



LIFE AT HOME: SPACES, THINGS, EMOTIONS AND PROCESSES

Qualitative Research Report

August 2018

Main Goal

To explore how residents of Latvia and Lithuania fit in the global picture presented by IKEA LIFE AT HOME 2017 report.

Main tasks

- To investigate attitudes, perceptions and feelings related to 5 main areas:
 - Home and emotional presence at home
 - Things present at home
 - Personal space
 - Technology at home
 - Implementing changes

Research methodology:

Homework task followed by in-home visits

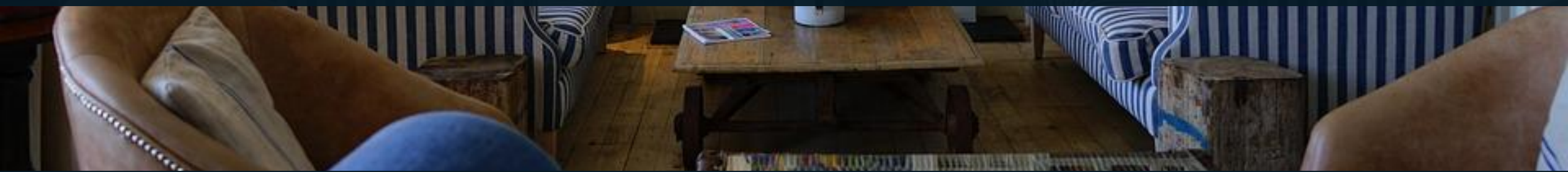
Fieldwork:

Dates: July 24th to 26th, 2018

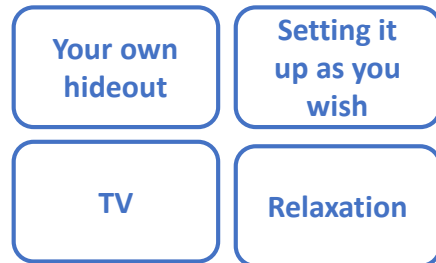
In-home visits	Description	City	Verbatim code
1	Family of 4, children aged 3 and 5	Riga	Small age gap, Riga
2	Family of 5, 3 children aged 1, 9 and 17	Riga	Large age gap, Riga
3	Family of 3 generations living together, grandmother, parents and 2 children aged 2 and 7	Riga	3 generations, Riga
4	Family of 4, with 2 children aged 16 and 18	Daugavpils	Small age gap, Daugavpils
5	Family of 5, with 3 children aged 10, 16 and 17	Daugavpils	Large age gap, Daugavpils
6	Family of 3 generations living together, grandmother, parents and 2 children aged 13 and 22	Daugavpils	3 generations, Daugavpils



