

[THOUGHTS ★] CAN YOU DESIGN HAPPINESS?

(P1) Could there be a design solution to unhappiness? Silvia Neretti, an Italian designer who just graduated from the Design Academy Eindhoven, explores the relationship between **psychology** and design in her master's **thesis**, the Unhappiness **Repairer**. This **pop-up** therapy **stand**, not unlike Lucy's psychiatrist's booth in Peanuts, **injects** "happiness into everyday life," according to Neretti.

(P2) This, she writes of the project on her website, is accomplished "through the **analysis** and the **modification** of the interactions between people, situations, and communication in a specific unhappy context, by **sabotaging** the **symbolic** objects in it..."

(P3) Unhappiness, she argues, is the result of a **specific context** (though as far as **empirical** psychology goes, she doesn't provide any studies to back up that **assertion**). She becomes unhappy when her father **hogwarts** the couch, **splaying** across it and not **engaging** her in conversation. As a design **intervention**, she creates cardboard **subdivisions** for the sofa--much like these park benches designed to prevent homeless people from sleeping on them--and suddenly, the video shows her and her father chatting happily.

(P4) In another case, she helps a woman, lonely and recently separated from her husband, think about her unhappiness **spatially**. Neretti maps the woman's home, and using basic cardboard boxes, she covers the house in **whimsical** new creations--cardboard shelves, a cardboard desk to work at, cardboard **decorations** to replace tired paintings--all designed to get the **client** to think about her home in a new way, and eventually, move on.

(P5) Designers can never **replace** therapists and mental health professionals, and it's likely that getting your **distant** father to talk to you isn't quite as easy as making his favorite relaxation spot really uncomfortable. But having a **third party** help us rethink the **roots** of our unhappiness? Never a bad thing.

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DISCUSSION QUESTIONS

If you found the passage difficult to read or had problems understanding specific words or idiomatic expressions, please discuss them with your tutor.

The following discussion questions should be answered in your own words and with your own arguments.

1. Briefly summarize the content of the article in your own words.
2. Describe Silvia's thesis project. What artifact did she make and what message is she trying to get across with the project (P1)?
3. "Through the analysis and the modification of the interactions between people, situations, and communication in a specific unhappy context, by sabotaging the symbolic objects in it..." Can you think of symbolic objects that creates unhappy context in your life? (Silvia gives an example of the couch in P3)
4. Do you think design can help making a happier life? If so what would you design for yourself? If not, why you don't believe so?

VOCABULARY

Psychology	(n) 심리학
Thesis	(n) 학위 논문
Repairer	(n) 수리공; 수리 도구
Pop-up (retail)	(n) a trend of opening short-term sales spaces
Stand	(n) the place in which a person or thing stands; station
Inject	(v) (액체를) 주입하다; (특성을) 더하다
Analysis	(n) 분석 연구
Modification	(n) (개선을 위한) 수정
Sabotage	(v) (고의적으로) 방해를 하다
Symbolic	(adj) 상징적인, 상징하는
Specific	(adj) 구체적인, 명확한, 분명한
Context	(n) (어떤 일의) 맥락, 전후 사정
Empirical	(adj) 경험에 의거한, 실증적인
Assertion	(n) (사실임을) 주장
Bogart	(v) ...에게 난폭하게 굴다, 협박하여 자기 것으로 만들다; (나누어 피우지 않고) <대마초를> 독점하다
Splay	(v) (손가락·다리 등을) 벌리다
Engage	(v) (주의·관심을) 사로잡다
Intervention	(n) (상황 개선을 돕기 위해) 개입
Subdivision	(n) (세분된) 한 부분
Spatially	(adv) 공간의, 공간적인
Whimsical	(adj) 엉뚱한, 기발한
Decoration	(n) (무늬 등의) 장식
Client	(n) 고객
Replace	(v) (다른 것의 기능을) 대신하다
Distant	(adj) 먼, (멀리) 떨어져 있는
Third party	(n) 제삼자
Root	(n) (문제의) 근원