

Summary

The interviewee lives with his parents and two siblings. As they are all grown up, they are rarely all at home. They have a calendar, but not everyone uses it consistently. Their cohabitation is very intuitive, they had a task plan, but it is no longer used. The mother does the most in the household, but as she doesn't work full-time, it is understandable and accepted by all family members. The interviewee doesn't see much room for improvement and he thinks that tracking or planning would be beneficial.

General Information

Do you work or study?

study

Living situation

How many people do you live with?

4

How long have you been in this living situation?

Since birth

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)?

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Cohabitation/Communication

How would you describe your cohabitation?

actually harmonious, intuitive, spontaneous

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

nothing imagined, good as it is

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

Father goes out when he has something without saying much, brother also rather spontaneously, but says it, sister has no idea where/if but always has something, I say when I have something, mother attaches importance to who does what, everyone does sports, i.e. someone is always away → mother asks, is proactive

Write in calendar (mother wants to, others not so - > until someone is wanted), otherwise verbally

Are expectations clearly communicated?

originally takes plan, now not really anymore, household depending on (do things each for themselves, e.g. set the table mostly clear who how) → more intuitive

How do you handle differing expectations?**How would you describe your relationships with your housemates?**

to siblings rather fleetingly (eating together, otherwise not seeing them so often), seeing father more often, helping mother a lot (cooking, laundry)

How do you deal with conflicts?

avoid us for a while or discuss it at the dining table (depends on the conflict)

How do you handle forgotten tasks?

can lead to trouble, someone else just did it last time

Are there any wishes you have regarding your communication?

Not really

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

Planning: calendar, but not always used like this (physically in the kitchen) → vacations, matches, birthdays, training sessions, etc. (only rather big things are entered)

Holiday planning: talk to each other, discuss → mother books (no big plan during the vacations)

Shopping: Mother (everyone's shopping list, mother asks for ideas for cooking)

Garden: everyone who can is recruited for tasks

Craftsmen: parents call

Phone calls: whoever has a free hand (more likely parents)

Pets: varies, plan who goes out with the dog and when, mother at lunchtime, father in the evening, food depending on who is available (mother mostly)

Plants: Mother mainly, but they are also her plants (sometimes others do it too, e.g. when mother is on vacation)

Bills: Mother basically (do them as quickly as possible)

Children: each for themselves, already old enough

Household Work/Tasks

How is the household work divided?

Task plan in the past, people no longer in the house so often → not always the same person available, now it's more likely to be done by the person who can and has time, mother does the most

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

not fair, but clear to everyone (nobody complains)

Are you supported?

yes, but mother not always

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

It depends in which area: things that I need are more likely to stand out or, for example, wiping the table

How do you deal with it?

tend to do it yourself (laundry, for example, rather less)

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

do it yourself/do it better, or say

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

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

sometimes not in the mood for suggested food → then suggest better food and cook it yourself

Do you think of other reasons for mental load?

Visit expected, unsatisfied project/examination leads to many thoughts

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

0 (no planning necessary)

Can you estimate how large your housemates' share is?

Siblings also 0, mother cleaning, etc. planned, other things also rather unplanned (habitual periods)

Product

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

Planning 0, therefore no

Do you think tracking mental load would be helpful?

might help, but it usually works, so not necessary

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

Statistics could create more awareness, but would not change anything in the long term

Are there things that are often underestimated in task distribution?

Mother's work underestimated (if mother not here, then plan due)