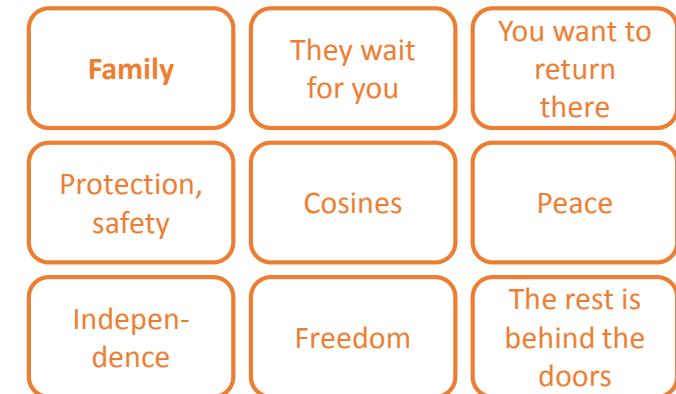
ON HOME AND EMOTIONAL PRESENCE AT THEM



RATIONAL ASSOCIATIONS

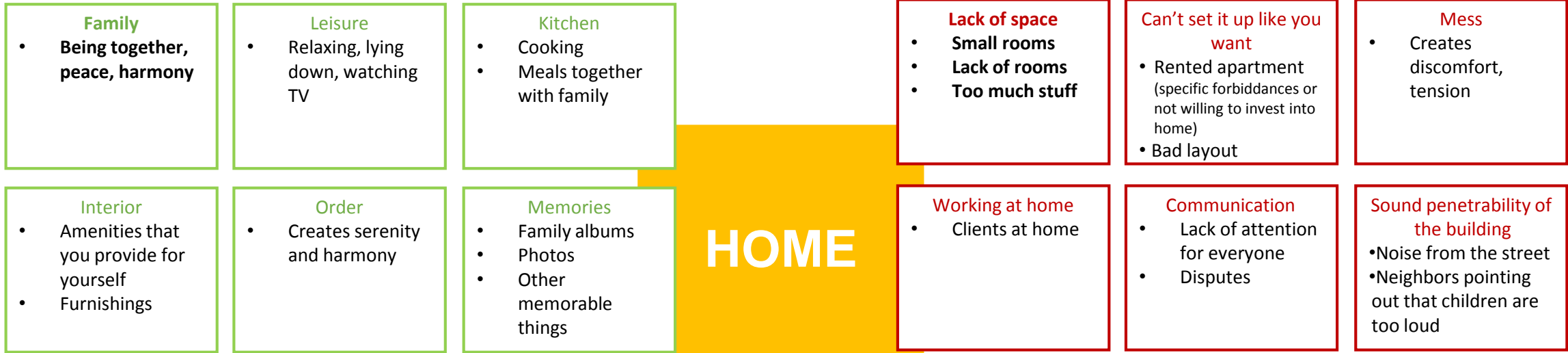


EMOTIONAL ASSOCIATIONS



- *Spontaneous associations with the home were only positive and mainly emotional.*
- *Task revealed that home is a special place, a hideout, where people feel safe, protected, together with beloved ones.*

Perception of HOME



"It's a place, where you feel accepted. A place that holds you there. You are not free, when you are a student who lives in the dorm. That is not a home. Feeling of home is when you set it up as you desire and ability to make small adjustments here and there so you feel as good as you possibly can." (Small age gap, Riga)

"To be fair, home is like a family nest, where you can return and be together with beloved people. Home is a place where family unity is achieved." (Small age gap, Daugavpils)

"That points out about my permanence, that I am an adult and I have home. I don't care if it's in an apartment building or if I didn't buy it together with my husband. The most important thing is that we set it up together." (3 generations, Daugavpils)

"When I get visited by the oldest child (a student that lives in the dorm), then we always go to a store, buy food products and then she cooks us a wonderful meal. She likes to cook, and likes baking even more. When the meal is done, we go and watch a movie together while eating, and such things are very important for both of us." (3 generations, Daugavpils)

"We never let in people we don't like. In the work you don't have a option to avoid certain people, but when you come home, you can close the door and keep it shut. Being alone or being with family... Or even if we have some repair works, I still like my home. It's peaceful and cozy, even though we live in a proximity." (Large age gap, Daugavpils)

"I don't like that feeling of chaos, when the things are where they don't belong, when it's a complete mess. But when I tidy up, I start to feel better." (3 generations, Riga)

- When thinking about home, respondents mainly were emotional and enthusiastic when talking about positive things, especially their family.
- The most common cause of discomfort was lack of space.

Perception of HOME (2)

ACTIVITIES WHEN FEELING AT HOME THE MOST

Relaxing, watching TV, cooking

In the evenings, when everyone goes to sleep, when it's peace and order, because the day is over

On Saturday's morning, making curd pancakes

Spending weekend at home (because during the work days, you are not so often at home)

Celebrating holidays – birthdays, Christmas

"It's when I come home and have a good sleep. I often work at night, so I come from work and sleep during the day. After the rest I make a lunch or dinner, put on my favorite dressing gown and after that I get the feel that I am at home, everything is done, I can spend tomorrow at home. I watch TV, my child is in playing in the backyard and my husband is at the computer – I'm definitely at home." (3 generations, Daugavpils)

"When it's holidays, the whole house is noisy and very busy, you have to do a lot of stuff, when you encounter such problems you think – this is a life, this is a home!" (Large age gap, Daugavpils)

"In winter evenings. When it's cold outside, you come home, warm up and have a cup of warm tea together with a family." (3 generations, Riga)



Emotional image of Home – home personality



40 years old man;

Big, fast, mobile; Bald, without a shirt, muscular;

Business man

TEMPER/ QUALITIES:

↗ Appearance, speed

↘ Messy, chaotic

Woman around 40 years old;

Slightly overweight, satisfied woman, dances salsa

TEMPER/ QUALITIES:

↗ Friendly

↘ Anger issues

Man around 30 years old;

Dark hair, high man, strong, lovely, gentle

Likes to do sports, programmer

TEMPER/ QUALITIES:

↗ Understanding, support, reliance

↘ Forgetful, not purposive

Woman around 40 years old, looks younger

Likes meditating

TEMPER/ QUALITIES:

↗ Forgiving, but not without a character. Patient

↘ Doesn't like to be disturbed

Stylish grandma around 70-80 years old, who takes care of domestic animals and children

Strict, but a little bit chaotic

TEMPER/ QUALITIES:

↗ Lovely, kind hearted

↘ Messy, loud (because of street noises)

Large man, around 40 years old, fast worker but with a big belly. Beautiful smile and kind eyes. Spends holidays abroad.

TEMPER/ QUALITIES:

↗ Caring, kind, calming, helpful

↘ Talks too much, tends to not deal with problems, leaves them unsolved

- *Every respondent created a home character, and used it to express feelings about home, positive feelings – friendliness, support, understanding, kindness, and something negative that disturbs the cozy feeling of home – lack of order and bad behavior and decisions from family members.*



ON THINGS



Perception of things at home (1)

- Majority of research participants admitted that there are too many of things. But those are not superfluous.
- The living space is too small for things to be successfully deployed.

