An embodied view of flow

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This talk

- Inconsistencies and misunderstandings of flow
- An embodied view of flow
- Further work
The concept of flow

“Deep and effortless concentration in the task at hand”

“Engagement and immersion in an activity”

“Absorption in a virtual space and the fading away of the physical world”

“Playful and exploratory experience”
Flow characteristics

- Challenges commensurate with skills
- Clear goals
- Immediate feedback
  - Intense concentration
  - Merging of action and awareness
  - Loss of self-consciousness
  - Intrinsic motivation
  - Time distortion …
What counts as flow?
A more coherent view

- The relevance of attention
- The importance of context
  - People or computers as visitors
- In flow with or through the system
- A more complete view of interaction
  - Composite challenges
The relevance of attention

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Empirical studies
Further work

- Discriminating captive, effortful and effortless attention
- Composite analysis of challenges-skills balance
- Flow and addictions
Bibliography

