

Permanent Seminar: *Educational and socio-cultural changes and potentials related to the digital transition*



## Digital transition and social inequalities

### Flow as a strategy of social alienation

- **Keynote:** Prof. Braxton **Soderman**, University of California Irvine
- **Discussant:** Prof. Andrea **Galimberti** and Prof. Paolo **Monti**, University of Milano-Bicocca
- **Chair:** Prof. Francesca **Antonacci**, University of Milano-Bicocca

This seminar will critically examine the concept and experience of psychological flow within games, play, and digital cultures from different disciplinary and epistemological perspectives.

The seminar will introduce and analyze the history, theory, and politics of flow, including its development by the Hungarian American psychologist Mihaly Csikszentmihalyi and its widespread use within the fields of game and play studies. In particular, the seminar will offer a critical reading of flow as an ideology, an ideology that privileges individual and personal change over collective forms of social transformation.

As a form of flow culture, contemporary digital media perpetuate problems of social alienation. Transforming society to reduce alienation, social inequality, and the addictive effect of contemporary technology requires a critical understanding and rethinking of flow.



**March 11, 2025**  
11:30 - 14:30



**University of Milano-Bicocca**  
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