NOT ENOUGH

- Home decorating items as
 - does not want to buy because lives in a rented home
 - Want specials to fit well, but have not yet found it
- Closet, shelves [no place to put things]
- Books, because there is no place to put (but do not care about it because there is a computer and the Internet)

TOO MANY

- **Clothes, especially for women and small children**
- Little children's belongings
- Gathered papers that are difficult to organize
- Non-used electrical equipment (uncommon)
- Repair supplies

JUST THE RIGHT NUMBER

- Things that are not mentioned as inadequate and over, enter the optimal category. The fact that things are used on a daily basis means that they are just the right number
- A special category for women is jewelry, it can not, in essence, be too much. Or is very thoughtfully purchased.

Perception of things at home (2)

"Well, I thought I'll squeeze juice every day and drink. There was such a commitment. At the end, it's better to go and buy Multifunctional cooker I started to cook, but in the end I really did not like something". (Large age gap, Riga)

"Any unnecessary repair things. As if they are needed because we need them from time to time, but there is no place to put them really." (3 generations, Riga)

"There are a lot of my papers, which I have not completely arranged..... Because have no where to put them. They should be taken to the warehouse, but first they should be sorted." (Small age gap, Daugavpils)

"If there would be a place, then one more wardrobe should be. There is nothing terribly redundant for us. Just need a little bit of space." (3 generations, Riga)

"Now there is no longer anything to get rid of. It is not possible for children to take away all the belongings, so that there is only a void. ... There are a lot of things. Parents always feel that it is too much." (3 generations, Riga)

"Maybe there might be nice paintings in the empty space, but I would really like them to fit well. I myself probably would not do this, I would like some interior designers. Something like that." (Small age gap, Daugavpils)

"The jewelry is as much as I need, because I have three pairs of golden earrings - outgoing, casual and small. Rings are also exactly broken up, chains and bracelets. I do not buy costume jewelry, but you cannot buy golden so easy. It is well-considered." (Small age gap, Daugavpils)

"The clothes might be less. If there was another wardrobe larger, where it could be put together, it would not create the feeling that something is superfluous. You really understand that this is necessary for it, this is necessary for it and it should be." (Large age gap, Daugavpils)

"Sometimes my mother comes and says: "You have so much of clothes! Do you really need so much? "I say that I am the only person in this house that does not have a closet. Something hangs where my sons, something hanging where my daughter. Everyone in this house has a closet, I do not have. It would be wonderful to have a solid section here, there some wardrobe, but you would not be able to breathe then." (Large age gap, Daugavpils)

"Life goes forward, book keeping is no longer relevant. At the moment, everything can be found on a computer, on the Internet. It was fashionable to have a lot of books at home, now it's changed." (3 generations, Daugavpils)

FEELING

- **Mostly light (especially when it comes to damaged things). Knows that then there will be more air, place, order and harmony**
- **Feeling free, released**
- Maybe there will be worse times and it will be useful
- "Tomorrow will be needed" (if you are dealing with handicrafts, where much of household things, old clothes may be used)

EASY WAY TO GIVE AWAY UNNECESSARY ITEMS

- Easy to throw out damaged, torn things
- It's easier to throw away when you're angry, that's too much and nothing can be found
- If you know that you can donate to charity, to someone who needs it
- If you can take to the summer cottage, where they can still stay for some time
- Better things can be sold
- The rule for yourself - the clothes must fit on a certain number of hangers

THROWING AWAY THINGS



"It's hard for me to throw away. Sometimes it seems that in the evening I will need a conveyor where I will find it. How can I throw it away? Although the children have been thrown out of their rooms long ago. Then I put it here, somewhere on the shelf." (Small age gap, Daugavpils)

"If the thing is not needed, then, of course, it is a relief. If you give something to someone who needs it more then there is a pleasant feeling. In general, it is a release." (3 generations, Daugavpils)

"The next day after Christmas, we are collecting the old things and taking somewhere, otherwise there is no room for us at home." (3 generations, Riga)

"As long as the little one does not go to the kindergarten, I miss my freedom, that I can do nothing without him - to put things together, to give away. All the time it only happens to be faded, faded and not enough time to give away." (3 generations, Riga)

"No emotions. If I have some sort of emotion, it's not time to take action." (Large age gap, Daugavpils)

"If I can not immediately throw it away, I also take it to the countryside. My mom has a maximum of minimalism. She does not divide anything, she collects and rams. ...Electric appliances usually collect dad because he is a technician. He will always need some detail. This is my simplest thing." (Large age gap, Daugavpils)

DECISION MAKING PROCESS

- When everything goes out and no longer fit in
- When broken
- Accumulated more damaged or not used items, causing mess
- There is a free moment and inspiration for cleaning

