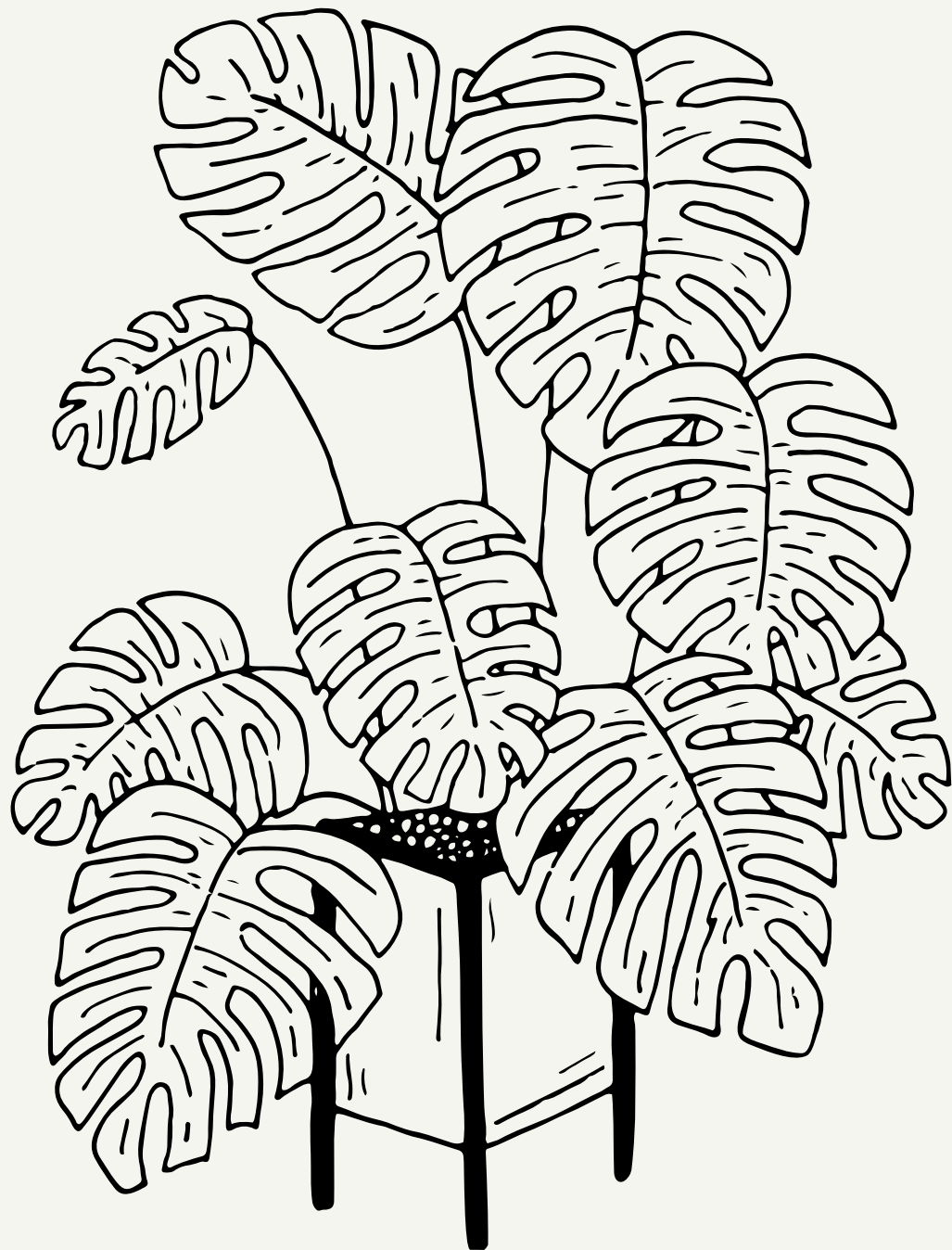


DESIGN CHALLENGE



CONTENTS

DESIGN CHALLENGE

Problem: Stress

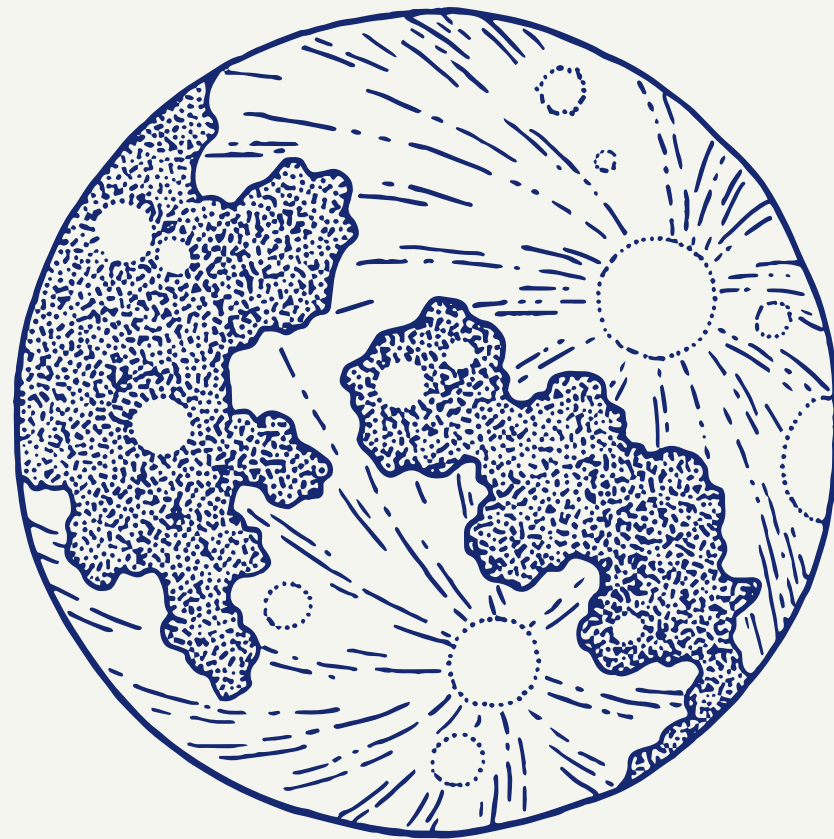
The Survey of Stress

