

ABSTRACT

Play is a natural trait that has been owned by every individual since childhood. There are so many games that can help the child grow both in motor and cognitive. As for this is because the game in physical form requires an interaction from the user to be able to get his pleasure. From the interactions undertaken by the user is able to help grow children, especially children who are still small.

As the times began to emerge more practical games such as video games. In terms of function of video game games are equally giving pleasure to the players. In general, play can release stress and forget the burden of the mind for a moment, this is usually experienced by adults such as high school students or who are already working.

For some adults there are various ways to release feelings of stress, depression, or depressed feelings ranging from playing video games, walking, hiking, or going on a trip to distant places. But to be able to do these things required a time planning in doing so. This can affect a person's performance or comfort while working there.

From the phenomenon there is a potential that can be applied to a design that can facilitate office occupants to improve performance that release stress, all over, or as a warm-up before starting work. This design is intended for employee performance can be maintained and expected to increase.