THROWING-AWAY PROCESS

- The throwing-away process is not routine, it is based on inspiration. In the wastes usually only damaged, torn things fall.
- Put in bags, boxes in a corner, for some time standing, until it's time to give away to someone who needs; or take to some charity point
- Sometimes, when it's hard to throw away, you put two, three times back, then realize that you really do not need
- When going to the summer house, put in bags and take them there to keep there for some while

- *The desire for order, harmony at home makes it easier to get rid of extra things. It's easier not to throw it in the waste, but to give it to someone who needs it.*

HOW

In small apartments, organizing of things requires imagination, some of the respondents successfully cope with this:

- When ordering a furniture, plans what and where to put
- In order to use things, they should be visible, therefore, some prefer open shelves, not deep shelves, translucent boxes
- Open shelves require tidiness and, if there are a lot of things, there is a desire for closed shelves to harmonize the space
- Unnecessary things put in boxes (many like transparent to see what's in), suitcases, puffs, upper shelves

WHERE

- Currently needed things are usually stored in more accessible places in the closet, shelves, drawers
- In small areas things for children, other family members are more organized than for woman herself. Her clothes, things often being put somewhere here and somewhere there, where is place
- Rarely used things, including non-seasonal clothes, shoes are stored in corridor wardrobes, improvised wardrobes, shelters, suitcases, put on a wardrobe, or in boxes under the bed, on shelves, in pantries
- Rarely used technique is stored in the kitchen above the shelves, or on the upper shelves

"We saw the furniture in the shop and decided - it would stand there, there this, and there this. We buy? Buy. After that, we figured out that need one more furniture that could be kept there. We made it and bought it ... If things are in their places, it seems that they are not at all. ... If you want order and cleanliness, things must be put in places." (3 generations, Daugavpils)

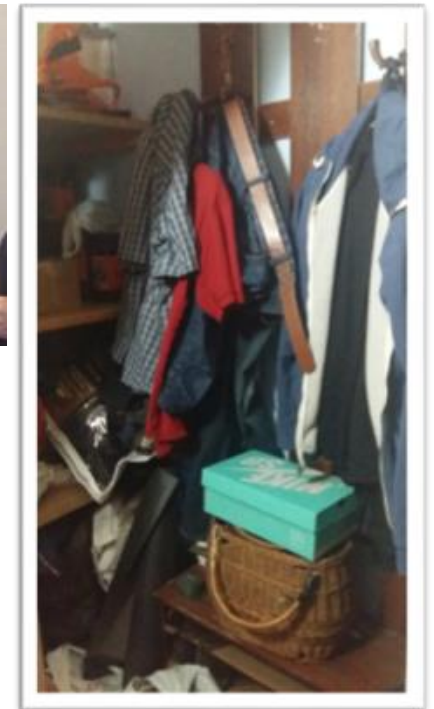
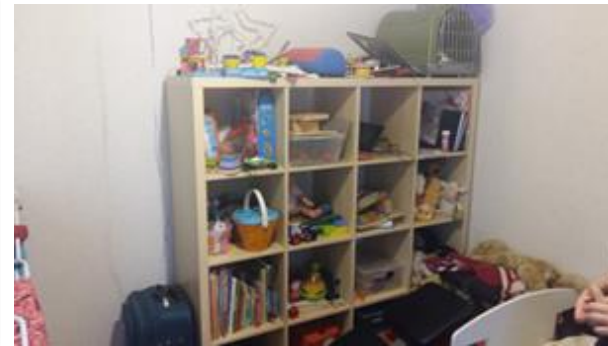
"The rest simply does not have physical space. I like the variant - underneath the bed. This is not an ideal option. Translucent boxes. This is a solution to collect, for purity, so that nothing get there. You can pull it out because it is on the wheels. This is a very convenient option." (Large age gap, Daugavpils)



Problems with ORGANIZING & STORAGE

- Off-season clothing, footwear (especially winter) storage
- Children's things storage
- Parents documents, albums, papers
- Organizing different pieces that collide in a corner or shelf
- Bags, suitcase storage for traveling sportsmen family, etc.

"Summer clothes you put in one box, but for winter clothes this is a problem, because you have jackets and jackets, overalls, there is something else. Where to keep it all? ... For example, my husband has a tool box, there are some saws, something else. We do not know where to put it. It will always be a problem in the apartment. The little ones also carry stuff around and leave somewhere.... We had a clean table all time, then we brought something, put it down. Now there are children's drawings, our documents, everything has to be sorted, sorted. Today, we also tried to tide a little bit here." (Small age gap, Riga)



- *Problems with organizing things makes feeling at home less comfortable.*

“LESS IS MORE” approach at home

ENCOUNTERING AND GENERAL EVALUATION

- Most respondents have heard of this approach and generally perceive it positively that people can also live like this
- It is useful for those who use little things in life
- It was also evaluated as equivalent to a zero waste lifestyle

IMPLEMENTATION AT RESEARCH PARTICIPANTS HOME

- In general, the idea sounds nice, but it's difficult to realize it with children, because they need a lot of things
- If most of the things that are in the apartment are not used, then such an approach might be considered
- Most would rather like to arrange things, not to get rid of them, because they consider that things are as necessary, simply space is too small

