



PocketHelp

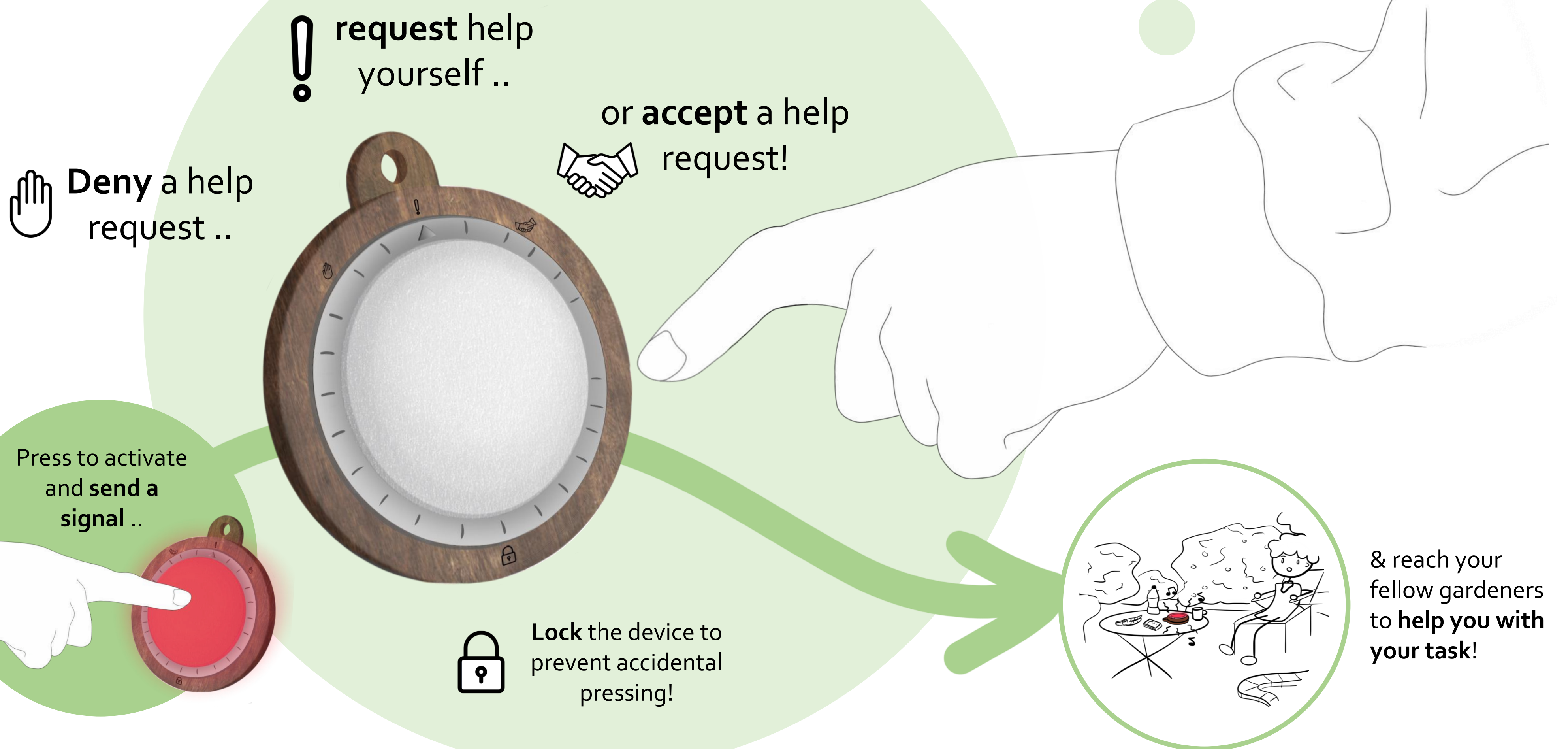
Enhancing the shared experience of gardening

How can design facilitate the bond between gardeners in a community while gardening together and therefore improve their well-being?

Context

This question guides us when looking at the subjective well-being of community gardeners within the Deltse Hout, in Delft, the Netherlands. While existing literature stresses the positive impact of gardening itself on subjective well-being, particularly within communal settings, there is little research addressing the well-being of gardeners within gardening practices and communities and the potential of design in this context.

