

Summary

The interviewee is a male part time worker in his thirties living in a flat with his wife and two-year-old child for two years. They have a great relationship regarding communication and expectations. When it comes to household planning they are quite flexible and help out as needed besides some tasks which mainly one of them does but without having a clear plan. They normally discuss their day in advance when they see each other at home or use online services like WhatsApp for communication. Both adults use a to-do system for scheduling which works quite well. They tried planning meals/food once but stopped again due to the additional work. He was tracking work related things in his previous job but it was often difficult to gather enough data for analysis besides work time. For him it would be interesting to see the mental load in different locations and people to analyse it over time. He thinks the biggest challenges in task distribution are emotions and out limited capacity to make decisions overall.

General Information

Do you work or study?

Work as head office

Living situation

How many people do you live with?

2

How long have you been in this living situation?

2 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)?

5-6

Cohabitation/Communication

How would you describe your cohabitation?

relaxed, happy, peaceful, as close to stress-free as possible

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

Probably yes

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

open and proactive, communicate well, actually constantly, directly, when we don't see each other via phone or WhatsApp

Are expectations clearly communicated?

think so, low expectations ⇒ makes living together easy; actually know expectations

How do you handle differing expectations?

Talk about it and then find a way; both sometimes give in; realization that the other person's idea is sometimes better; solution actually without argument

Are there any wishes you have regarding your communication?

more communication, but perhaps wrong value; quite satisfied

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

certain things are automatically done by one or the other, but they don't belong to one person; everyone just does things; consultation during the day, but more to inform and not to distribute the tasks; "one person sees that something needs to be done and does it"; some things are seen more quickly by one person and others by the other and then done immediately; both people use separate to-do lists for their own planning

Household Work/Tasks

How is the household work divided?

often talk about the day, what we are doing and who is taking care of the daughter ⇒ then know how our days fit together; actually plan household things together; aim to plan lunch and dinner for the week, but has only worked for a while so far; some to-do's like bathroom split up, small things are done as soon as they come up

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

relatively good 50-50

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

permanently, with a two-year-old

How do you deal with it?

some days nice and tidy, other days it is put off until tomorrow; sometimes OCD (a long-lasting disorder in which a person experiences uncontrollable and recurring thoughts (obsessions), engages in repetitive behaviors (compulsions), or both), but mostly feeling that enough is enough now

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

Rarely at home, rather still in the office; there are things we do differently (as people) ⇒ otherwise creates endless stress potential if a person has to change; things are not so important

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?

quite a few e.g. living together outside the family; many self-created

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

Around 50%

Can you estimate how large your housemates' share is?

Around 50%

Product

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

Household: perhaps the shopping, but very time-consuming

Work: various things such as working time for various tasks, sometimes difficult to obtain sufficient data for own experiments

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

Mental load assessment

- Track locations over time and then find correlations
- Work: intensity and over time
- Communication: how much and with whom

Are there things that are often underestimated in task distribution?

- Triggered emotions (in connection with mental load)
- Limited capacity and (qualitative) decision-making