The Result of Survey

Solution: Meditation

The advantages of Meditation

Our Design

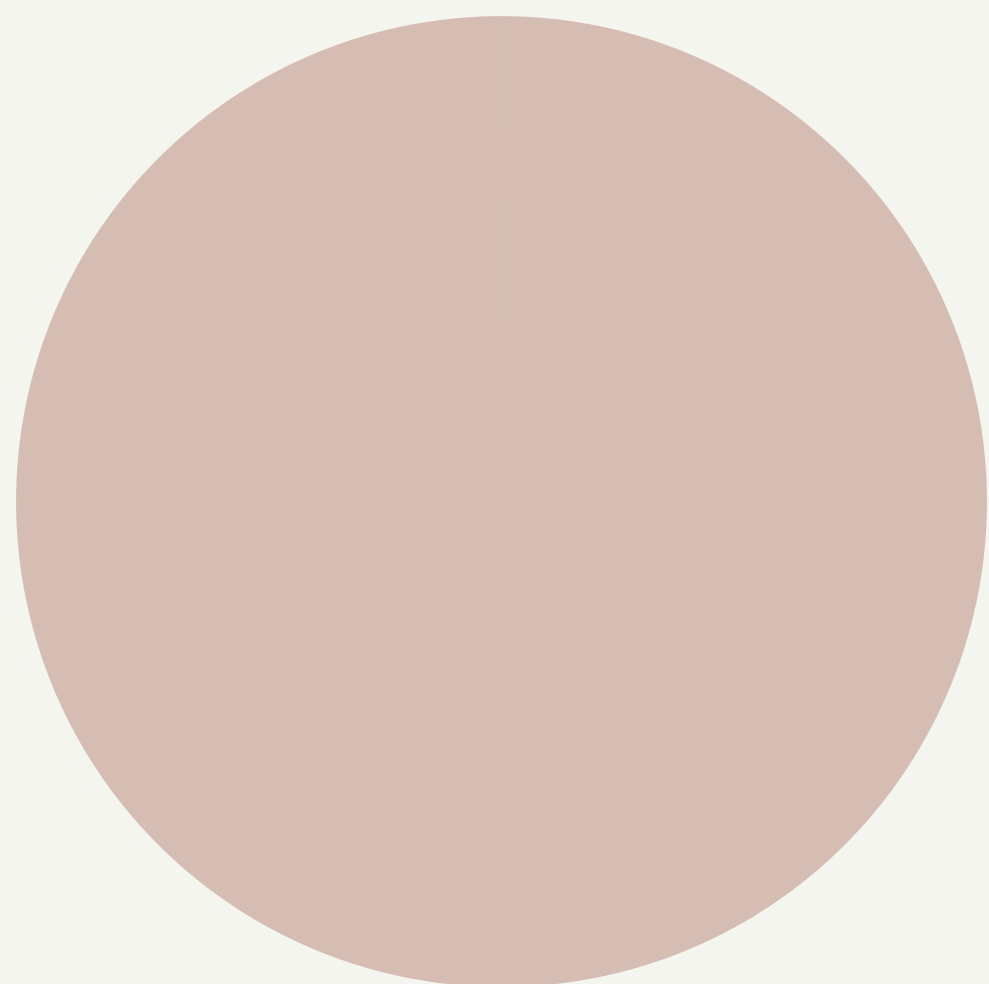


STRESS SURVEY