RELEVANCE TO RESEARCH PARTICIPANTS

- Particularly enjoyable this idea sounds to those who have chaos at home and can not manage things, because such an approach enhances the order and harmony at home
- Part acknowledges this approach, but does not feel the inner need for such an approach, because likes to accumulate various commemorative things
- At home, all things are needed and carefully thought out before buying, so there is no feeling that something is superfluous

“A sense of orderliness, a sense of order. I am disturbed by the fact that there is always disorder at home, because there are children.” (Large age gap, Riga)

“Yes, I think about it. Maybe piece of furniture to cover it all. This would create a more orderly feeling. More organized.” (3 generations, Riga)

“In homes where there are children, it's quite difficult, because they have a lot of needs. Also, what kind of profession does a person has? The same builders, they still need something for repairs.” (Small age gap, Daugavpils)

“I am trying not to occupy my mind with it. Not relevant, because everything is made by ordering only. All this is made for this apartment only. For each shelf we thought of it, size, plan.” (Large age gap, Daugavpils)

- *Less is more idea is good, gives home good look and harmony but not easy to realize in big families with children and little space.*



ON PERSONAL SPACE



Ownership of the places/ items/ furniture at home

Own room

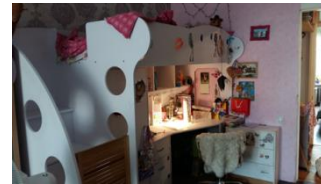


Work room



Own bedside with a locker, side on sofa

Part of the room– bed and table



A special place in the kitchen at the table

Place at the computer



DECISION PROCESS

- Specific places outside of their rooms were observed rarely.
- The possession of a place is basically determined by the frequency of being there.
- In small spaces, children and elderly people are given preference to have their own place, their own room.
- The respondents themselves basically just had a half of bed with a locker, because they were sleeping there or the kitchen as they are mostly working there.

NEED TO HAVE PERSONAL SPACE

It provides the opportunity to separate from others, to rest from work; relax in silence, especially if the work is connected with people

NO PERSONAL SPACE

Because

- Small living space
- Small kids
- Or, to a degree, sacrifice for the benefit of family members – take care for others having their place

Possible spots:

- Anywhere at home when other family members are at work, school etc.
- Bathroom, kitchen, work room
- Bed, where sleeps

- *Respondents have adapted to the conditions in small rooms and find their ways to be alone, relax*

PERSONAL SPACE AT HOME

BATHROOM

BEDROOM

KITCHEN

- *Most of the research participants do not have their own personal space apart from the part of their bed and locker to it*
- *The kitchen is a mummy area, because she knows everything there and is cooking*
- *The bed is her, because she is sleeping there, and in the locker next to it are her things*
- *Some shelving unit is for mothers, because there mom has chaotic stuff and nobody can find anything*
- *Respondents find their place in bathroom, doing beauty procedures*
- *Watch TV in the living room or workroom*
- *Works in the kitchen (interesting that the presence of TV in the kitchen makes it feel less isolated, serving)*

"I just walk out of the house, either I go to the cinema or meet with my friend." (Large age gap, Riga)

"I am not really sad about this. If I want peace, then I come back to the kitchen or go out with a dog to walk." (3 generations, Riga)

"Then when we are all together, then there is no such opportunity. If I want to relax, I put a movie on my computer, put on headphones. Sometimes I'm sitting here and reading a book. I understand that otherwise it's unrealistic. If I need to be alone, I'm watching a movie or reading a book." (3 generations, Daugavpils)

PERSONAL SPACE AT HOME AND OTHER FAMILY MEMBERS

- In general, family members respect mom's desire to rest, to stay alone (with the exception of young children) - they try to behave quietly, do not disturb, if small children, then the husband works with children
- For men, more often, a personal space is a place near a computer desk. It is not characteristic that a man has more personal space than a woman at home. Husband and wife at home with words or behavior tell that they want to stand apart, rest
- In small areas, parents place themselves in the second plan, making sure that children and elderly people have their own room or corner

"Sometimes no, because you come home [from work] and it starts - it should be done, this should be done by my mom, mom ... I start to pull up, but the child does not understand that I need rest.

*Sometimes I show with my mood that it's better not to touch me."
(3 generations, Daugavpils)*

"Because he [kid] is already bigger. There was no place for us anymore. Then we redistributed this room halfway." (Large age gap, Riga)

"Mom has her own space, her belongings. We live together very well. I can not imagine that I would put children in her room. ... Mommy needs her peace, because we are now loud with the children. She works a lot, she comes from work, she wants peace, calm, at the same time those children are also needed. She needs her own, she's already a person who is no longer patient. We can boil in our juice there." (3 generations, Riga)

- According to research participants disputes and tensions at home are part of the living with family. No matter how cute and lovely are family members.
- There are more disputes between husband and wife.



