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PERCEPTIONS OF PEOPLE WORKING FROM HOME DUE TO THE COVID-19 PANDEMIC RESTRICTIONS ON THE MEANING OF 'HOME'

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ABSTRACT

The worldwide pandemic called Covid-19 caused adjustments in people's everyday life. Some people had to work from home instead of the office, the normal workplace. The question posed in this research: How do people perceive the meaning of 'home', now that they are working from home due to the Covid-19 pandemic restrictions? The aim that goes with the research is to examine the experiences that people have on 'home' now they are working from here due to the Covid-19 pandemic. The concepts of the meaning of home were used to examine the experiences in the research. Regarding components of the concepts including the personal-, social- and material home that are divided into parts resembling memories, experiences, transition and home environment. To gather the participant's experiences for the data collection, eight semi-structured in-depth interviews were conducted, this was part of the qualitative research method. An inductive coding book was used to stockpile all important experiences concerning the research. Those individual experiences were converted into codes in the coding tree. The inductive themes feeling & emotions and feeling of control with clear difference between participants were identified. The results display that people needed to adapt to the new working environment in the home and that it did influence their perception of home. The perception of home is studied with the components: the social, material and personal home. Since people had a strong positive perception of their home, the entry of their work in the home environment did change this meaning moderately. Particularly regarding the social home where people experienced change in feelings and emotions. Also in the material home, the literal change in the workspace and work material being at home, but this place still is perceived as a pleasant environment. This research contributes to the theory development of the meaning of home and is societal relevant for numerous people working from home.

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INTRODUCTION

The first human cases of SARS-Cov-2 subsequently called Covid-19 in the world were reported in December of 2019 in Wuhan City, China (WHO, 2020). The rapidly spreading virus was characterized by the WHO (World health organization) as a pandemic on the 11th of March 2020 (Branswell & Joseph, 2020).

During the Covid-19 pandemic different countries implemented different measures in an attempt to contain the virus. One of those measures in The Netherlands which impacts a significant portion of the people, is working from home. This measure in addition to a number of other measures were part of the intelligent lockdown the Netherlands implemented on 23 of March 2020 (Rijksoverheid, 2020).

According to the data of the European Union only a small amount of 4,5% of the employed people in 2019 were working from home. Since 2009, for a decade this number stayed constant. In this same decade the proportion of people who work partly from home increased by almost 4%, from 5,2% to 9% (Milasi & Fernández-Macías, 2020). In this one decade the increase remained marginal, but then the Covid-19 virus broke out and shortly after turned into a worldwide pandemic. This sudden transition forced many people to work from home. Of all the workers in the European Union the number of people working from home increased rapidly to nearly 40% (Milasi & Fernández-Macías, 2020). What does this rapid increase mean for those people currently working from home on their meaning of home? This transition of work environment motivated the author for the research. This research wants to investigate how the people currently working from their home since the pandemic perceive their home. There is already a vast quantity of research out on the topic of the place called home in social research. The meaning of home has changed overtime due to different subjects. The home can be viewed only as a solid building or structure, but the meaning and value of home is not limited to the built construction. The home is subjected to change by everyday actions, (social) relations and experiences (Blunt, 2005). Home often stated as a place of relative safety, identity and a place where the worries of the outdoor world are less noticeable (Gurstein, 1991). A safe surrounding that is associated with and by family (Valentine et al., 2008). The theoretical relevance is to study, to which extent people who have to work from home perceive this place now. This can contribute to the theory development concerning the meaning of home. It also covers societal relevance since it is occurring at this time and a significant amount of people suddenly have to deal with working from home. It would be interesting to research the experiences of people working from home on their perception of home, to understand if this transition will be temporarily and if it changed people's vision of work. This is an intriguing research gap between the vast quantity of research on the meaning of home and how this conducted measure is experienced by people working from home.

