

Summary

The interviewee is a father living with his family. He said that in the household everyone does what she or he can do best, but the mother does the most. They have no plan, everything happens intuitively. The interviewee mentioned that it could be interesting to see how other families manage their living together. He also thinks that it wouldn't help to track mental load.

General Information

Do you work or study?

Work (full-time)

Living situation

How many people do you live with?

3

How long have you been in this living situation?

15 years

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

family

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

8

Cohabitation/Communication

How would you describe your cohabitation?

harmonious, inspiring, creative, appreciative

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

yes

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

good, open, some minor misunderstandings

Are expectations clearly communicated?

mostly

How do you handle differing expectations?

How would you describe your relationships with your housemates?

close

How do you deal with conflicts?

discuss with each other

How do you handle forgotten tasks?

make it yourself or say

Are there any wishes you have regarding your communication?

No

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

everyone does what they do best

Household Work/Tasks

How is the household work divided?

Mom does a lot, the others do the rest

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

yes

Are you supported?

no, because no planning

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

sometimes

How do you deal with it?

Do directly depending on the task/time

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

simply correct

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

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

no

Do you think of other reasons for mental load?

Fast developing society, environment, war

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

10%, but no major planning anyway

Can you estimate how large your housemates' share is?

90%, but no major planning

Product

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

no

Do you think tracking mental load would be helpful?

no

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

how it is in other households

Are there things that are often underestimated in task distribution?

Time required for everything in the household (it takes longer than you think)