A SURVEY OF SCAD STUDENTS ABOUT STRESS

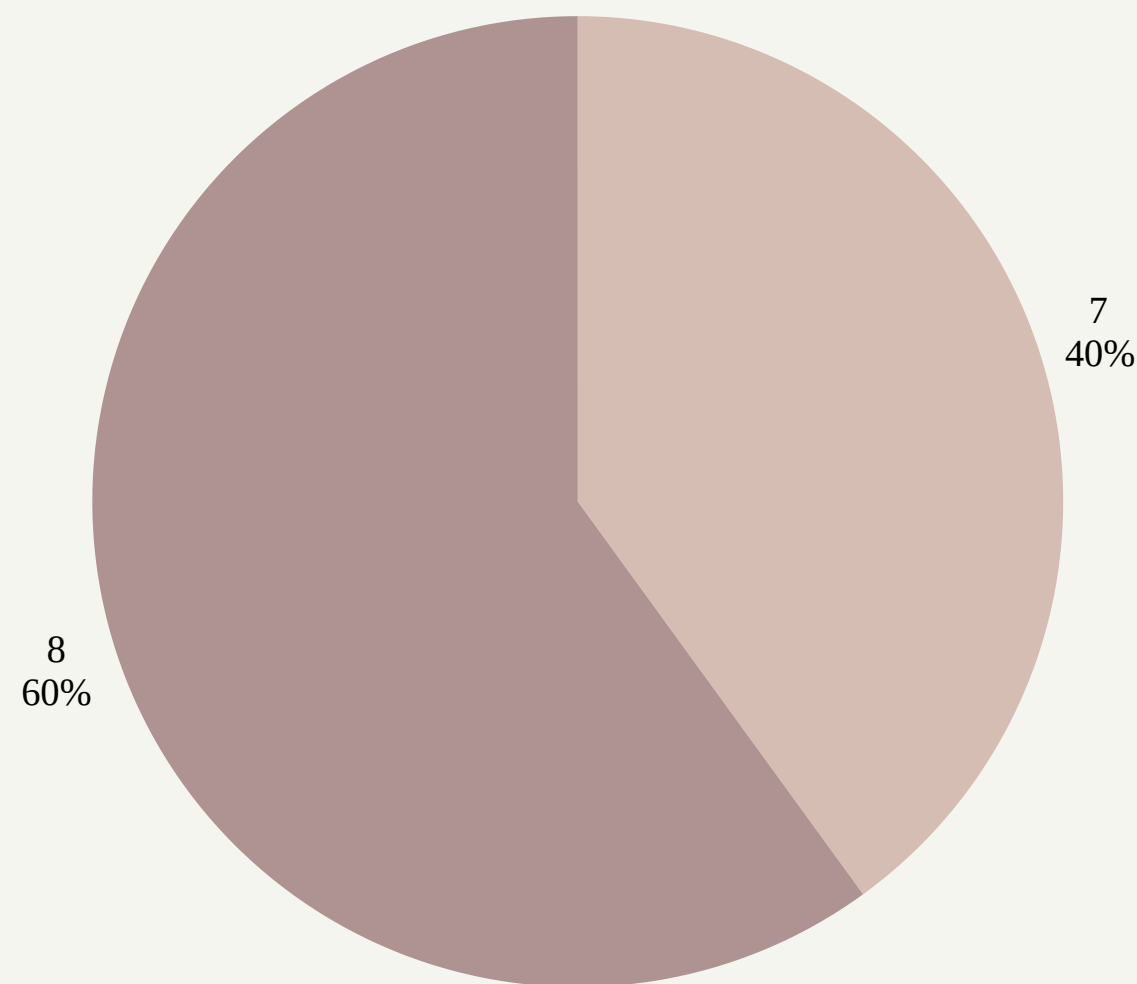
We investigated the sources of stress, the magnitude of stress, and the solutions to stress.