RESEARCH PROBLEM

The aim of the research is examining the experiences that people have of 'home' now that they are working from there due to the Covid-19 pandemic. The results of this research can help or give other people working from home an insight on the experiences from other people. It may also contribute to the theory development of the meaning of home. The research question that merges with this aim is: How do people perceive the meaning of 'home', now that they are working from home due to the Covid-19 pandemic restrictions? To answer this research question there is a supportive secondary question for the research which is: What is meant by the meaning of the place called home?

The thesis is structured in the following way. The next section will present the theoretical framework of the research. Out of the theoretical framework the concept used is displayed in the conceptual model, with explanation concerning the model. Following the expectations of the research are discussed. After this the next part outlines the methodology of the research, going deeper into the research paradigm, recruitment, instrument, data collection- and analysis method and the research ethics belonging to the research. In the next section the results will be presented and discussed leading to answering the research question and aim, in the conclusion. The last substantive section in the conclusion reports the discussion going into the strength and weaknesses, reflection and recommendations. After this there is a list of references used and the appendices of the research.

There is quite some research done on the meaning of home but how and what people experience now during this unanticipated time is still to be discovered. The meaning of home beyond the physical structure of the house is fascinating and distinctive, often mentioned as a safe base (Sokolec, 2016). It provides a social and physical framework in our life and memories (Rowles & Bernard, 2013). The fundamental foundation of the home is a place where people feel relatively safe and an environment over which they experience control (Meijering et al., 2016). The meaning of home is subjected to change by everyday actions, relations and experiences (Blunt, 2005). The often-safe place of home is where people display their identity, a medium of self-expression and where the worries of the outside world are less noticeable (El Fassed, 2001; Gurstein, 1991; Sixsmith, 1986). Additionally, the home is often associated with family and the relationship amongst them (Rowles & Bernard, 2013).

The home consists of experiencing processes. Therefore, Tanner et al. (2008) made a distinction and identified three aspects of the home: the material, social and personal home (Tanner et al., 2008). The constructed environment, as well as design and layout, make up the material home. The measurable space gains meaning as a result of its function, culture and historical role (Sixsmith & Sixsmith, 1991). Through this embodied process people experience and interact with the home through their senses, for instance making breakfast in the kitchen every morning or doing the laundry (Meijering et al., 2016). The social home refers to relationships in the home with significant others and the ones who attend this environment (Tanner et al., 2008). This can be one's closest relatives including partner and children, but also referring to other people attending the home such as neighbours, acquaintances and other family (Tanner et al., 2008). They can contribute to support in the emotional way as well as in the informally non-emotional way. The personal home is the meeting point of the material and social home and where it merges together. This enhances the meaning of home for people and becomes a secure and familiar point and a place of self-expression (Tanner et al., 2008). In the personal home the physical space and daily activities merge with the relation between significant others. In the research home can therefore be seen as place where the material and emotional environment is created. This culminates through the experiences people have in their everyday life combing with memories, emotions and social relations (Meijering et al., 2016). Since the Covid-19 restrictions have been put in place, this generally safe and controlled place of home is suddenly connected with the work life for numerous people. This may cause changes in the perception of home for those people.

Studies already exists on people who voluntarily chosen to work from home. This displays a contrast of experiences. On one hand these experiences show that people who voluntarily work from home tend to experience more flexibility. This gives them the opportunity to manage things to their own liking. Arranging one's own time and space between work life and personal life provides a feeling of control. Control is an important factor in shaping the meaning of home for the people working from home (Gurstein, 1991). The other side of experiences show that working from home can generate a space where the buffer of home no longer protects against the outside influences. The intertwined home and workplace can cause the general safe environment and personal identity to attenuate. The home can become a place where people instinctively never leave work (Gurstein, 1991). The entering of the work into the home environment can therefore influence the perception people have of their home. How people that are currently working from home perceive their home environment after the transition will be investigated. There are several other external factors that can change the perception of home such as disease or loss of family but for this research these will be disregarded. To clarify, the emphasis is to exclusively study the experiences of people working from home and therefore disregard alternative influences. For this the following framework will be used. From all descriptions of the meaning of home as mentioned above the most relevant to the research; the fundamental foundation of the home is a place where people feel relatively safe and an environment over which