"Do not pick up the dishes. The same tidiness. Little jumps on the bed. It seems as if you're arranged and everything is mixed up again. ... Despite the fact that the husband says to children to sit in the kitchen, he himself goes to the room to eat. This is a classic situation. Also drop footwear, always drop by foot. It is very annoying." (Large age gap, Riga)

"Usually about some everyday things, like about dropped socks. I teach already years husband not to hang socks all over, it can not be taught. Or someone did not clean up the kitchen. Starting with nothing but then as a snow avalanche and then remembering all the sins. There are a lot of disputes about everyday things, but you have to find a compromise, maybe you should keep silent." (3 generations, Daugavpils)

"There will always be a bigger or smaller conflict in the family, but it's mostly trivial." (Small age gap, Riga)

REASONS AND CAUSES

- *About tidiness at home*
- *Wants the husband, other family members, to get involved in home cleaning*
- *Fatigue-induced disputes about anything*
- *For everyday things, failures*
- *How to do things*
- *Not to stay so long on computers*
- *Adhere to the rules, for example, that they should eat in the kitchen*
- *Difficulties for the family to organize*



ON TECHNOLOGIES AT HOME



MAIN ROLE

- Find out the latest news, information
- Communicate with other people, including work needs
- Spend free time, everybody loves to "sit in" devices
- Relax by spending time in devices
- Tradition to look at before going to bed
- Paying bills
- Serves as a camera
- Controls electricity consumption
- Shopping

ADVANTAGES

- Getting information, billing, communication, camera
- The child can be "collected" while sitting in a clinic in a line, in airplane, etc.
- Silence at home for a moment from the children

DISADVANTAGES

- Consume a lot of time, a time constraint
- Get involved too much
- Separate people one from another, family members communicate less, less interact
- People sit in a rigid position, not healthy
- Losing sight
- Children play meaningless, time can be used more meaningfully, more actively

"I had forgotten the phone at work. ... I did so much in one day! I think it was so good. As if you do not do anything about it, check back in time to see if the e-mail has arrived. It takes away so much attention that you can not concentrate on one thing." (3 generations, Riga)

"How phone can develop children? Better go outside, learn to ride a bike." (Small age gap, Riga)

"We did not have internet for two weeks. I noticed that for children it was hard because they were accustomed. For example, they usually talk to each other [with friends] through Skype, then get call: "Edvīn, where is your Skype ?!" Why you are not there? "So the usual system was demolished, they were completely shocked." (Small age gap, Daugavpils)

"When children come from the kindergarten, they first eat, then come to the TV and start watching the cartoons." (Small age gap, Riga)

- *In general, technology at home is rated as useful, needed. The main problem is the excessive time consumption on devices, especially for children.*

RULES/ RESTRICTIONS OF USAGE

MOST COMMON:

- No restrictions for bigger children; also for those who are actively doing various other things, for athletes; those who do not have excessive desire for technology consumption
- There are time limits for very young children; also for those who become aggressive after technology use
- Some adults also tend to give hint to each other

REASONS WHY

Children

- Becomes aggressive after sitting on a computer
- Can not find another activity, would be happy to spend all time at computer
- Losing sight
- Do not do anything smart, developing in devices

Adults:

- Showing a bad example for children
- Too little time spend to family members

NO TECHNOLOGIES AT HOME

- Would start to communicate with each other, find common activities
- Going out, visiting friends
- Would read more books
- Would do more things, would sort things out more
- It would be more sad life because like to relax in technologies

"Because he has no limits when it comes to ending. He becomes very aggressive after those games. What's more, I have to fight with him all the time. ... I tell him that must stop, go see him, but he has not yet switched off, then I become angry, he becomes angry, then we start arguing. ... Now this restriction is imposed, he has one and a half hours per day, which I normally allow him to do, and we are not arguing any more." (Large age gap, Riga)

"We try to restrict time to time, but sometimes we are in our work and forget about the time limit. I know it's bad." (3 generations, Riga)

"If I ask him what he did today and he answers me that he played, then I say he played too much. Next time, calmly with friends go out, do not play. In fact, it's not that they say - I'll sit at my computer all the time." (Small age gap, Daugavpils)

- *In general, the technologies at home are useful. Parents are aware of their laziness, that the nannies are comfortable.*



ON CHANGES AT HOME





Majority of research participants like changes at home/ in home interior. The main reasons are the following:

- Feeling different, it's better, no routine
- The house is refreshed, updated energy
- It can create a new personal space for one of the family members
- Functionally useful changes
- Look for a way to make your home more cozy, tidy



COMPLETION OF INSTALLATION OF HOME

Majority of research participants acknowledged that this is an ongoing process; would do even more if there were more space

- To have no routine
- One end collects, the other is already worn out
- To get home more functional, tidy
- Restricted funds

HOME NOW VS. PAST

The main changes in the home interior are carried out in relation to children, either the birth of a child or the child has grown and needs his own corner:

