

Summary

The interviewee is a wife and mother living with her family and working part-time. The division of areas of responsibility has happened intuitively over the years and is based on interests whenever possible. She feels like her workload is often underestimated. Especially with tasks like tidying, running errands and other smaller household tasks, but also things like laundry and cleaning. She believes that having some differing views regarding expectations and household are okay to have, but sometimes she still wishes for better communication. She stated that tracking mental load could be interesting.

General Information

Do you work or study?

I'm working part-time.

Living situation

How many people do you live with?

With 2 others.

How long have you been in this living situation?

Almost 20 years, in this exact one.

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)?

Around 5.

Cohabitation/Communication

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

As open. More or less. It could be better.

Are expectations clearly communicated?

Well, not always.

How do you handle differing expectations?

We try to solve them by having a discussion about it, or we just let it be. But often my husband is so busy with work that we don't really get a chance to properly discuss it.

How do you deal with conflicts?

We try to solve them. We discuss them, but sometimes we also just accept that we have different views and try to work with that.

How do you handle forgotten tasks?

We complete them later. Together or the one that's better at it or has more time for it.

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

The division of areas of responsibility has happened intuitively over the years. So usually there is a clear, fixed division of who does what.

For example gardening, I like doing it, but it's also very time consuming. Or my husband, he likes to cook, so it's not always just a burden, because we tried to split it according to interests. My husband also does the grocery shopping because he prefers to do it, so I think the division is quite sensible in that regard. But of course there are also things like cleaning, which I do despite not really enjoying it.

Household Work/Tasks

How is the planning of household tasks divided?

Well, we don't really have to do much planning anymore, over time the division developed to what it is now.

Do you feel supported?

Partially.

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

Partially, too.

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

All the time, constantly.

How do you deal with it?

I'm just always busy with it, I'm constantly working on it.

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

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

Yes, of course. Things like different views on tidiness and its importance.

Can you think of other reasons for mental load?

Long-term planning, like moving to a different place, my husband never has enough time or interest for that. I often feel a bit left alone with that.

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

Maybe 60% - 70%.

Can you estimate how large your housemates' share is?

Well, the remaining part.

Product

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

No, but it might be interesting to do so.

Do you think tracking mental load would be helpful?

Yes, I think it could be interesting.

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

I think it would be interesting to see and demonstrate how time consuming everything is.

Are there things that are often underestimated in task distribution?

Yeah maybe, for example how much time things like laundry, cleaning, tidying, running errands and garden maintenance takes.

Is there anything else you would like to say?

My husband, for example, cooks a lot, but I'm the one that cleans up afterwards. I just feel like I do a lot of smaller tasks that, in their sum, still require a lot of time and energy but are hard to capture individually. I feel like my effort there largely goes unnoticed or underestimated because it might not be as flashy as for example cooking a meal.