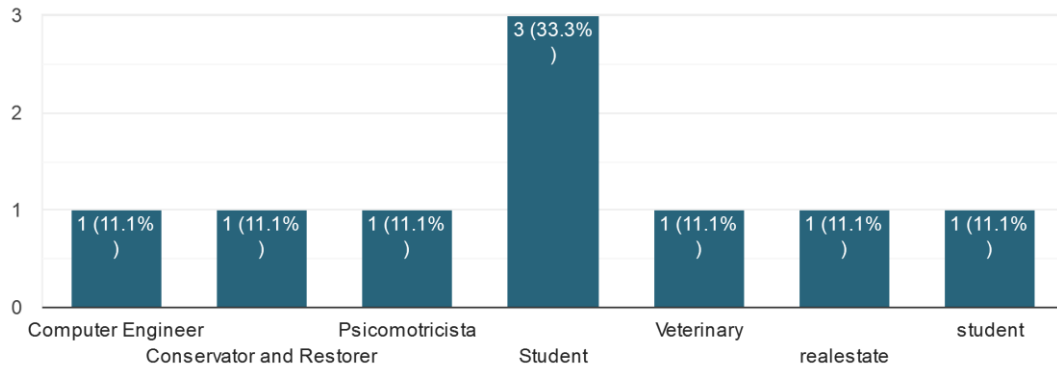
19. **15. How do you feel when using the prototype?**

20. What messages did you send?



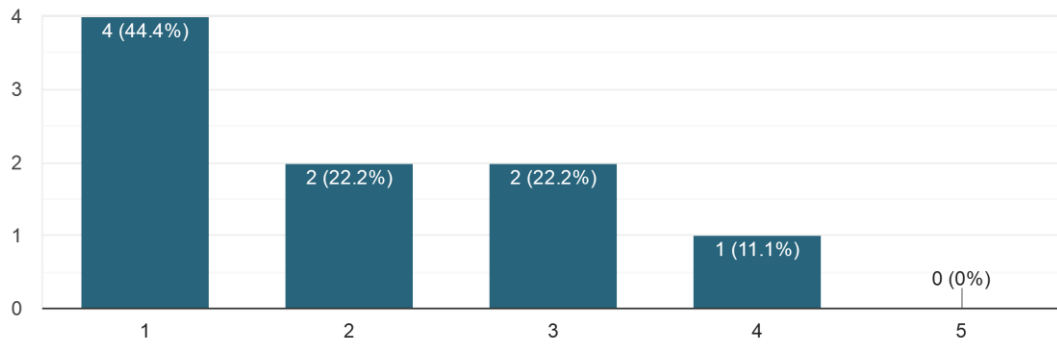
Occupation (Profession)

9 responses



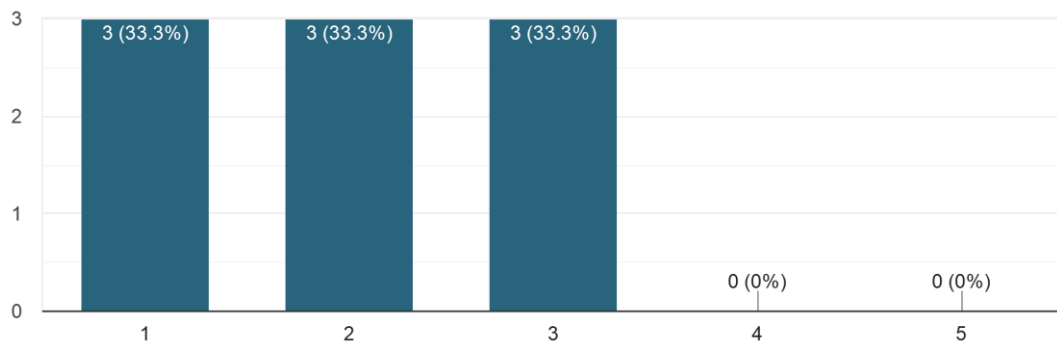
3. When you explore the product do you become confused at any point?

9 responses



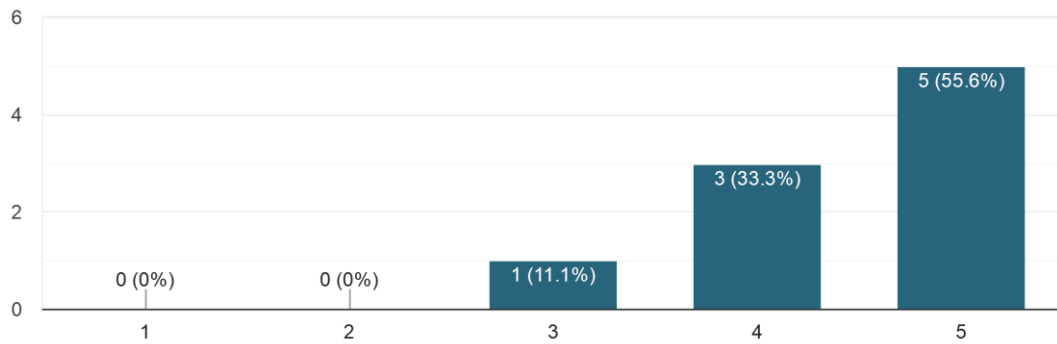
4. Would You change the product?

9 responses



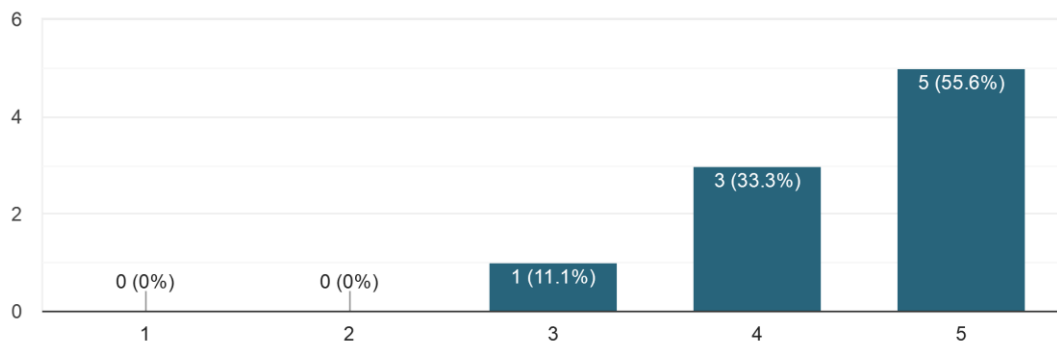
5. Does the prototype do what it's supposed to?

9 responses



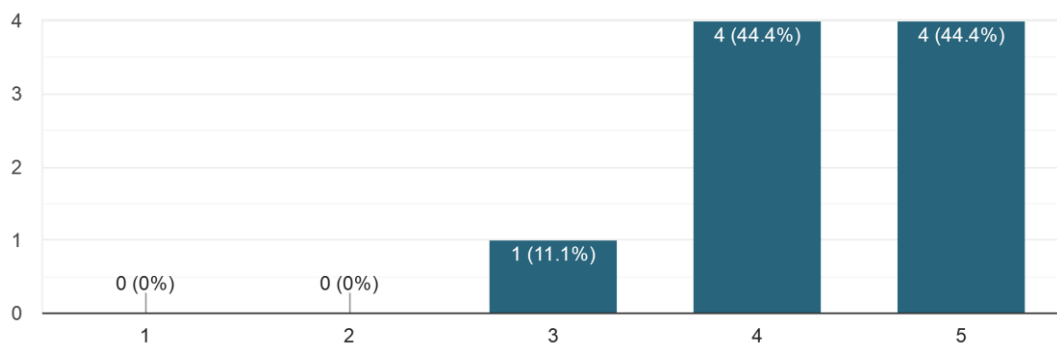
6. Do you think the product's design matches its purpose?