DO YOU FEEL STRESSED IN YOUR SCAD STUDY?



Yes
100%

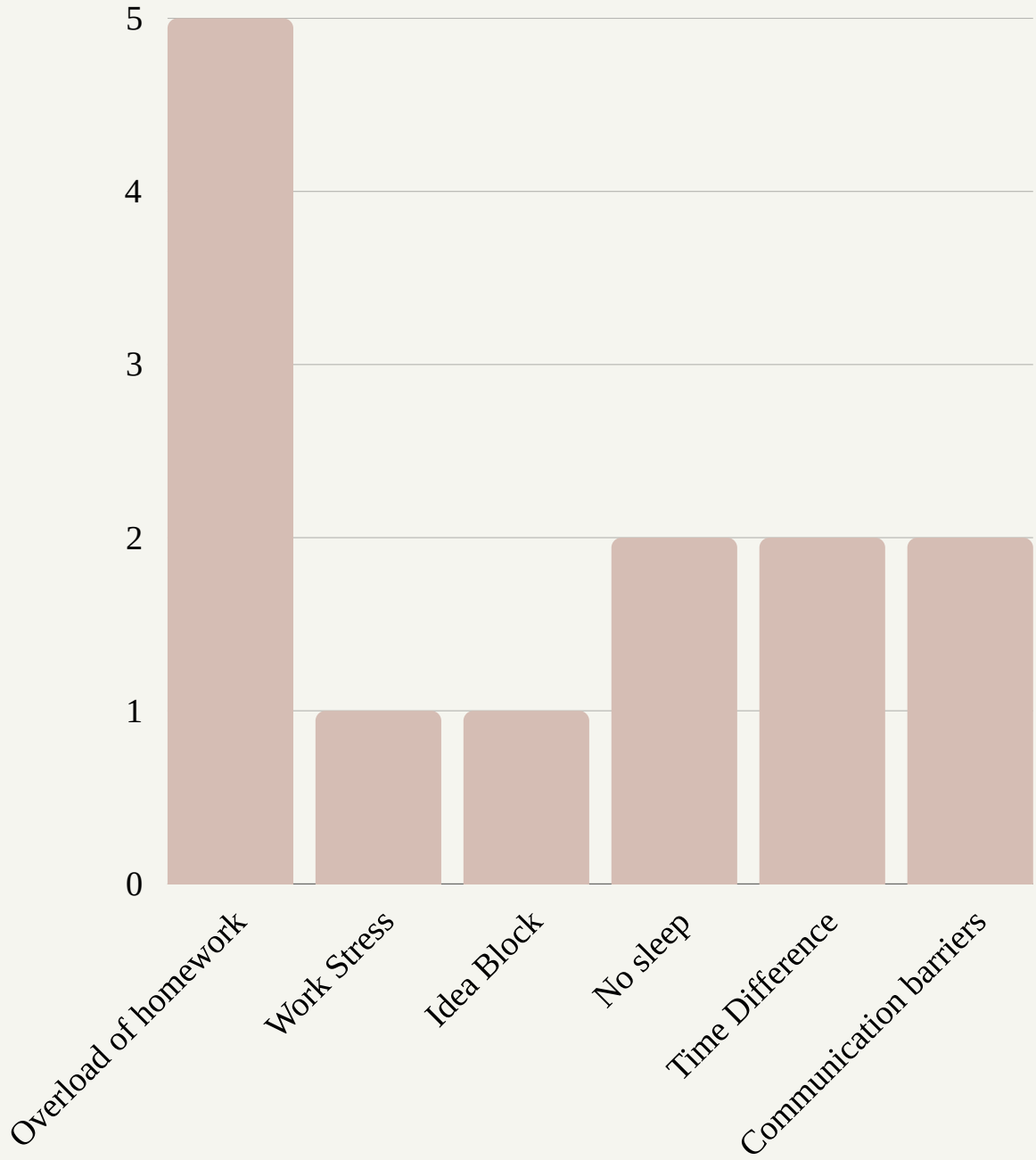
WHAT IS YOUR STRESS LEVEL? (1-10)