they experience control. Home is a place where the material and social home comes together and create the personal home which is under exalted to change through everyday actions, memories, emotions and social relations. (Meijering et al., 2016). For the research itself the application of the definition is going to be used in a neutral way to gather the authentic experiences and perceptions of participants. The neutral standpoint ensures that people can truly share their own experience and are not bound by strict standards. This fits in line with the research since the transition to working from home is still fairly new for the majority of people which makes it important to gather authentic experiences of those people. This information than can then be used to answering the research question.
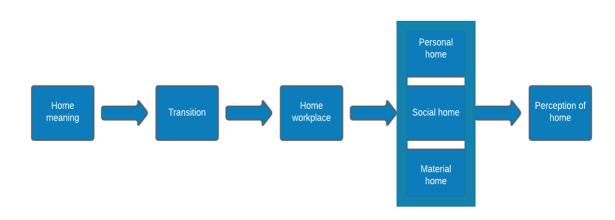
CONCEPTUAL MODEL

FIGURE 1 CONCEPTUAL MODEL (SOURCE, JETTEN 2021)

The conceptual model will be used during the research in several ways. First of all, it gives a clear representation for the researcher which can be used for further development in the research process, such as guidance for the data collection instrument.
The conceptual model will be used to operationalize concepts into interview questions. For the meaning of home, the focus is how the participants experience home for themselves now that they are working from here since the pandemic with use of the concepts personal, social and material home. Using the descriptions from the theoretical framework for the interview guide. The transition displays the change to working from home instead of the usual workspace. Therefore, the research tries to investigate the experience of people before and after the transition. What are the perceptions of this transition for the participants and how do they experience the home when it is also the workplace nowadays? This leads to the perception of home; the way participants perceive the home whilst working from home.

EXPECTATIONS

For this qualitative research the author assumes the following expectations. Considering the literature, people who had voluntarily chosen to work from home experienced this in different ways, as mentioned in the theoretical framework. The curious part is how this will be experienced by those people who are suddenly required to work from home. The expectation is that for people the transition to work from home was quite abrupt and therefore challenging for people. The experiences will be nuanced as expected by the researcher and the perceptions will probably differ per participant.

This is precisely the interesting thing about the personal experience in interviews. As Gurstein (1991) mentioned people can experience more flexibility and thus control, but an expectation is that this will differ between people. On the other hand, the expectation is that people might have the feeling that the buffer of home has faded since the work intruded in the home environment (Gurstein, 1991). Therefore, for people the material home can change with the impact of more work-related items in the house. Also, the social and personal home might be impacted by the work- load or tension in the home environment. The expectation is that the transition changed people's perceptions of their home, but to what extend and how these experiences will differ from one to another has to be investigated.

METHODOLOGY

QUALITATIVE RESEARCH PARADIGM

To study the perceptions and experiences of working from home on the meaning of home, a qualitative research methodology is used. The qualitative research approach fits the topic since it focuses on understanding complex topics with underlying structures (Punch, 2014). The qualitative in-depth interviews explore the underlying meaning, feeling and emotions from the participants perspectives. This notably fits for this research on how people perceive the home. The interpretive paradigm connects with the research since the researcher is interested in understanding the subject on the individual experienced basis.

PARTICIPANT RECRUITMENT

When answering the research question: How do people perceive the meaning of 'home', now that they are working from home due to the Covid-19 pandemic restrictions? The intended participants for the interviews were people working from home due to restrictions imposed in response to the Covid-19 pandemic. The participants were collected using the social media platform Facebook (Appendix A2). Here, the researcher explained the topic to a field of possible participants. The researcher selected participants from the ones who replied to the Facebook message they were from different ages as well professions. They were used to investigate their experiences. After the gathering of the participants the researcher sent them the information letter to clarify the research (Appendix A3).