- Purchased a complex furniture for the needs of the child
- The room is divided into halves, a corner is detached as the child grows up and needs a place
- Eliminated work room
- Also serious repairs with cardinal changes in the interior

"I really do not like this arrangement. Well, no, no! It's just chaotic put sofa, bed, TV and everything. This is how can put together. Otherwise, you can not do anything." (Large age gap, Riga)

"When I think of a house that will be in my possession, it immediately seems that it is more important to improve environment. At the moment, as it is, we live in it." (Small age gap, Riga)

"It's joy when looking at new things. Things start to get bit overwhelmed. Then when you start to change everything, you seem to be getting rid of it. Some easiness is in all that. The mood is also improving." (3 generations, Daugavpils)

- Respondents like changes at home, especially if can get good results. As the initial cause, motivation most often are children.

Implementation of changes at home/ in home interior

SUCCESSSES

- A cardinal, very thought-out change, serious repair
- A shelf was successfully found to separate the children's area
- Successfully discovered ways to better storage of things

DIFFICULTIES & FAILURES

- Purchased furniture is functionally awkward
- Child separation in a small space, the child is not happy
- Difficulty in organizing everything in common
- Lack of time
- Costs

LEARNED LESSONS/ DIFFERENT APPROACH IN THE FUTURE

- Nothing can be otherwise because of the lack of space
- The kitchen equipment with a closed door to keep it intact and hidden from the eyes, it will look more neat, harmonious, it would not be necessary to spend so much time on cleaning each thing
- No carpet while the kids are small
- Thinking more about furniture functionality
- No large, opaque shelves
- Buy wardrobe with floor, because then is less dust in it
- Would like to place cleaners, detergents in a more transparent place
- Arrange one room then the next; to invite professionals to have more qualitative result

EMOTIONAL LEVEL

With the inspiration that will be cool and beautiful

Renewal - refresh

Satisfaction

Dissatisfact in

Sad, nervous

It was hard, hard. He [child] did not want [this type of space]. It seemed unacceptable to him. (Large age gap, Riga)
There is no way to sort out by my mind, because I can not manage, perhaps, laziness. Maybe I would sometimes like some beautiful elements - paintings or something more interesting. Maybe I have not found exactly what I want. There was no situation that I see- oh, this is exactly that. And yet, in this unfinished stage is everything. With the resources we had at that moment we made something. (Small age gap, Daugavpils)

- Feelings while implementing changes at home/ in home interior are completely different at each home and seem to depend on personality.

Plans of chances at home in the future

CHANGES AT HOME RIGHT NOW

Right now, respondents are not prepared to make any changes because either the changes have just been made or there are currently no resources planned for this purpose. In general, there are more changes planned to the kitchen. These are unsuccessful changes or deferred needs:

- Replace uncomfortable cupboards, drawers, doors, tables, or all kitchen arrangements

Also wants to improve the organization of things in the corridor

PLANS OF CHANGES IN THE FOLLOWING 12 MONTHS

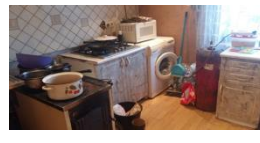
Several also said that there would be no changes in the next year, because there are no resources planned, there are more needs in other areas.

What could be done:

- Change the kitchen counter to a larger, with an angled sofa so everyone can sit at the table
- Paint an old but comfortable wardrobe
- Insert sliding door into niche
- Buy a curtain
- Place a shelf

Reasons/ barriers for not changing yet:

- Lack of time
- Lack of money
- It's hard to find what you have been imagine you want
- Do not want to invest in a rental apartment