9 responses



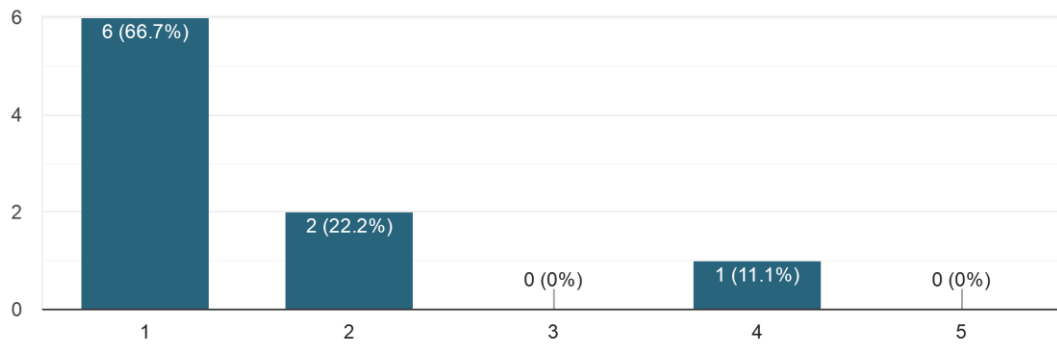
7. Does the information architecture and navigation make sense?

9 responses



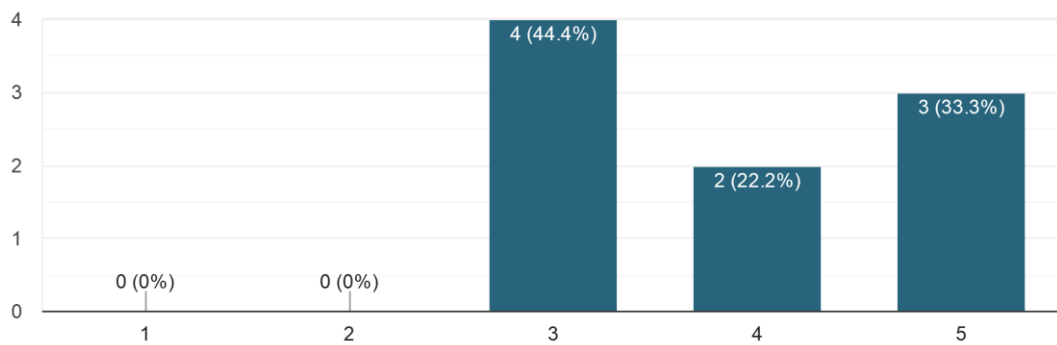
8. Does anything seem out of place or unnecessary?

9 responses



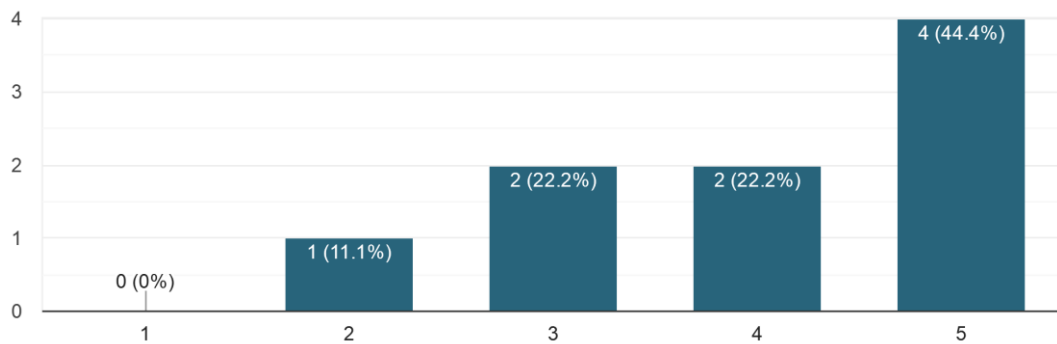
9. Do you think this would be great for your communication?

9 responses



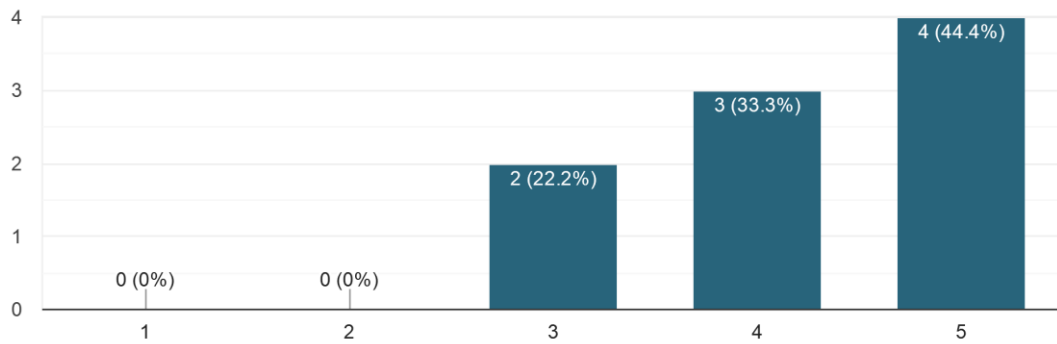
10. WOULD YOU use the object to send message often?

9 responses



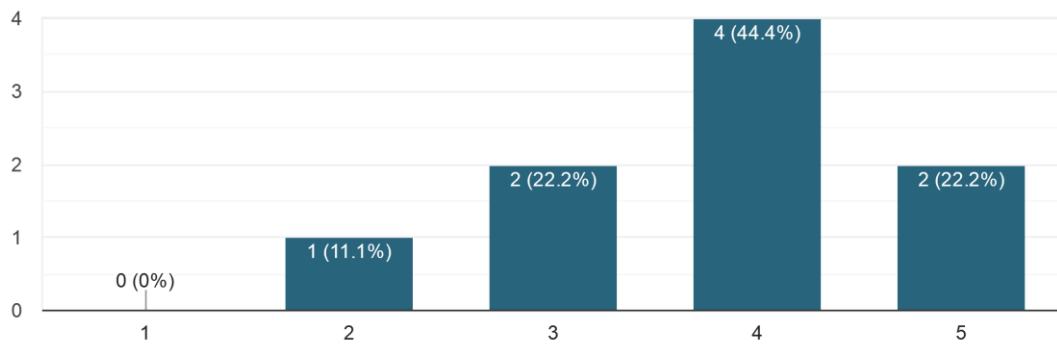
11. Is there quality in the information you send?