RESEARCH INSTRUMENT

For the research instrument a semi-structured interview guide (Appendix A1) was used for the in-depth interview format. The interviews were conducted online through video-call due to the lockdown restrictions of Covid-19 to minimalize physical contacts. The semi-structured type of interviewing suits the research in a way that the interview procedure guides the topic in the process but also leaves space for participant's input (Baumbusch, 2010). The partly structure and ability to probe makes it appropriate for discussing the topic and genuinely examining the perception of the participant (Punch, 2014). The interview guide is generated using the theoretical framework and conceptual model with an approach on diving into the experiences, feeling and emotions of the participants. The interviews gather primary data for the research to gain more understanding about how people perceive the meaning of home now that they are working from home.

DATA COLLECTION METHOD

For the research the primary data collection took place in the form of eight in-depth interviews on their perceptions of home. Primary data was collected until no more significant new information was given and saturation point had been reached. To ensure these people out of the attainable research population were selected, a judgement also known as purposeful sampling strategy was used (Barrat & Shantikuma, 2010). This strategy has the benefit that it is time-and-cost efficient way to investigate the needed information on a specific topic since it is a targeted approach (Barrat & Shantikuma, 2010). According to literature this approach may lead to some bias (Clifford et al., 2015). Therefore, the researcher kept this into account whilst analysing the interview data with the use of precise translation and listing to the audio-records multiple times.

DATA ANALYSIS METHOD

The collected data from the interviews was used to investigate the experiences and perceptions of the participants. Trough an inductive coding process of open coding with in vivo coding in Atlas.ti, interpretation rounds and conceptualizing of the collected experiences, the process was finalised to display the results. During open coding the content was thoroughly analysed based on language, interpretation and striking patterns of the participant's experiences (Punch, 2014). This was done through transcribing all interviews in Microsoft Word and importing them into Atlas.ti for analysis. After this process the combined inductive coding tree (Appendix A5) was created out of 145 in vivo codes. In the inductive coding process, the researcher kept the aim and research question in mind to separate suitable information from the rest. The inductive codes were interpreted by the researcher to later be converted into higher codes in the hierarchy.

RESEARCH ETHICS

When conducting research, ethics is a crucial component of the project, acting correctly with the ethical conditions is therefore important. Especially since the participants voluntarily cooperate in the research. Key factors in this are obtaining informed consent from your participants, minimizing the risk of doing harm, protecting anonymity, avoiding misleading practices and giving the option to your participants to withdraw from the research at any given point if they feel the need (Anon, 2012). Therefore, during and after the collection of data, the data from the interviews of participants must be highly protected to prevent any form of harm (Anon, 2012). The privacy of the participants is important. This will be guaranteed by voluntary participation and the anonymization of the participants. Only gender, profession and age will be used in the research.

The audio-recording of the interviews therefore were only used by the researcher for transcribing and is deleted afterwards as agreed with the participant in the consent form (Appendix A4). This consent form was sent to the participants so they could carefully read the conditions of the research and were well informed about the risk, benefits, participation and purpose. Since the research was conducted online due to the Covid-19 restrictions from the government and the university rules the participants were asked at the start of the interview to verbally give permission to participate. This was done by the researcher to make it comfortable for the participants and not have to struggle with printing and sending it or completing it digitally, which was otherwise relatively complicated for some. For the people who wanted to withdraw from the research there was the option to send the researcher a message (Appendix A4). To ensure the personal information of the participants is safe and cannot do any harm the data is anonymized in the research. The researcher was not part of the research population. However, through his online education experiences the researcher could put himself into the position of the participants; how the participants felt and the experiences they went through.

RESULTS

The research investigated how people perceive the meaning of home now that they are working from home due to the Covid-19 restrictions. For this investigation eight participants (Table 1) were interviewed. The table provides an overview of the diversity amongst the interviewees.

Table 1: Characteristics of the participants (Jetten, 2021).