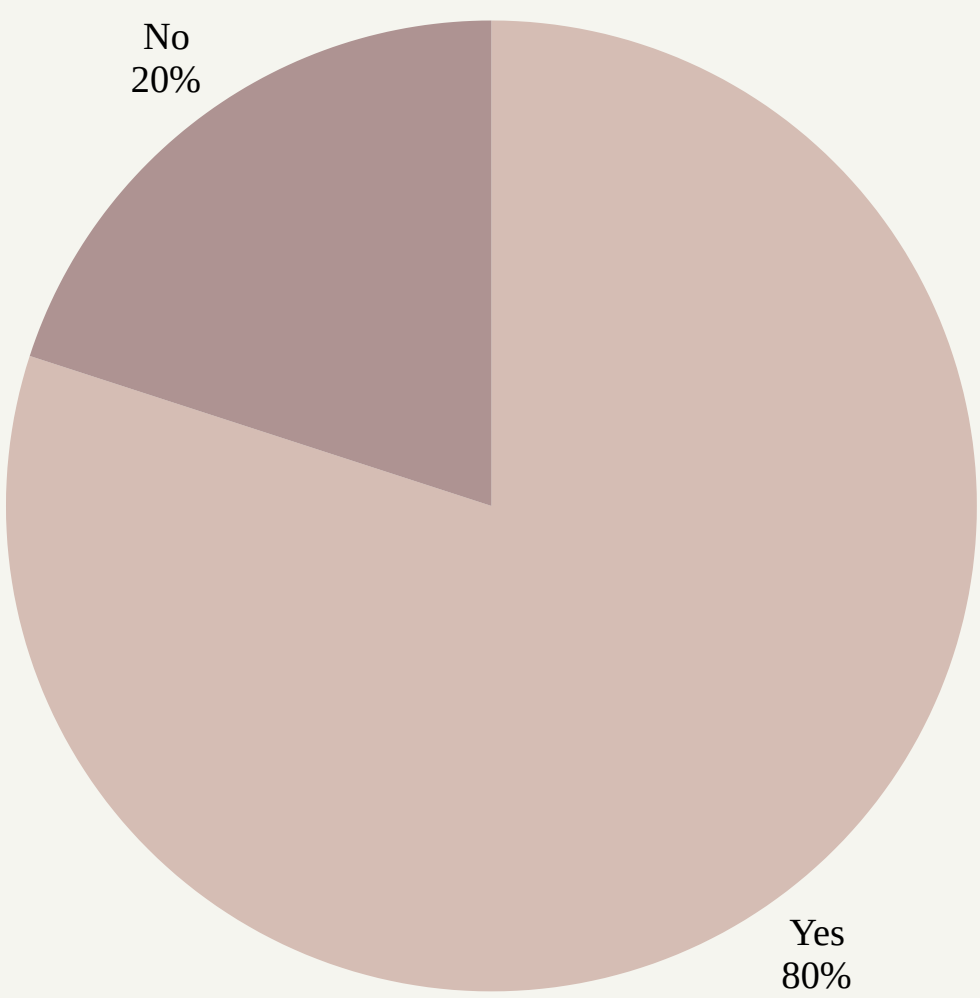
8
60%

7
40%

WHAT ARE YOU STRESSED ABOUT?