9 responses

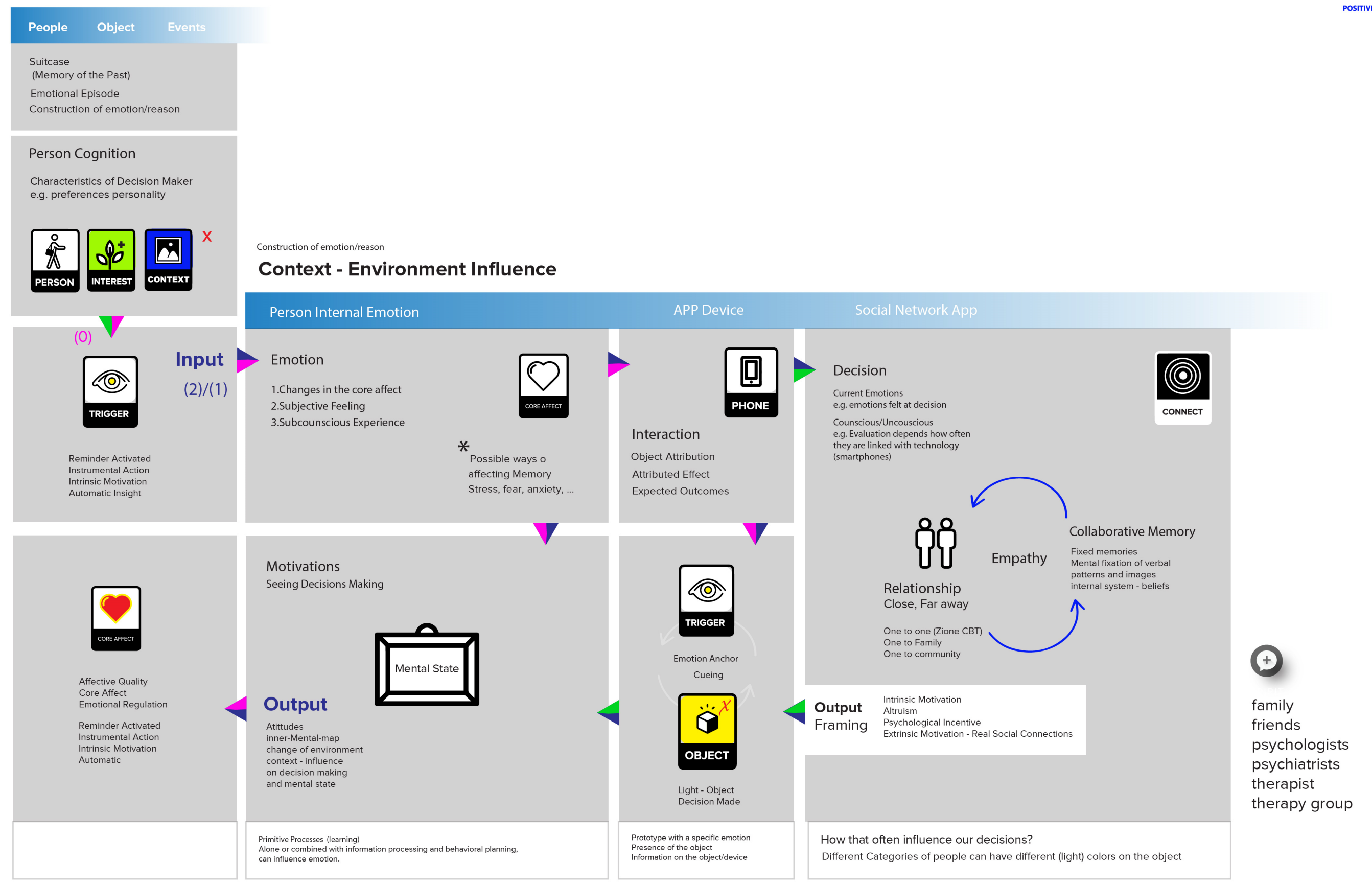


12. How likely or unlikely would you be to recommend the finished product to a friend?

9 responses



Mental Categories



- family
- friends
- psychologists
- psychiatrists
- therapist
- therapy group

- (0) First Start
- (1) Starting Point
- (2) After knowing the process is where it starts
- (0) One to Oneself
- (1) One to Other/Cominity/Family
- (2) After knowing the process is where it starts

Articulatory Supression

REAL SCENARIO

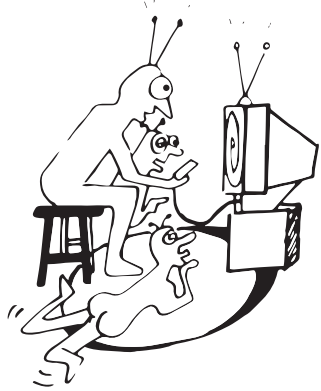


Figure 1. Society

Target: Range is transversal

- Interação sociedade/indivíduo;
- Influencias negativas que podem fragilizar/abalar o estado emocional do Individuo.

Society 4.0 - people would access a cloud service (databases) in cyberspace via the Internet and search for, retrieve, and analyze information or data.

Keywords: Fast Income, No meaning, fast cash, Internet
https://www8.cao.go.jp/cstp/english/society5_0/index.html

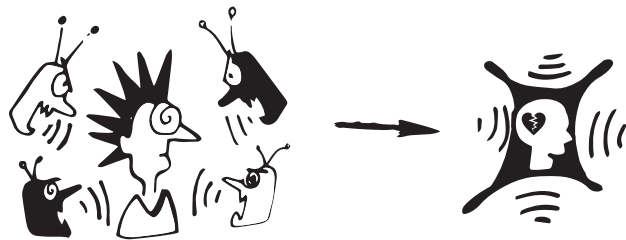


Figure 2. Bad Influence on Woody being at a emotinal fragile state

Fragile/Depression
Isolation
Amotivation
...



Internal
Emotional
Self-esteem
No mediator
Alone

Figure 3. (Amotivation) Virtual and Physical spaces influence

HYPOTHETICAL SCENARIO

SOCIAL MEDIA NETWORK

Utilização das redes sociais

- 1.º - Woody encontra-se numa rede social neste caso o facebook
- 2.º - Zione (CBT) na rede social, detecta através do tipo de assunto das pesquisas, dos interesses, e até de palavras, durante algum tempo, o que lhe permite apreciar o perfil do indivíduo e o do estado emocional do mesmo;
- 3.º - Zione aciona alerta co-assistente da rede social ou terapeuta
- 4.º - Terapeuta comunica com o Woody;
- 5.º - O terapeuta sugere a utilização da aplicação "Spririt" através da qual terá, se aceitar deverá responder a um questionário incluído e salvaguardando a Ética/Sigilo/Proteção de Dados/Autorização.
- 6.º - Caso o Woody, não aceita a sugestão, passado algum tempo, e mantendo o mesmo perfil de alerta, volta a insistir para utilização da aplicação.



Figure 4. Zione CBT bot detects Woody Emotional State

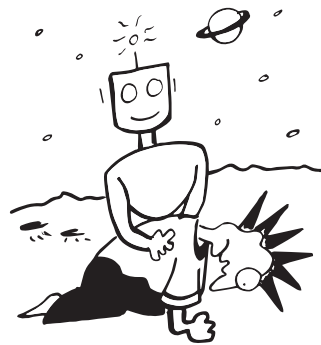


Figure 5. Zione CBT that help to detect or prevent



Figure 6. Woody accepts or denies the procedure (YES/NO)

Objectivo
Como?
Resultado

What is Cognitive Behavioral Therapy (CBT)?

CBT helps us understand our thoughts and reframe them to be more realistic. Central to this therapy.

HYPOTHETICAL SCENARIO

SPIRIT: MOTIVATIONAL OBJECT



Figure 7. Woody accepts (YES)

* Objetivo:

- 1.º - Facilitar a partilha/comunicação de pessoas introvertidas/envergonhas/Isoladas, etc;
- 2.º - Minimizar a situação menos boa/negativa e estimular a motivação, auto-estima a incentivar a procura de ajuda médica caso seja necessário;
- 3.º - Interligação com pessoas que utilizam a aplicação "Spririt" de forma a estimular/incentivar a socialização;

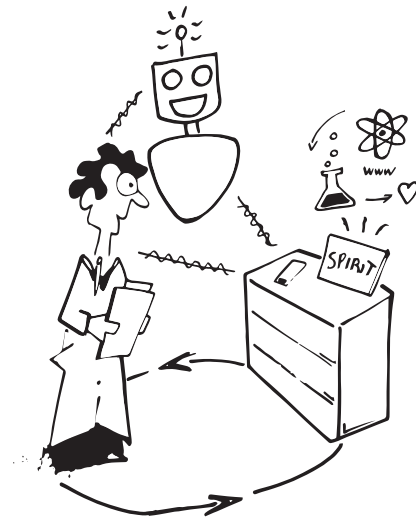


Figure 8. Therapist and Zione collaborate to the object of Woody

* Forma:

Enviando - Mensagens Motivacionais ou Lembrete (exemplo: "Dar valor ao que faz parte de mim" -" Não desfocar do que necessito" - etc;) através de:

- 1.º - SMM - Terapeuta to object;
- 2.º - SMM - Terapeuta to Woody to object;
- 3.º - Woody to object (saving as reminders)

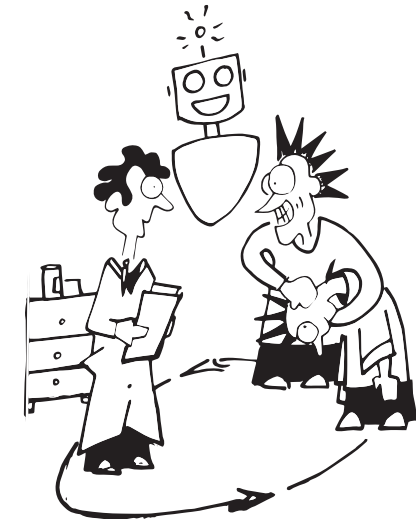


Figure 9. Community Collaboration Network - integration on a good environment Virtual and Physical - establishing friendships

- Formulation of a community with technological aspects to develop a way to improve emotional intelligence
- Therapy CBT and empathic people

(Extrinsic Motivation)


- Introjection
- Identification

CONCRET SCENARIO

APP - HOW IT WORKS?