Interview participant	Gender	Age	Profession
1	Female	55	Administrative assistant
2	Male	41	ICT
3	Male	27	Employment agency
4	Male	60	Financial administrator bank
5	Female	23	Central judicial collection agency
6	Female	30	Customer service postal
7	Female	36	Human resource logistics
8	Male	32	Purchasing manager department store

From the transcripts of the eight participants, the experiences they addressed regarding the research question and aim were merged together using codes. These codes made the inductive coding tree and in this way the concept of the meaning of home was analysed. The results will give a brief explanation on the concept and the information the participants shared using quotes. This way the concept is shown and analysed from the participants contribution. The results will be presented in the following themes: transition, experiences in feeling and emotion, feeling of control and perception of home. These themes were found while analysing the data and will be presented in combination with the concepts personal, social and material home.

TRANSITION

It is essential to know how people experienced the transition to working from home
for understanding the feelings, emotions and overall perception they experience with their home environment now.
The participants were asked how this transition went and if they experienced any change in the home environment emotionally and/or physically. During the in vivo coding out of the interviews nine codes were linked to the code transition. For most participants this change was quite abrupt since it took effect right after the press conference in March 2020 (Branswell & Joseph, 2020). After the participants got used to the transition, most found it satisfactory but did experience changes in the home. As mentioned by the following quotes:

Interviewee 1, female 55 on transition.
"Yes it came all of a sudden in the first lockdown, and from that time we couldn't work on the office anymore, so we had to work from home. That took some getting used to and uh now I am already so used to it that I think it's fine."
The same interviewee mentioned that it went fine now but experienced a change.
 "Yes yes because it is now of course all in one place. It is now a workplace, homeplace and be together with the family. That has been quite a change for me."

Interviewee 2, male 41 on the transition
"Uh yes let me think, since the first lockdown (…). This actually went quite smooth since we could come to work and collect the stuff we need, (…)."
If the transition did change things:
"yes uh yes this has partly changed, of course now that I work from home, it is no longer only a place that you normally have next to your work life, (…). In that respect it has changed yes. but whether it has really become less or a bit better that is difficult given that it has two sides for me, So I find this difficult to answer."
"And uh since I now have more time for myself, I think it really benefits my family, because I have more control over the home environment and time to spend with the family (…)."

These experiences show resemblance with the theory and concepts mentioned. The feeling of having control is in line with Meijering et al. (2016) describing the experience of control as a fundamental foundation. The experiences of changes both emotionally and physically correspond with Blunt's (2005) meaning of home, that it is subjected to change by everyday actions, relations and experiences. The participants described that their work life enters the home, so their home routine and pattern changed. This relates to El Fassed (2001), Gurstein (1991) and Sixsmith (1986) mentioning the home as a place of displaying identity, self-expression and where the worries of the outside world are less noticeable. However, this change led the work life of the participants into their home and therefore brought in worries, such as thinking a lot about their work or having the feeling that they cannot escape the work atmosphere at home now. The experience of feeling and emotion were inductively observed from the interviews. This influenced the perception they have of the home. This was also mentioned in the interviews:

Interviewee 6, female 30:
"well because my boyfriend now also works from home (…) and the network is not very good, so it sometimes disturbs a bit. And because you now spend a lot of time together on such a small uh surface, you get irritated at each other a little faster I notice."

Interviewee 4, male 60
"Actually, it is, as soon as I step into the 'home' office it no longer feels like my home. it really feels like my work environment and I think that's a shame."
Responding to the follow-up question of whether the participant feels that they have lost the meaning of home in the office, the interviewee responded:
"Yes literally in my office yes, for my feeling it could just stand 50 meters of my house and can serve as an office."

This makes the occurrence visible and connects to the feeling people can develop in the material home, in this instance the experience and feelings people have with their physical work environment in the home (Meijering et al., 2016). The people that had a fixed work environment seemed to make a better distinction between work and private. Most participants shared that working for instance, in the kitchen changed their perception of this place. They preferred one room with good internet connection where they spend their workday in. One of the participants did not have such a separate room and therefore the ability to work in a fixed place. She mentioned as if the work sphere is always there.

Interviewee 6, female 30:
"uumm personally I find it less restful than before when I see my headset, laptop or screen again, I still think about it (work). I also sometimes have a day off in between, but then I don't really have the idea that I am really free, because I can't really put the stuff away since I have to little space for this. (…)."