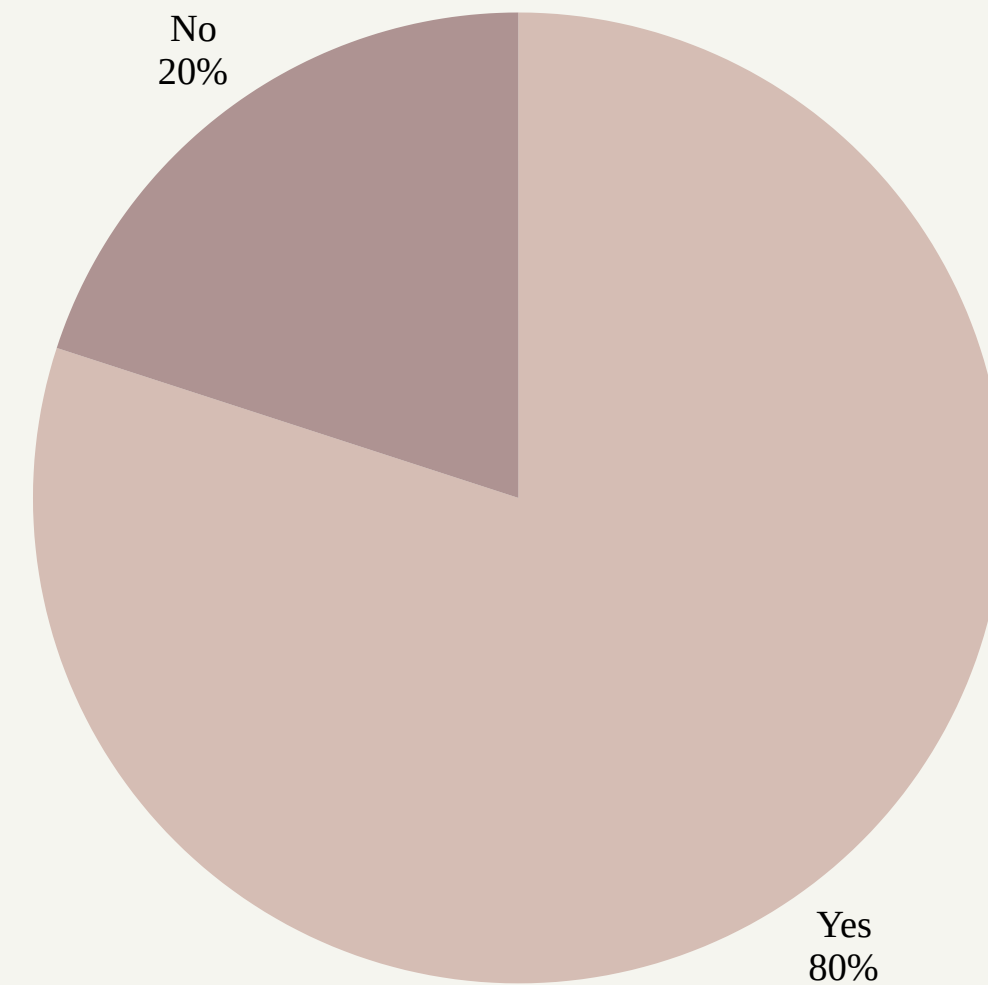
DO YOU PAY ATTENTION TO YOUR STRESS LEVEL?



WHAT ARE YOUR OWN WAYS OF RELIEVING STRESS?

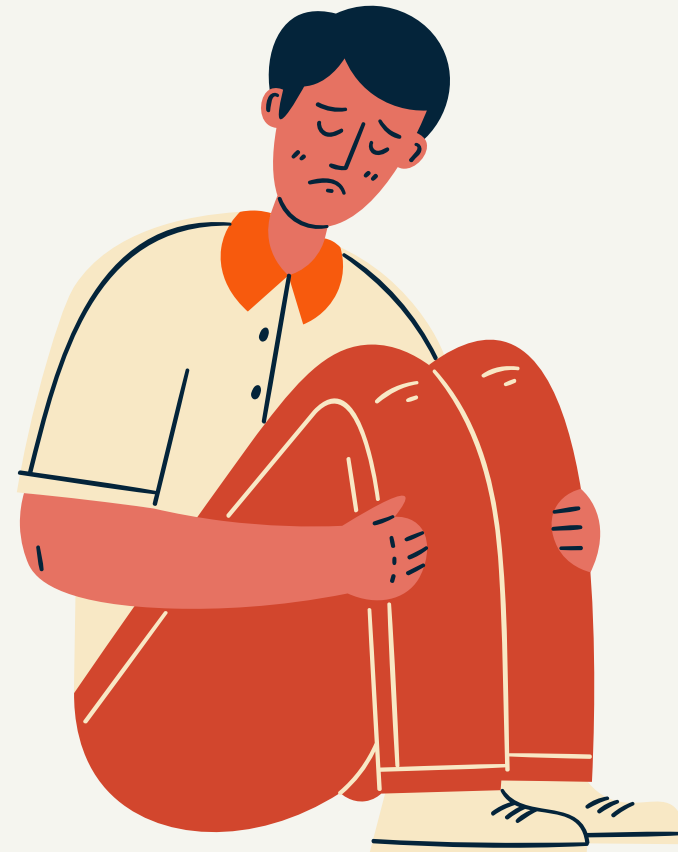
- GO OUT TO GET SOME FRESH AIR
- SLEEP OR PLAY VIDEO GAMES
- PLAY THE PIANO
- TALK WITH MY FRIENDS / EXERCISE
- SHOPPING

INTRODUCE YOU TO SOME SOLUTIONS?