Light Receives (SMM)



Figure 10. Woody accepts or defines a option  to allow people send smm directly to the object.

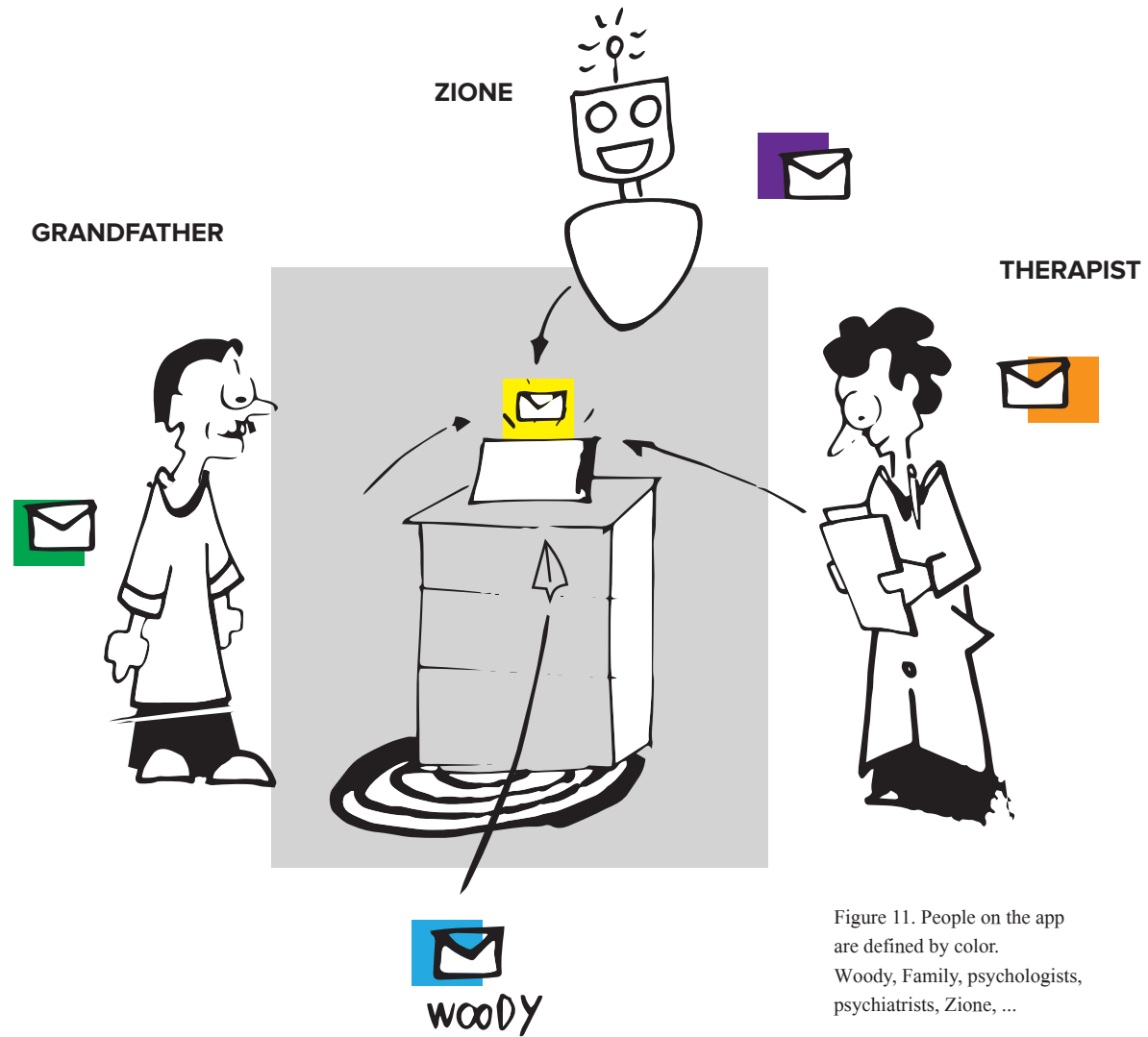


Figure 11. People on the app are defined by color. Woody, Family, psychologists, psychiatrists, Zione, ...

CONCRET SCENARIO

MOTIVATION DEVELOPMENT THEORY

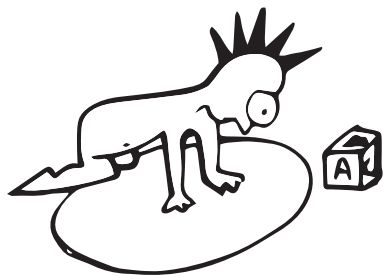


Figure 12. Woody on his emotional development process

- 1° Reorganizing concepts and misunderstanding with the emotional damage by the consequence
- 2° Developing strategies for his well-being
- 3° Developes emotional intelligence



Figure 13. Woody and his Aura

- (Extrinsic Motivation)
- (Intrinsic Motivation)

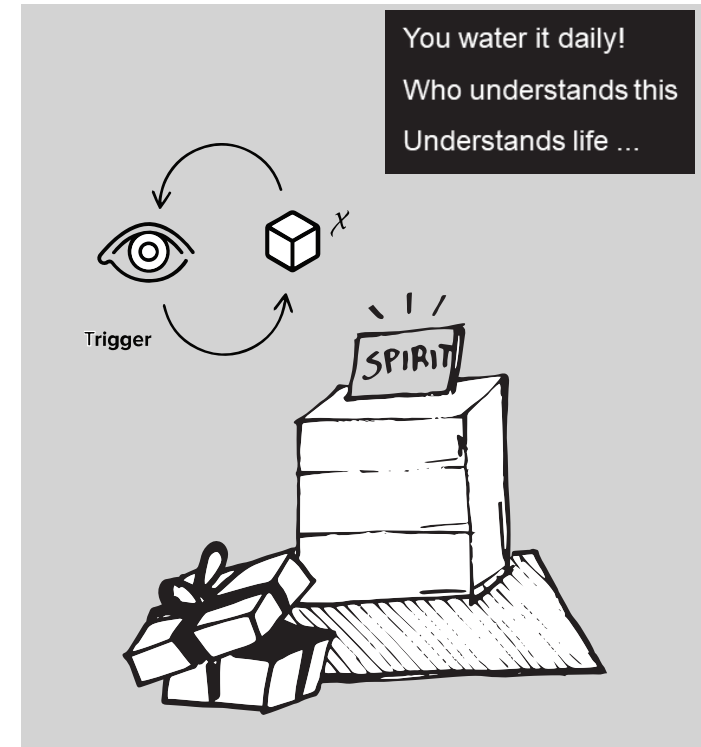
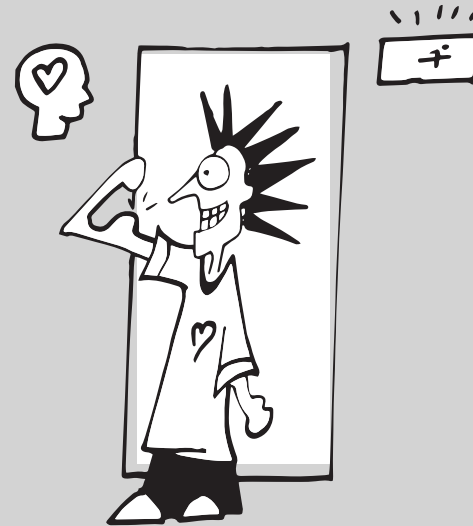


Figure 14. AIM - Spirit: The object spirit is to remind the good things in life a reminder

THE END

Woody now can help others to get out of that cycle.