This quote together with the one earlier mentioned of this participant show the interconnection of the material and social home that merges into the personal home. The participant did not have the physical room, and this led to some tension in the social spheres in the perception of home. These everyday experiences combing with the emotions, social relations and memories come together in the personal home (Meijering et., 2016).

Overall, most participants mentioned they experienced a form of change when the researcher asked if they would want to go back to the office/workplace, they gave compelling answers. Even though they experienced the involvement and impact of work in the home, most did not want to go fully back to the office but preferred a hybrid combination between both working at home and at work.

Interviewee 6, female 30
"uhm I would for the most part want to go back to the office, I think that is the nicest and 'gezelligst' (cosiest), but I would also not really mind working from home for one or two days if that is better."

Interviewee 2, male 41
"Uuh at the beginning I always thought that I would like to return (…), but now that I am used to it, I also like it at home. (…). Somewhere in my career I would like to go to work partly again, so the combination of home and work. For meetings for example at work because online this is more difficult given the gestures and emotions of people, but my own tasks can be done fine online (…)."

Interviewee 3, male 27
"for myself the combination would be good, so for example uhm three days at work and two days from home."

FEELING OF CONTROL

This showed that even though participants experience the impact of working from home they still prefer to keep partially working from this place. One of those reasons for this is that they experienced a greater source of control at home. For example, shaping their workday in such a way they have more time for things as family, other relatives and self-time which gives additional meaning to their home. Control in combination with family time was observed inductively however control over work time was in line with Gurstein (1991).

Interviewee 2, male 41
"(…) one of the things I really enjoy now, is just that I am at home at noon (…) Get the lunchbreak with the children, this really improves the family feeling. This also makes the reminders of your life at home (…). So, for the home meaning this is positive (…)"

For the two participants who lived on their own, they did not have this connection with their children, partner or other relatives and sometimes experienced to be slightly lonelier at home. Since they also missed the social contacts they had at work, as mentioned here:

Interviewee 3, male 27
"(…) live on my own (…). Beforehand I had some contacts on my work and now I am lonelier at home."

Given that they had to familiarise themselves with the transition of working from home, the participants overall still experienced home as a pleasant place in which they live their everyday life. Like the quote below she experienced home as a safe environment but with a little less control.

Interviewee 7, female 36
"yes yes safe yes, it is still safe for me, I have a nice job and I like it.(…). but uh it is a place where you experience a little less self-control. I do have control over my work, but that control has become less over what I want to do in my own home. normally I like this is in my house I can do what I want here, be myself. I don't have that now during the times that I work at home, (…) so in that respect it does change the home environment. After my work I still feel as it is my home and share nice moments with my son and other people."
"I still have fun times and memories that I make with my son or if a friend of mine comes over now and then it is still that cosy 'gezellige' environment."

Interviewee 8, male 32
uhm sometimes I still have a little bit that the outside world comes into my safe environment, but in general this meaning of my home has not really changed for me.
The researcher asked about the safe environment he experienced
"Especially for me it is really uhm, I sometimes call it my hideout haha. uhm where I can withdraw myself (…)"

Also, interviewee 4, male 60 described his home perception in a meaningful way: *"uh like a very nice place, a place where you can share everything and laugh with each other. uhm a place where I can be myself, uh yes a bit like a safe home base. 'mijn haventje'"*

This showed that the participants still perceive their home in a pleasant way. It also became clear how the different aspects of the home, material, social and personal were perceived by the participants. For the participants their personal home where the material- and social home interconnect is still a pleasant environment. The home where the work material(s) and space to work entered the material home, together with the daily activities with significant others including the worktime in the social home further shaped the perception of home (Tanner et al., 2008).

The shared experienced fitted with the literature already obtainable and did not produced exceedingly new grounded theory concepts. However, people do want to work with the hybrid option, so working partly at home and at the office. When living alone, people are missing the interaction at work and for others, family life became more important. The themes feeling and emotions and the feeling of control over the work time were found inductively. The obtained inductive codes from the participants interview fitted for the most part in the concept and descriptions mentioned in the theoretical framework. The themes feeling and emotions and feeling of control were complementary to the concept meaning of the home whilst working from this place.