**MANY SCAD STUDENTS
ARE UNDER A GREAT DEAL OF PRESSURE**



**BUT THEY ALL HAVE SOME WEAKNESSES IN
THEIR APPROACH TO RELIEF STRESS.**



GO OUT AND HAVE SOME FRESH AIR

- It's hard to have time when you have too much homework
- Difficult to achieve in bad weather



SLEEP

- Too much homework.
- Stress can affect the quality of sleep (uh oh nightmare)
- Insomnia



PLAY VIDEO GAMES

- Very addictive
- Hard to get back to focus mode



PLAY AN INSTRUMENT (DO WHAT YOU ARE INTERESTED IN)

- It will make you more reluctant to study



TALK WITH MY FRIENDS

- When a friend has time
- It may be the opposite of what it should be
- Peer Pressure



SHOPPING

- Impulse spending
- Waste of money
- Very addictive

SOME CONDITIONS REQUIRED FOR THE BEST DECOMPRESSION METHOD

01

Can be done by
yourself

02

It does not affect
concentration and can
adjust to the next
section of study in
time.

03

Ability to successfully
regulate your emotions
and can effectively
relax

04

Short time to complete



MEDITATION

MEDITATION IS THE
HABITUAL PROCESS OF
TRAINING YOUR MIND TO
FOCUS AND REDIRECT YOUR
THOUGHTS.

THE ADVANTAGES OF MEDITATION

THE REASONS WHY WE CHOSE MEDITATION AS A DECOMPRESSION METHOD.



Meditation involves some kind of control over attention or awareness, allowing oneself to focus on a particular mental activity, and many times this brings peace. Meditation can help students relax while practicing concentration skills.



Meditation allows people to turn their minds away from various stressful events and into meditation exercises to temporarily forget about their worries.

THE ADVANTAGES OF MEDITATION

THE REASONS WHY WE CHOSE MEDITATION AS A DECOMPRESSION METHOD.



Meditation achieves emotional regulation through a number of specific mental manipulations. When students have anxiety, depression, etc. due to stress, meditation can regulate such negative emotions.



Meditation enables people to be more accepting and allow the existence of pain and problems in their lives, in terms of their attitudes and values. Relieving the negative emotions caused by stress from viewing stress in a positive perspective.

MEDITATION TENT



WATCH THIS VIDEO

SOCIAL SCIENCE CLASS / LAMFORD SCHOOL

Materials



Outer shell

Bamboo and polycarbonate glass

Energy source solar powered or can be plugged in manually when used in a indoor location, has backup generator.

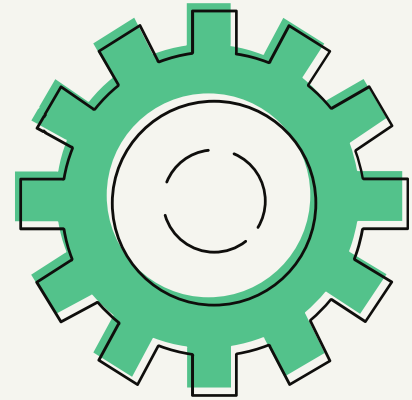


Interior

Memory foam, antibacterial and hypoallergenic cotton cushioning in the center, surrounding floor area and steps to be made in bamboo. 360 OLED Panel on top half.

According to our design, the top surface will be covered by 360 OLED panels.

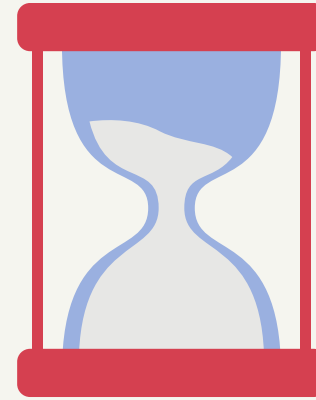




Functions of our tent:

➤ **Immersive Meditative Experience:**
Through the use of the latest AI technology, this product is able to provide an immersive experience of choice.

➤ **Connect through the senses:**
Activate all the senses through visual, auditory, and olfactory elements offered within Tenet. Oxygen levels are both monitored and cared for.



Adaptive time:

Choose between 15-40 min sessions.

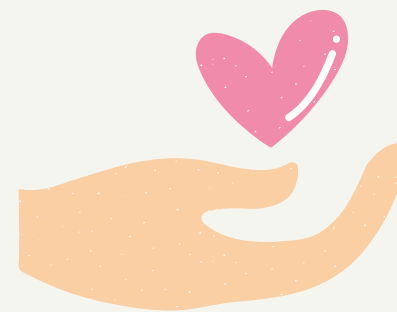


Location:

SCAD's common areas such as balcony and public areas for students. 24 hours access.

MEDITATION GUIDELINES

You can use one of the simple five-minute daily meditation techniques. In this simple method, all you have to do is find a quiet place without disturbing and sit down. Do not forget that your back should be straight and without curvature (hump). Put your hands next to you in a completely calm and comfortable position, let your eyes face Look down, of course, do not stare at the ground and breathe very slowly, deeply and regularly, continue with concentration and a feeling of gratitude to the Creator or infinite power. If your thoughts are a little floating, there is no problem, if you feel heavy eyes, close your eyes, be very calm and continue this exercise every day.





