

RESEARCH OF THE EFFECT OF STRESS RELIEF TOOLS

Yakilevskyi B.O., Kalashnikov A.I., Mezheryskyi S.G.

National Technical University "Kharkiv Polytechnic Institute", Kharkiv

In today's society, people increasingly face stress, anxiety and psychological pressure. Games that offer emotional release and mental relaxation are becoming more popular. FurniCrush is not just a destruction game – it provides a therapeutic experience, letting players relieve stress through simulated furniture destruction for a sense of release and satisfaction.

The core mechanics of FurniCrush involve realistic furniture destruction in the game using collision physics. The player is equipped with an axe that can be used to interact with destructible objects in the apartment. When the colliders of the axe and the furniture touch, the process of object destruction is triggered, turning the entire furniture model into several fragments, accompanied by realistic sound effects.

Destroying virtual objects offers a form of catharsis, helping players release frustration and anxiety. With realistic destruction physics, FurniCrush lets users channel emotions safely and satisfyingly. Visual and sound rewards create a positive loop that aids emotional regulation and reduces stress. Unlike other games with complex storylines or challenges, FurniCrush offers simple and relaxing gameplay. Easy-to-learn controls make it accessible to players of all ages. Without complex strategies, players can enjoy the satisfying, repetitive action and enter a calming state of flow.

Key Features and Innovations:

1. Procedural Level Design for Variety: Each playthrough presents a unique destructible environment, reducing repetition and allowing players to experience an ever-changing world. This novelty factor helps maintain interest and reduces the risk of boredom, which is important for stress relief.

2. Cross-Platform Optimization: The game is available on multiple platforms, providing stress relief wherever you are – mobile, desktop or console.

3. Simple and Engaging Play: The core game mechanics are simple and rewarding, creating a low-stress environment that is perfect for both short breaks and longer relaxation sessions.

To confirm the effectiveness of FurniCrush in stress relief, we conducted a series of user surveys. Participants were asked to rate their stress levels before and after using the game. The graph below presents the survey results, showing the average reduction in stress levels among participants.

Initial tests show that players experience notable satisfaction from the destruction mechanics, often reporting reduced stress and improved mood after playing. Surveys conducted before and after gameplay revealed that most participants felt calmer after sessions, though the degree of stress relief varied. These findings suggest that FurniCrush has a generally positive emotional effect, offering players a simple and relaxing way to unwind.