One of the expectations of the research was that the transition would be challenging, this became clear from the input of the participants. On the other hand, the researcher expected some more flexibility and control, this was not clear since some experienced less control, particularly during working time or in regard to the specific workspace. On the other hand, others experienced more control over working time and could therefore spend more time with social relations such as relatives. This connects to the social home (Meijering et al., 2016). The researcher also expected that the buffer from the outside world would fade away partly, this is also what people shared. The feeling of work entering the home with all its memories and emotions attached was made clear (Gurstein, 1991). It changed how people perceive their home in the end, but it stayed a pleasant environment. The

material and emotional environment did further develop the participant's home environment during this time of working from home. This is also in line with Meijering et al. (2016) which mentioned the changes in the environment through everyday life. In this instance the work life of the people in combination with memories, emotions and social relations creates the meaning of home. The home is still perceived as a familiar and secure place.

CONCLUSION

In this research the aim was to examine the experiences that people had on their 'home' now that they are working from here due to the Covid-19 pandemic. Through a qualitative research method with in-depth interviews this aim was investigated, by collecting data from participants suited for the research. This to answer the research question: How do people perceive the meaning of 'home', now that they are working from home due to the Covid-19 pandemic restrictions? For the participants interviewed this transition of work was abrupt which also caused it to be challenging. After getting used to this it became better. They did experienced change in their home environment due to this restriction of working from home. This changed how people perceived their home somewhat as described in the results, but this place is still perceived as pleasant. Participants described that they still have good feelings towards their home in terms of social relations, feelings, emotions and memories. This connects with the sub question, what is meant by the meaning of home? with the concept the personal home of Meijering et al. (2016). The personal home, a place where the social and material home merge together, the home is still perceived as a familiar and secure place. People prefer a hybrid combination, partly working from home and the other part at the office.
People living with family members enjoyed spending more time with them, for example at lunchtime with their children. People living alone had a harder time since they sometimes felt lonely. The themes feeling and emotions and feeling of control were complementary to the concept meaning of the home this further helped with theory building. The conceptual model helped with understanding the topic and could be expanded with the feeling and emotions and feeling of control. To better elaborate on the existing conceptual model regarding the meaning of home.

STRENGTH AND WEAKNESSES

Since the research was conducted during the Covid-19 pandemic this had its influence on the paper, in the way the data was collected for instance. For the governmental as well as the university rules and restrictions the whole research was done online. This applies to the recruitment of participants as well as the whole interview procedure. The researcher is convinced that this has not caused any problems or less quality during the data collection. Since participants could participate in the interview in their own familiar environment and the collected data was valuable.
The interviews were conducted in Dutch; this was most comfortable for the participants since it is their native language. This was a conscious choice to delve deeper into feelings and emotions they experience. The interview was translated in the transcribing process. At this stage there was a risk of making linguistic errors. The researcher believes that the information given in Dutch stayed nearly the same whilst translating. This was done by carefully listening to the audio-records multiple times and by the use of words like 'gezellig' which does not really exist in English, the researcher used both the Dutch word as well as the closest English phrasing there is.

REFLECTION ON METHODS

For the refection of the methods of the qualitative research, the researcher will go into credibility, transferability, dependability and confirmability (Lincoln & Guba 1985). Credibility is the confidence that the information drawn from participants is used correctly and that findings are representable (Lincoln & Guba, 1985). This was achieved since the interviews were created and operationalized based on the theoretical work. The collected data was handled thoughtfully and with care during the process as explained in the methodology.
Transferability to what degree the results can be used in another context and setting (Lincoln & Guba, 1985). The aspects of the methodology are described in detail and the context is given sufficiently so

others can transfer and deploy the result in their needs. Dependability is the stability overtime in the obtaining of results (Lincoln & Guba, 1985). The information regarding the gathering of the data is explained in the research. The participants were asked certain questions in different ways, but the intention and context were clear. So, the results stayed relatively constant. Confirmability, to which extend data can be confirmed by other investigating researchers (Lincoln & Guba, 1985). The researcher stayed objective with an inquisitive attitude. Meetings with the supervisor and discussing with fellow students who were also conducting research about the subject encouraged reflection through conversations about the research, giving each other tips and overall input.

