

# **Well-being and Technology: Exploring Technology-Supported Meditation**

*Emergent Research Forum*

**Laura L. Downey**  
Nova Southeastern University  
ld699@nova.edu

**Lisa A. Laxton**  
Laxton Consulting, LLC  
llaxton@laxtonconsulting.com

**Maxine S. Cohen**  
Nova Southeastern University  
cohenm@nova.edu

## **Abstract**

In keeping with the “Blue Ocean Research” theme, this research explores the emerging area of well-being technologies from an interdisciplinary context. The combination of well-being and technology is a nascent research area known as positive technology, or positive computing. The study explores combining meditation (a well-being activity) with a three-dimensional virtual world. The goal of this exploratory formative study is to gain a richer understanding of user engagement and the human experience of technology-supported meditation as an integral element of how best to leverage technology for well-being purposes. The research is theoretically grounded in the positive technology framework. Third wave human-computer interaction (HCI) informs the blended evaluation methodology which includes both quantitative and qualitative measures. Third wave HCI progresses beyond cognition to include engagement, culture, values, and experience. An experiential approach advances beyond the instrumental value of technology to how technology can add value to human activities and experience.

**Keywords:** well-being technology, positive technology, positive computing, technology-supported meditation, third wave HCI, experiential computing, blended evaluation, engagement, virtual worlds