There is Space
for
Everyone



(Intrinsic Motivation)

by Alexandra Freitas
Inspiration Drawings
GLASBERGEN

HYPOTHETICAL SCENARIOS

SPACES FOR THE OBJECT

CONCRETE ONE



Figure 16. Personal Object - This can complement for scientific research

Spirit Motivation Message
(Intrinsic Motivation)

PUBLIC DOMAIN



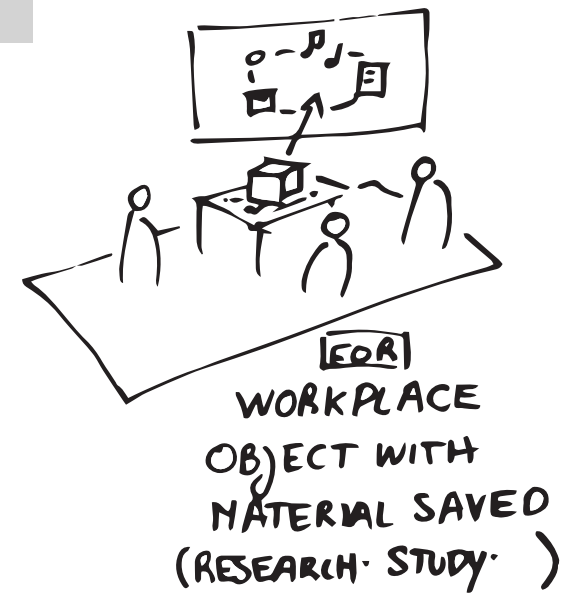
Figure 17. Public Spaces - saved smm on the object and people can access it

PRIVATE DOMAIN



Figure 18. Space of a Museum

Figure 189 Space of Research



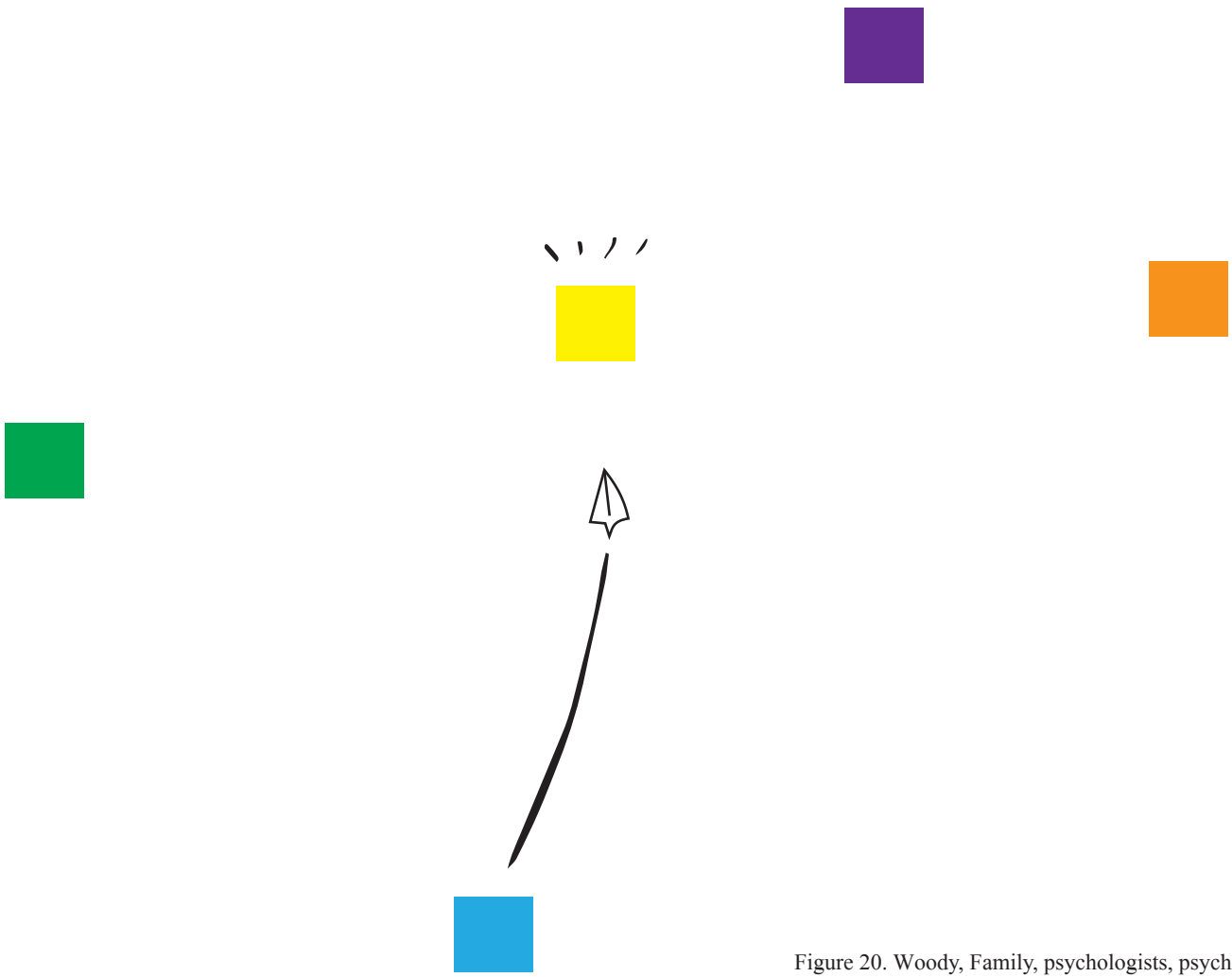


Figure 20. Woody, Family, psychologists, psychiatrists, Zion, ...

Real Scenario

Motivational Object based on User Messaging

Target: People who are fragile, introverted, age is transversal

- Society / individual interaction;
- Negative influences that can weaken / shake the emotional state of the Individual.

Society 4.0 - people would access a cloud service (databases) in cyberspace via the Internet and search for, retrieve, and analyze information or data.

Keywords: Fast Income, No meaning, fast cash, Internet
https://www8.cao.go.jp/cstp/english/society5_0/index.html

Aim: The main objective of the object is the visualization of messages of motivation, being a stimulus for the day-to-day. Being an activity outside social networks, public domain. An independent, individual, visual and decorative meaning that each constructs. Assigning your individual characteristics to the object.

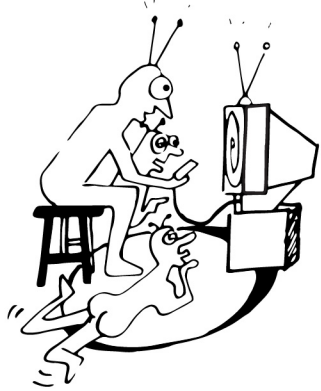


Figure 1. Society

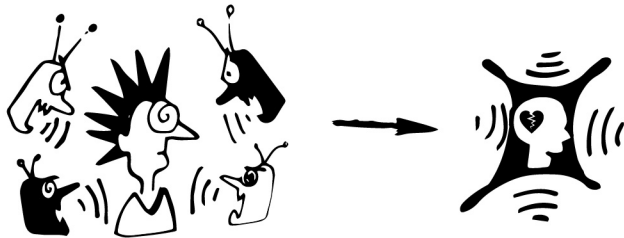


Figure 2. Bad Influence on Woody being at a emotional fragile state

Fragile/Depression
Isolation
Amotivation
...



Internal
Emotional
Self-esteem
No mediator
Alone

Figure 3. (Amotivation) Virtual and Physical spaces influence

Hypothetical Scenario

SOCIAL MEDIA NETWORK

Utilização das redes sociais

- 1.º - Woody encontra-se numa rede social neste caso o facebook
- 2.º - Zione (CBT) na rede social, detecta através do tipo de assunto das pesquisas, dos interesses, e até de palavras, durante algum tempo, o que lhe permite apreciar o perfil do indivíduo e o do estado emocional do mesmo;
- 3.º - Zione aciona alerta co-assistente da rede social ou terapeuta
- 4.º - Terapeuta comunica com o Woody;
- 5.º - O terapeuta sugere a utilização da aplicação "Spririt" através da qual terá, se aceitar deverá responder a um questionário incluído e salvaguardando a Ética/Sigilo/Proteção de Dados/Autorização.
- 6.º - Caso o Woody, não aceita a sugestão, passado algum tempo, e mantendo o mesmo perfil de alerta, volta a insistir para utilização da aplicação.



Figure 4. Zione CBT bot detects Woody Emotional State

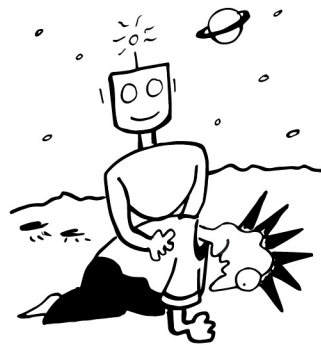


Figure 5. Zione CBT that help to detect or prevent

Hipotese 1

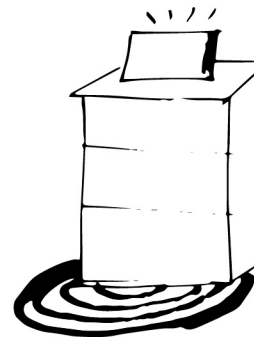


Figure 6.1 Project with no Team

Hipotese 2

Project with a Multidisciplinary-Team



Figure 6.2 Woody accepts or denies the procedor (YES/NO)

What is Cognitive Behavioral Therapy (CBT)?

CBT helps us understand our thoughts and reframe them to be more realistic. Central to this therapy.

Objetivo
Como?
Resultado

CONCRET SCENARIO

APP - how it works?

Hipoteses 1/2

Light Receives (SMM)

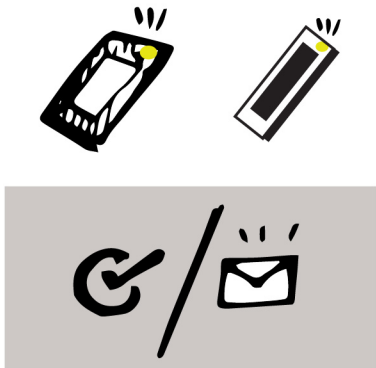



Figure 10. Woody accepts or defines a option  to allow people send smm directly to the object.
Messaging based on past memories of user utility app.

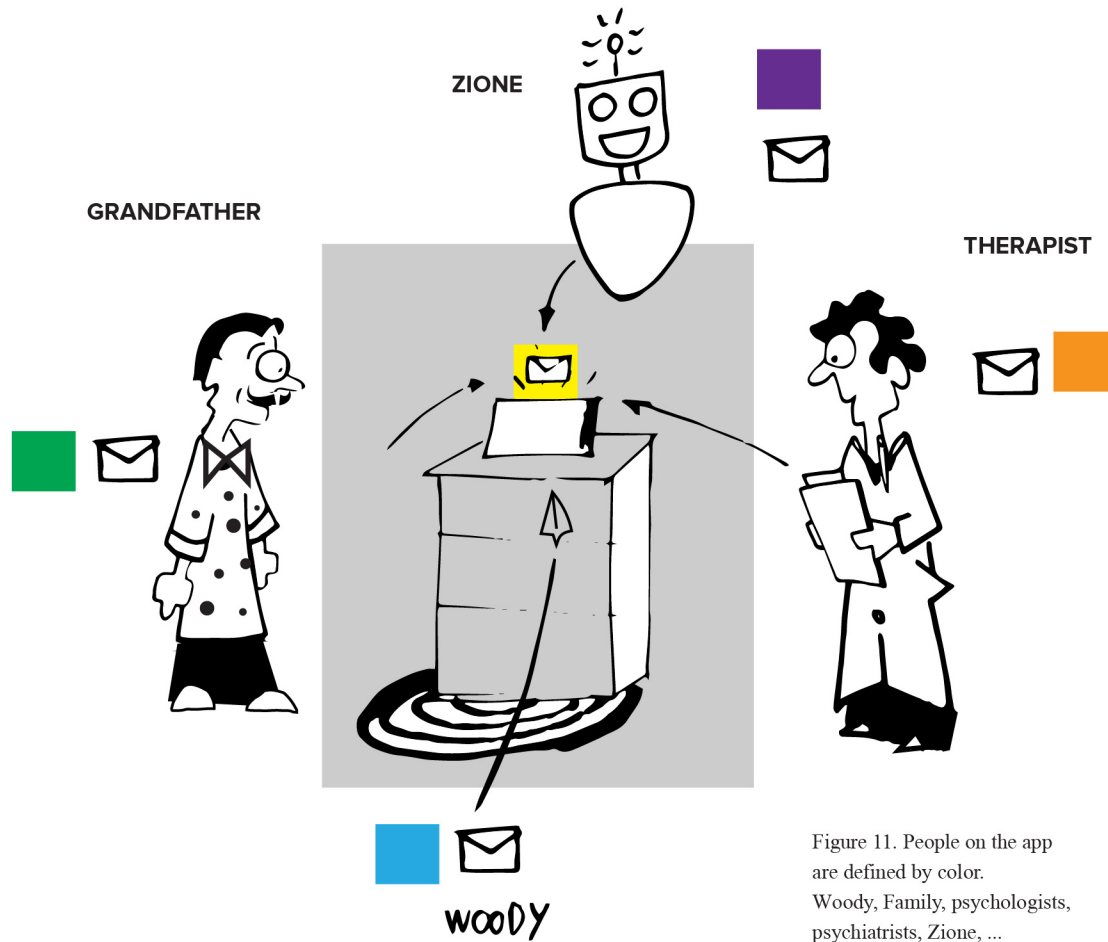


Figure 11. People on the app are defined by color.
Woody, Family, psychologists, psychiatrists, Zione, ...

Collaborative Space

CONCRETE ONE | Scenario

The Message can be shared across the World by Wi-fi and with multiple people seeing the same thing. Connecting ...

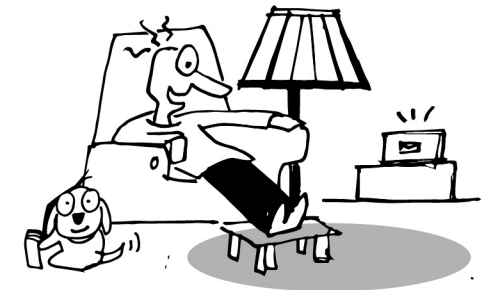
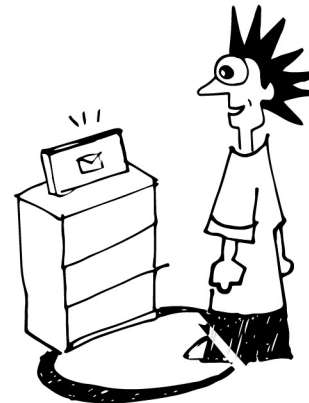


Figure. 20 The Mother of Woody is far away. She is concern with the stress that he have on is job. So, she send him a motivational message. If shared that message, it can be view by more people (just if woody let that happen).

Message shared on 4 objects in in 4 spaces. A group of people.