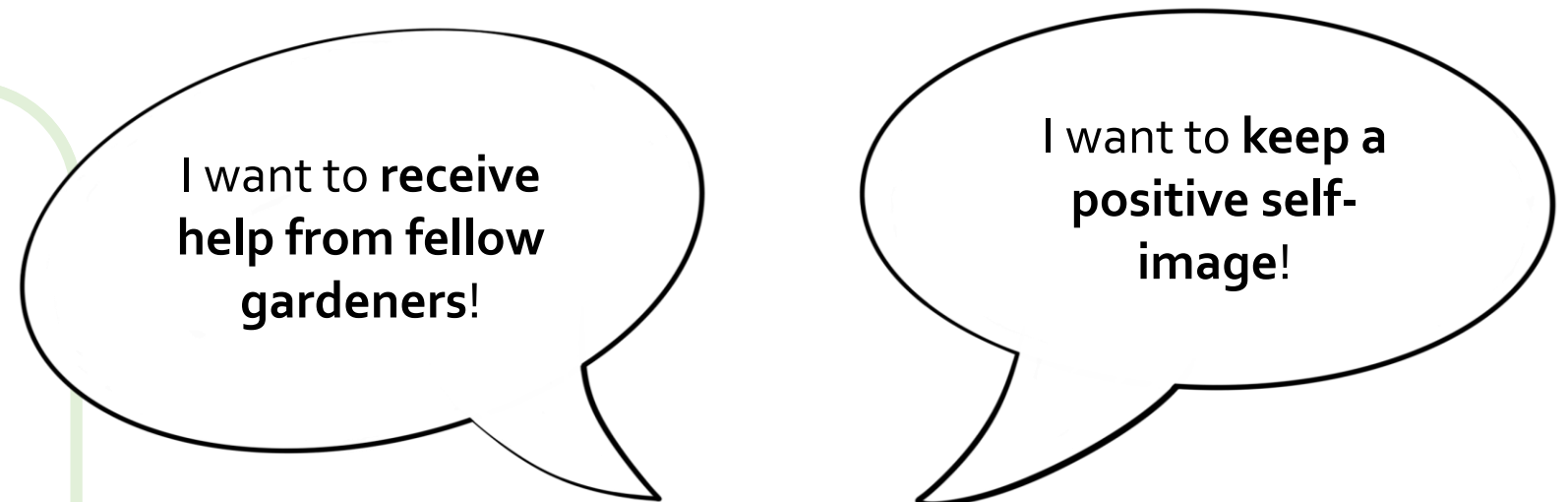
In effort to discover how design can contribute human flourishing, a key aspect of enhancing subjective well-being according to the Positive Design framework by Desmet and Pohlmeier (2013), we collaborated with Talen Tools, a Dutch gardening tool manufacturer. The primary methodology utilized within this project was Dilemma-Driven Design, as outlined by Ozkaramanli et al. (2020), where we aimed at discovering mutually exclusive goals that collide with achieving subjective well-being within the gardening context.



The Design

As a result, we present the PocketHelp, a handheld device designed to facilitate assistance among multiple gardeners in a community garden through a simple interface. The device allows users to send assistance request to other gardeners within the community garden, who can then, by using their own PocketHelp, accept or decline. Through blinking, sound and vibration, gardeners are made aware of incoming requests, which enables them to work together on tasks, fostering socialization and thereby a stronger sense of community.

Through addressing a relevant dilemma within the community garden context, the PocketHelp exemplifies how design interventions can facilitate the bond between gardeners in a community, contributing to the enhancement of their subjective well-being.



The Dilemma

Community gardeners seek assistance from their fellow gardeners to complete their tasks, but they want to avoid looking helpless in the process.

Sources: Desmet, P., & Pohlmeier, A. (2013). Positive Design An Introduction to Design for Subjective Well-Being Resilient@work: development of an application for a more positive outlook on life View project Designing for and Measuring Intuitive Use View project. In *International Journal of Design* (Vol. 7, Issue 3). www.ijdesign.org
Ozkaramanli, D., Desmet, P. M. A., & Özcan, E. (2020). From Discovery to Application: What to Expect When Designing with Dilemmas. *Revista Diseña*, (17), 58–83.