

Summary

The interviewee is a male worker who has been living with his wife in a single-family home for nearly two years. They have a strong relationship and have been married for over 30 years. While they sometimes have loud discussions, they always manage to find a solution that works for both of them. They live in a somewhat traditional way, where the husband takes on most of the work and is responsible for the financial side of the relationship. In the past, the wife stayed at home, focusing on raising the children.

Now, she works most weekends (which the interviewee didn't mention) and handles about 95% of the household chores during the week. She also takes their dog for three daily walks (something else he didn't point out). The man feels he doesn't need any app to track mental load, but it seems he isn't fully aware of how much mental load his wife carries. He did suggest that it could be helpful to visualize the time she spends at home versus the time he spends at work, which might lead to a fairer distribution of tasks.

General Information

Do you work or study?

work

Living situation

How many people do you live with?

1

How long have you been in this living situation?

About 2 years

What is your relationship with these people? (Family, shared apartment, colleagues, friends, partners)

Wife

How would you rate yourself on a scale from 1 (completely spontaneous) to 10 (everything planned)?

7

Cohabitation/Communication

How would you describe your cohabitation?

Harmonic, aiming for the same goals

Is the cohabitation as you imagined it? (What is different?)

Yesyes (maybe a bit to personal)

How would you describe the current communication in your living situation?

Intense but good

Are expectations clearly communicated?

Yes

How do you handle differing expectations?

We are very direct. Wife is almost always right.

How would you describe your relationships with your housemates?

harmonic

How do you deal with conflicts?

We have an intense talk where she might get a bit louder but in the end we always find a good solution that works for both of us.

How do you handle forgotten tasks?

If the task is my responsibility, I do them as quickly as possible. If it's hers I only mention it if there is a deadline approaching.

Are there any wishes you have regarding your communication?

Not really

How do you handle shared spaces and tasks in your living situation?

We have a clear separation. She does almost everything at home and I go to work.

Household Work/Tasks

How is the household work divided?

She does almost everything. I only cook sometimes and do most of the gardening work.

Do you think the distribution of tasks is fair? Do others see it that way?

Yes, since I work I find it fair that she does most.

Are you supported?

Yes

How often do you notice things in the household that still need to be done?

Often

How do you deal with it?

I mostly wait until it has to be done now until I tell her. If it's my task I do them immediately.

How is it handled when something isn't done satisfactorily?

If it's really bad we both mention it and if it's not so bad we let it be.

Personally (e.g., estimates, product opinions, etc.)

Are there things in the household or living situation that cause you stress?

No, I've already got used to everything.

Do you think of other reasons for mental load?

Lots of financial obligations

Can you estimate how large your share of the household planning is?

Very little, about 5%

Can you estimate how large your housemates' share is?

Very big, about 95%

Product

Have you ever tried to track your work in household planning?

No

Do you think tracking mental load would be helpful?

No, since I have only a few chores it would only be an additional burden which isn't worth it in my opinion.

What aspects would you find interesting to see or share with others?

Time Diagram, who does how much each week and which tasks need the most time.

Are there things that are often underestimated in task distribution?

One probably isn't able to make a good estimation of how many tasks the partner does which they don't mention.