Hypothetical Scenario

SPIRIT: MOTIVATIONAL OBJECT

Hipotese 2



Figure 7. Woody accepts (YES)

* Objetivo:

- 1.º - Facilitar a partilha/comunicação de pessoas introvertidas/envergonhas/Isoladas, etc;
- 2.º - Minimizar a situação menos boa/negativa e estimular a motivação, auto-estima a incentivar a procura de ajuda médica caso seja necessário;
- 3.º - Interligação com pessoas que utilizam a aplicação "Spririt" de forma a estimular/incentivar a socialização;

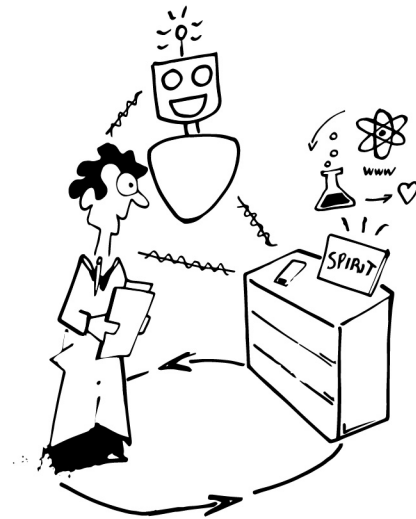


Figure 8. Therapist and Zione collaborate to the object of Woody

* Forma:

Enviando - Mensagens Motivacionais ou Lembrete (exemplo: "Dar valor ao que faz parte de mim" -" Não desfocar do que necessito" - etc;) através de:

- 1.º - SMM - Terapeuta to object;
- 2.º - SMM - Terapeuta to Woody to object;
- 3.º - Woody to object (saving as reminders)

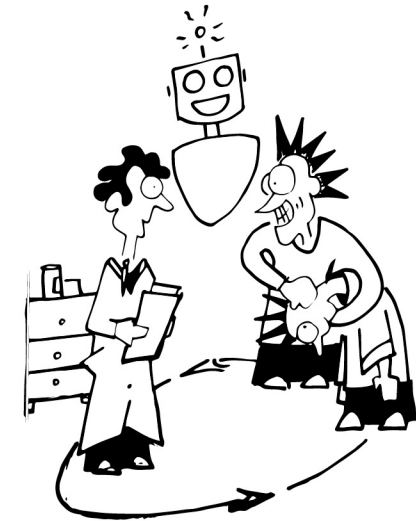


Figure 9. Community Collaboration Network - integration on a good environment Virtual and Physical - establishing friendships

- Formulation of a community with technological aspects to develop a way to improve emotional intelligence
- Therapy CBT and empathic people

(Extrinsic Motivation)

- Introjection
- Identification

CONCRET SCENARIO

MOTIVATION DEVELOPMENT THEORY

Hipotese 1

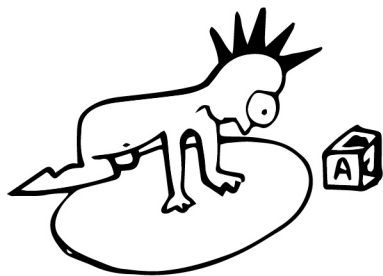


Figure 12. Woody on his emotional development process

- 1° Reorganizing concepts and misunderstanding with the emotional damage by the consequence
- 2° Developing strategies for his well-being
- 3° Developes emotional intelligence

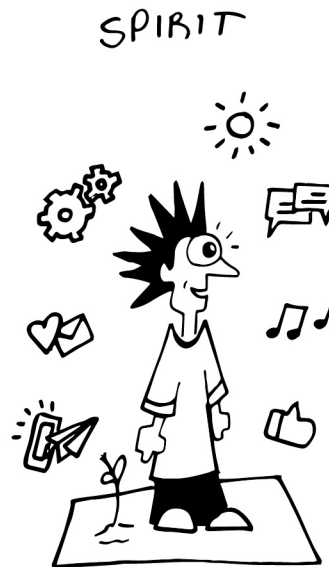


Figure 13. Woody and his Aura

(Extrinsic Motivation)
(Intrinsic Motiyation)

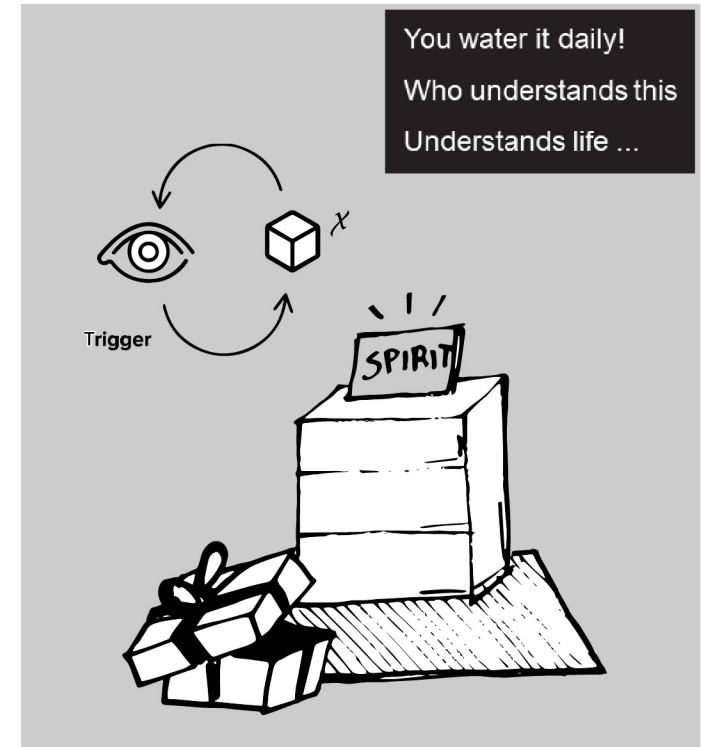
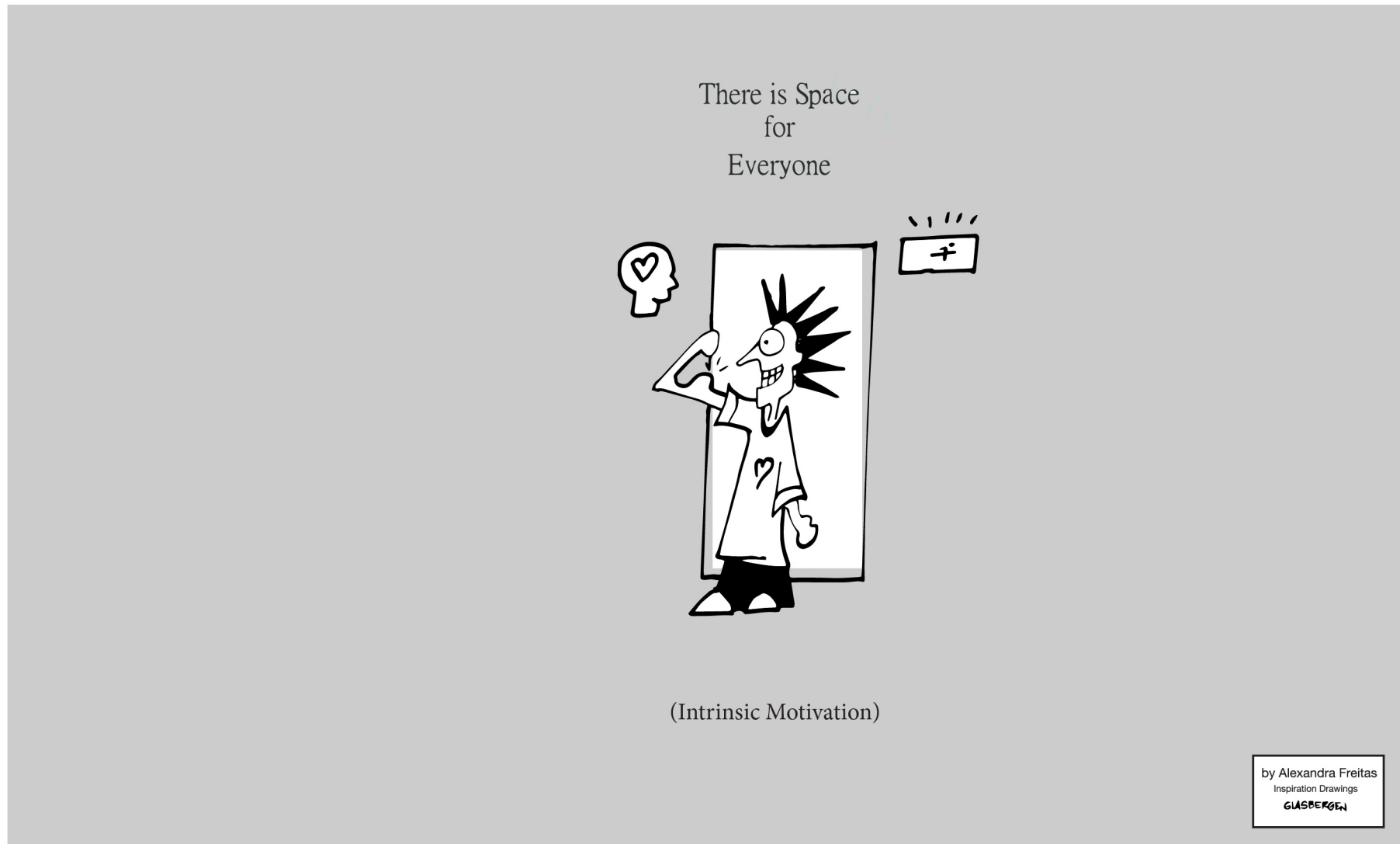


Figure 14. AIM - Spirit: The object spirit is to remind the good things in life a reminder

THE END

Woody now can help others to get out of that cycle.