Maintenance cost:

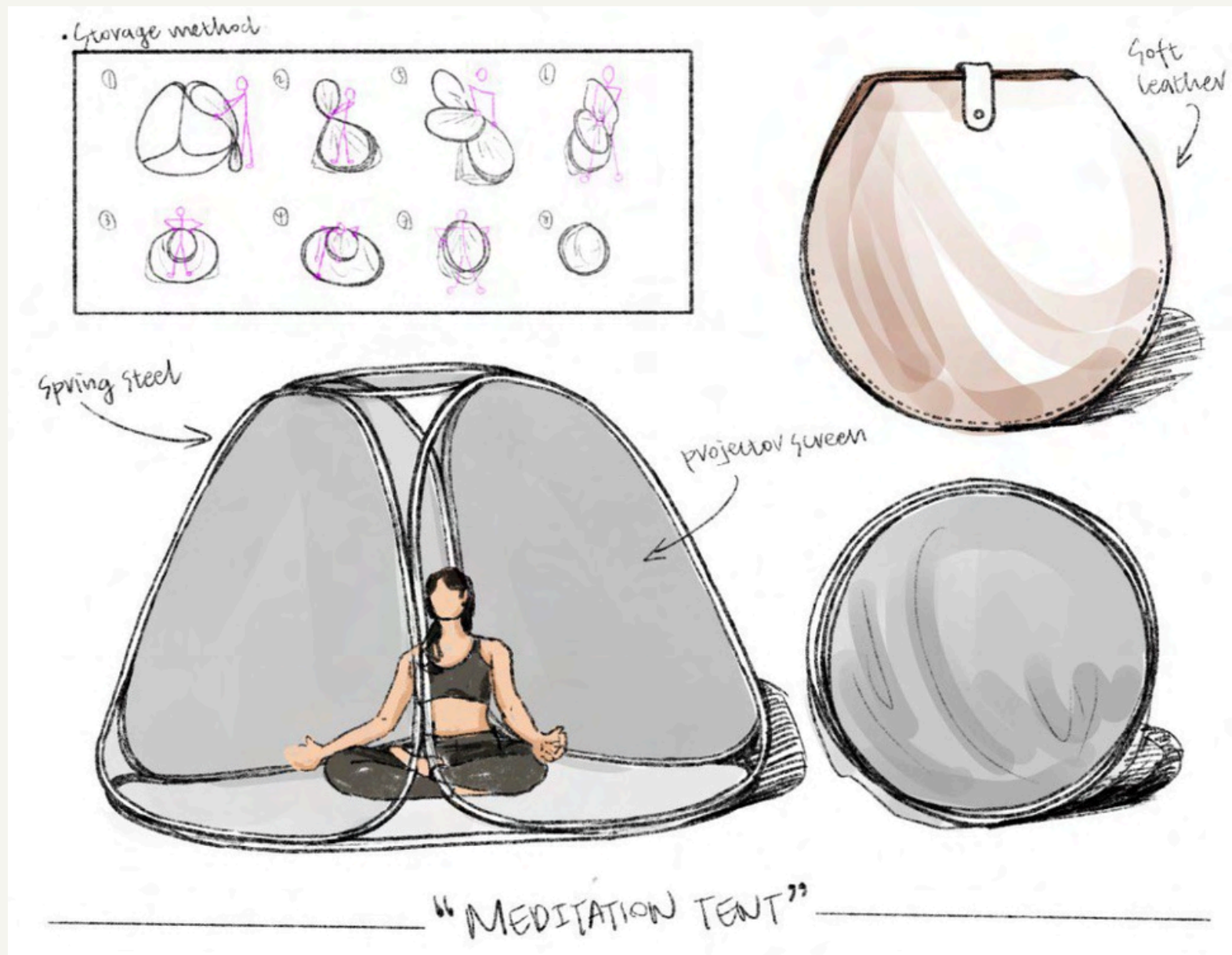
Cleaning and sanitization cost, power consumption and machinery maintenance cost come to \$1000-\$1500 quarterly.



Manufacturing cost:

Cost of raw materials like bamboo and polycarbonate sheets and electronic like OLED panel, computer, audio system, ventilation system and backup power. Approximate cost comes to \$17000.

Designs process:



Inspiration



SKETCH

