



Views: 111

- **Title:** Problem Space and Solution Space Practice in Design Methods in Relation to Exotelic and Autotelic Experience: A Theoretical Exploration
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- **Publisher:** Common Ground Research Networks
- **Collection:** [Common Ground Research Networks](#)
- **Series:** [Design Principles & Practices](#)
- **Journal Title:** The International Journal of Design Management and Professional Practice
- **Keywords:** Problem Space, Solution Space, Autotelic Experience, Exotelic Experience
- **Volume:** 10
- **Issue:** [3](#)
- **Year:** 2016
- **ISSN:** 2325-162X (Print)
- **ISSN:** 2325-1638 (Online)
- **DOI:** <https://doi.org/10.18848/2325-162X/CGP/v10i03/1-6>
- **Citation:** Laomanacharoen, Chutarat. 2016. "Problem Space and Solution Space Practice in Design Methods in Relation to Exotelic and Autotelic Experience: A Theoretical Exploration." *The International Journal of Design Management and Professional Practice* 10 (3): 1-6. doi:10.18848/2325-162X/CGP/v10i03/1-6.
- **Extent:** 6 pages

Spiral Bound\$10.00

PDF\$5.00

Abstract

Design methods practiced in the modern industrial era tend to override the joy of designing. As the understanding of design as science emerged in the 1980s, prescriptive design methods have gradually replaced the descriptive design methods traditionally practiced by designers. In response to the world's demand for cheap products, prescriptive design methods have also led to labor exploitation through mass production processes, which have ultimately changed the work-life experiences of those involved. This phenomenon has resulted in an "exotelic" work-life experience that is driven by fulfilling external goals as opposed to an "autotelic" work-life experience driven by fulfilling self-sustaining goals. Autotelic experience is a vital component of "flow" that makes life more meaningful, thus resulting in happier citizens and a better society. In this light, this study aims to explore the theoretical framework of practices of "problem space" and "solution space" in "descriptive" and "prescriptive" models of design methods. Moreover, this study seeks to determine how practices are related to levels of creativity and "flow," which is an important factor in a model of an alternative design method focused on autotelic approaches to work, thus rendering work-life experience more pleasant and effective.

Keywords: [Autotelic Experience](#) | [Solution Space](#) | [Problem Space](#) | [Exotelic Experience](#) |