P.S. This object does not have to solve but to complement an area in psychological therapies. It can also serve to complement researches in other areas ...

hypothetical scenarios

SPACES FOR THE OBJECT

CONCRETE ONE

Hipotese 1

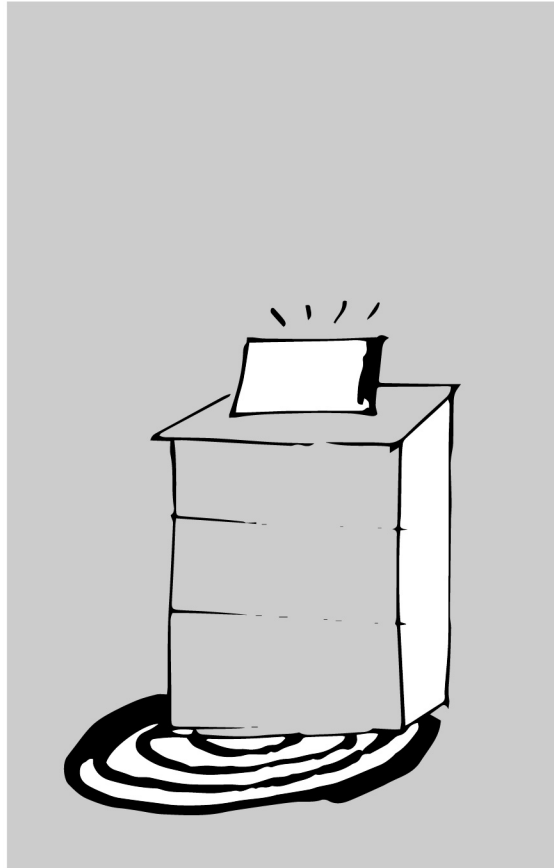


Figure 16. Personal Object - This can complement for scientific research

Spirit Motivation Message
(Intrinsic Motivation)

Public DOMAIN



Figure 17. Public Spaces - saved sum on the object and people can access it

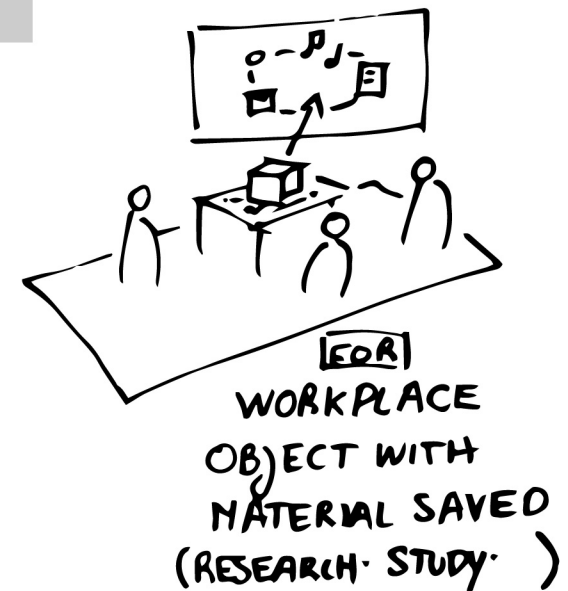
PRIVATE DOMAIN



Figure 18. Space of a Museum

Hipotese 2

Figure 19. Space of Research



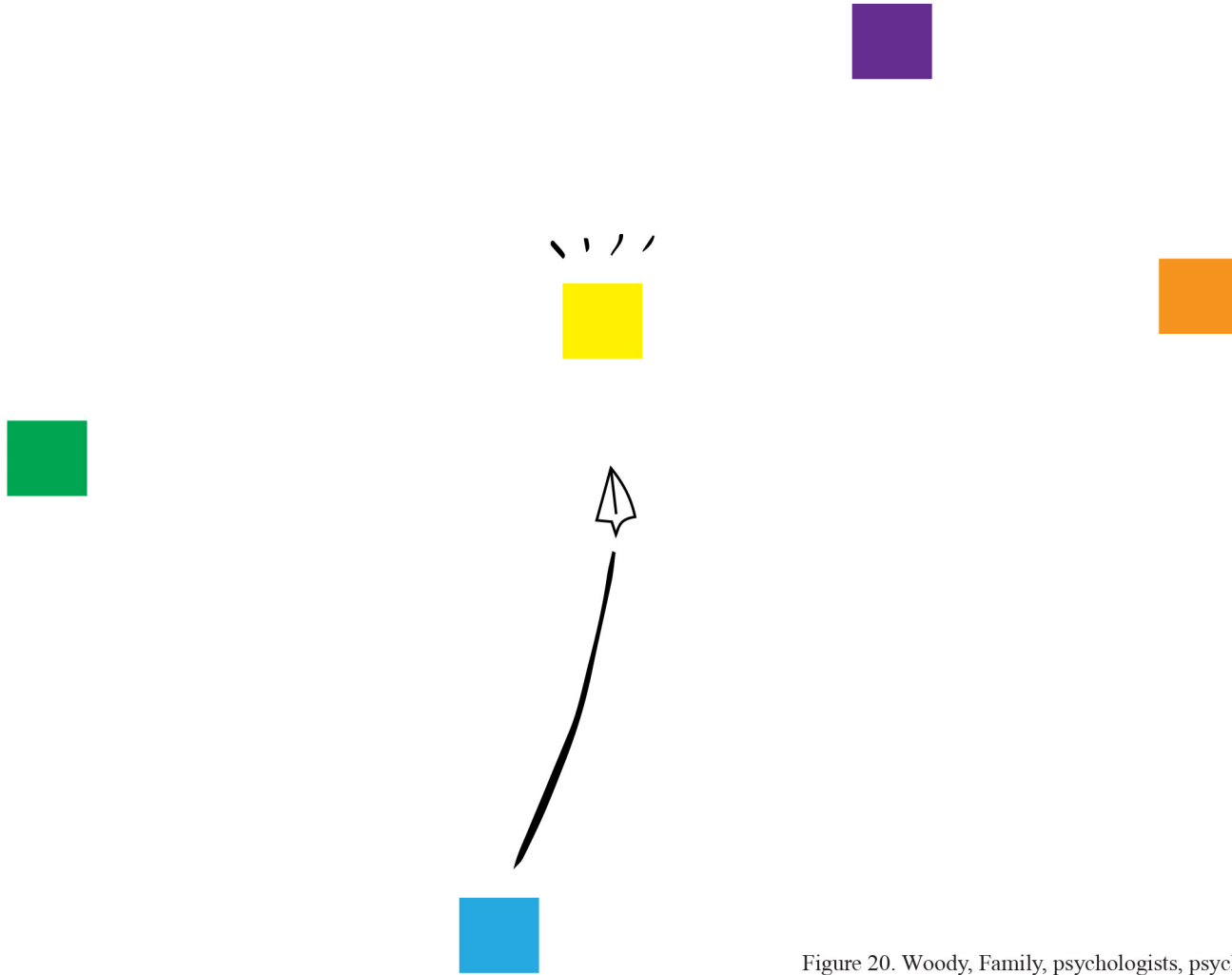


Figure 20. Woody, Family, psychologists, psychiatrists, Zion, ...

Spirit

Motivational Object

"Spirit enriches itself with what it receives,
The Heart with what it gives!"

SLOGAN

CONNECT INTERNET

CORE AFFECT

POSITIVE

INFLUENCE



OUR AIM

Connect people across
the globe with
an emotional aspect;

Emotion influences a group perception

