This study investigates the potential of an eTourism platform that can foster one’s flourishing life. In the era of pervasive technology, this project investigates the potential use of technology in enabling tourists’ well-being, particularly in their eudaimonic growth through the pursuits of their serious leisure activities. Research in positive psychology (PP) considers eudaimonia as more profound, sustained, and fulfilling forms of wellbeing than the hedonic counterpart. As such, eudaimonia consists of one’s positive emotions, sense of purpose, and cognitive maturity. Regarded as fundamental component of a flourishing life, PP posits that eudaimonia can be promoted through cultivation of individual’s signature character strengths that pertain to corresponding virtuous. On the other hand, the serious leisure perspective (SLP) sees eudaimonia as an outcome of devotion in the serious pursuits of leisure activities. Considered as intrinsic innate needs, many people strive for a self-growth and meaningful life through actualizing their true potentials amid adversities. Recent research recognizes two indispensable facets of growth motivation leading to eudaimonic growth: experiential and reflective. The former emphasizes a desire for deepening or strengthening one’s experience and relationship through skill and knowledge building; the latter, on the other hand, highlights a desire for conceptual learning and gaining new perspectives on one’s psychosocial life.

This study converges the two bodies of knowledge of eudaimonia in an attempt to devise human computer interaction models dedicated to fostering one’s eudaimonic growth through exercising their signature character strengths in the serious pursuit of leisure activities in the context of tourism.

Results / Outcomes:
This project opens new horizon to current body of knowledge in human-computer interaction (HCI) and design research and practice. Just like HCI has been evolved from user-centric approach (UCD) to user experience design (UXD), this project points to a new line of research – Design for Eudaimonic Growth (DEG). It takes account of the ambitions put forth by positive computing and positive design: the research of technology and design methods to promote humanistic values and foster individual’s eudaimonic growth toward social good.

1. To propose a new model and framework illustrating DEG as particular aspect of HCI research;
2. To propose a strength-based recommender system dedicated to self-concordance goal setting and adjustment for the promotion and fostering of eudaimonic growth;
3. To propose an activity-based journaling system dedicated to the reflection on goal review and attainment for the promotion and fostering of eudaimonic growth.
PhD Research | School of Design | Hong Kong Polytechnic University

Key Publications: