

Summary

The interviewee is a female in her mid fifties. She is a part time worker and housewife living with her husband and three children in a house for around 18 years. They have a good relationship but the tasks are not distributed yet and so she does nearly everything when it comes to planning household tasks. She wishes to have a schedule for tasks and lists for e.g. meals. Overall their communication works quite well but she would like to know more about the schedules of their cohabitants. Even though she does so much she values her family and their communication very high which is why she's going on with it. She thinks tracking of mental load could also help scheduling things.

General Information

Do you work or study?

work

Living situation

How many people do you live with?

4

How long have you been in this living situation?

18 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)?

5

Cohabitation/Communication

How would you describe your cohabitation?

turbulent, relaxed

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

Yes, actually the way I imagined it. At the moment, things could be a bit more relaxed in other aspects. I would then count on turbulent again.

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

Good

Are expectations clearly communicated?

No

How do you handle differing expectations?

It depends on the person. We often have discussions and people listen and respect other opinions. And sometimes, depending on the topic, person and situation, it escalates slightly and people get up and walk away. [...]

How would you describe your relationships with your housemates?

[...] Well, the fact that it's family means that I can't do anything about the situation at the moment. And that's why I think the relationships are good. Up to very good.

How do you deal with conflicts?

That also depends on the person. Personally, I am in favour of discussion. Other people first need time to be able to discuss. But on the whole, we end up discussing.

Are there any wishes you have regarding your communication?

- Sometimes I wish my flatmates would communicate earlier. Regarding their daily presence or their expectations of me.
- Digital shopping list, ...

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

I need to communicate what I want more clearly myself; work with a list, as that's what my flatmates would like; I'd like to change a few things there

Household Work/Tasks

How is the household work divided?

Not at all; I would have to divide it up more clearly, formulate wishes e.g. with a list, as I am still working

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

no planning, therefore not at the moment; with planning it would be

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

hourly, but also a lot of things that don't have to be done immediately

How do you deal with it?

I usually do it so that it's done

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

Discuss and communicate with the person immediately how it should be done

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?

Headache or bad day, got up wrong ⇒ accumulates and you don't like being at home in the evening ⇒ stressed out

need more composure, laugh, don't take things so seriously ⇒ everyone has to work it out for themselves

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

99.9%

Can you estimate how large your housemates' share is?

Nearly 0%

Product

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

No

Do you think tracking mental load would be helpful?

not averse, would have to be tried out

Going through the household in a more structured way could help

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

Things don't happen by themselves, more can be achieved together

Communication is the be-all and end-all

Are there things that are often underestimated in task distribution?

Time expenditure e.g. vacation planning, shopping list