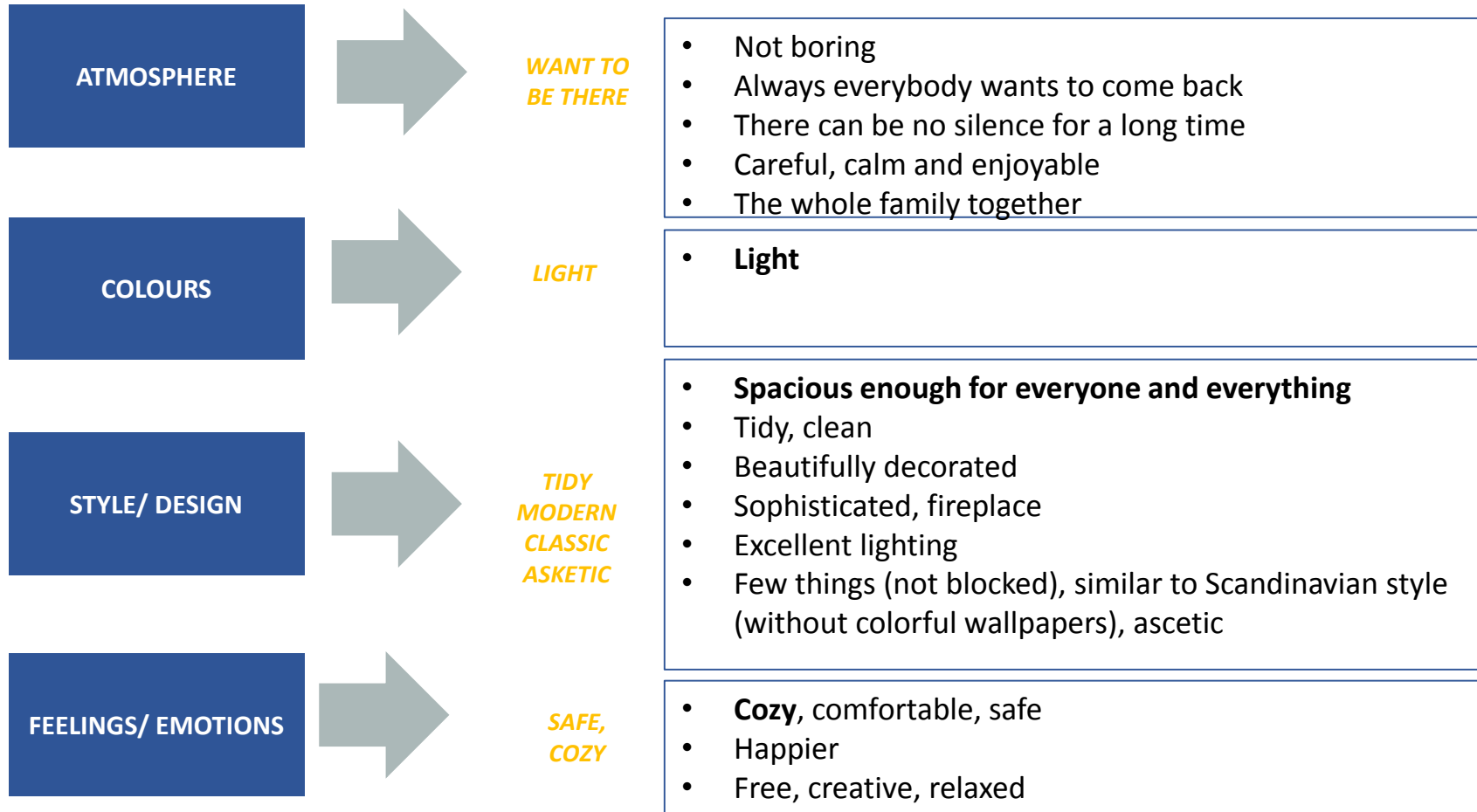


DREAM



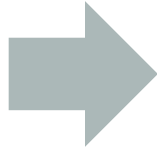
IDEAL HOME PERCEPTION: home task

Perception of ideal home



Perception of ideal home

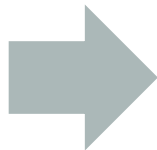
NECESSARY THINGS



*More
space*

- **A spacious place, own room for everyone**, a kitchen, a living room, a sauna
- Fireplace, garden, courtyard, terrace, nature
- Comfortably equipped kitchen
- Housekeeper
- Decors with functional meaning

ITEMS NOT BELONGING IN DEAL HOME



*Very
individually*

- Animals, spiders
- Carpets on the walls, cloth lampshades with fringe (flask), foam ceilings
- Inquisitive neighbors
- Street noise, parties
- Lots of computers
- Sadness, boredom
- Ready and finished

- *Home task of ideal home revealed unmet needs by research participants which are mainly related to small living space, desire for something bigger, wider.*
- *Little space makes home arranging more complicated, hence the desire for orderliness, a beautiful, cozy arrangement, where you do not feel the presence of intrusive things.*



CONCLUSIONS

- *Spontaneous associations with the home were only positive and mainly emotional. Home is a special place, a hideout, where people feel safe, protected, together with beloved ones.*
- *The most common cause of discomfort was a lack of space.*
- *Majority of research participants admitted that there are too many things at home. But those are not superfluous. The living space is too small for things to be successfully deployed.*
- *Things are organized in very different ways, also very creatively, but some of respondents hardly organize their things. Especially non seasonal clothes, children's things.*
- *LESS IS MORE idea is good, could give home good look and harmony, but not easy to realize it in families with children and limited space.*
- *In small spaces, children and elderly people are given preference to have their own place, their own room. Respondents have adapted to the conditions in small rooms and find their ways to be alone, relax without having their space.*
- *In general, technology at home is rated as useful, needed. The main problem is the excessive time consumption on devices, especially for children.*
- *Respondents like changes at home, especially if can get good results. As the initial cause, motivation most often is children related.*
- *Feelings while implementing changes at home/ in home interior are completely different at each home – inspiration, satisfaction and dissatisfaction with the results.*
- *Little space makes arranging home more complicated, hence the desire for orderliness, a beautiful, cozy arrangement, where you do not feel the presence of intrusive things.*

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WHEN YOU DO IT, DO IT RIGHT