RECOMMENDATIONS

Recommendations for further research are to investigate the long-term experiences of working from home on mental wellbeing since this these restrictions are fairly new. Another recommendation could be to investigate the influence of working from home on the bond between colleagues in terms of cooperation ability. Since most colleagues now only meet in an online environment it would be interesting and worthwhile to investigate this for new policy recommendations for companies or (governmental) organisations interested in remote working.

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Interview guide (translated, interviews have been in Dutch most comfortable for participants)

Hello, at first thank you for participating in my research. Glad you reacted on my post.
First, I would like to explain you something about the research and what I will do with your interview specifically. My research is about the meaning of the place called home during working from home. I want to understand the experiences of people such as you who are currently working from home perceive this place. The interview itself will be recorded as stated in the Facebook post, but I will only use this audio to transcribe the conversation we had which I will analyse. After transcribing I will delete the audio files for your privacy and also will never use your name in the research. I will only use the conversation, gender and age in the research itself. The first question is therefore a confirmation that I informed you as a participant and so your informed.
First the question, do you still want to participate in my research and therefore lend support to what I just explained and what was also in the information letter send to you? Verbal permission.

General part to get participants related to the research and starting with introduction question.
Can I write down you age for the research?
What is your gender?
Do you live alone or with other people in the house?

Profession and feeling (transition)
You now work from home, which profession do you practice here?
How is working from home going so far?

First introduction what people associated with home (perception of home)
I am curious what do you think of the home and the home environment? (First thing to your mind)
How do you experience the home environment?

Core questions, asking participants about their experiences and perceptions of working from home on the meaning of home. (Transition and aspects of home)
Since when have you been working from home? And can you tell us how this went?
How did the transition from being at work to working from home go?
Has this transition brought about a change in the home?
How do you experience the home working period so far?
Did you have to get used to the transition?

Brief introduction to the participant about the concept of" meaning of home ". From the researcher. On purpose not at the start to get the participants original perceptions first. (Aspects of home)
What the literature says about this topic. Home is a place where you often experience control over, (just like for example a place to relax if you want, if they mention it in the first part.). Also, it is often stated a place of relative safe base and framework of reminders of your own life. It is a place where the outside world in its entirety is less noticeable so like a buffer from the outside, what can be

experienced as pleasant but doesn't have to. But what is important that this that this meaning is always subject to change trough everyday actions. This can be for example when you in life go from study life to your profession, with the addition of relatives or literal changes in the home environment for example renovating a room. This research its focuses how people perceive home now they are also working here. What experiences you had with this transition. So, the next questions are more on this meaning of home in combination with working from home. Is this all clear to you?

How did you experience the (meaning) of your own home / home environment before the transition to working from home?

Has this meaning changed since working from home?

How do you notice these change (s)?

How has this change changed (the meaning of) home for you?

Have things literally changed in your house itself while working from home? If so, what do you notice about this.

Have patterns changed for you in the home environment? If so, how have these changes changed the meaning of "home" for you?

What are the most important changes for you?

Summary, concluding and acknowledgment

Thank you for taking the time to share your experience with me. Is there anything else to you that you think is important or want to contribute?

thank you

Facebook message (translated)

Hello everyone!

My name is Patrick Jetten and I am a pre-master student (pre-master cultural geography) at the University of Groningen.

For my pre-master program I follow different courses from the bachelor years 1 until 3.
Right now, I am working on my research project and I am interested what the perceptions/experiences are from people working from home due to the Covid-19 on (the meaning of) your home. Some people suddenly had to work from home due to the Covid-19 restrictions. This working from home causes different experiences by people. Now I am interested how these people experience the home during this transition.

Do you had/have to work from home due to the Covid-19 restrictions? Then I am interested to hear your experiences. I would like to invite you to participate in an interview for my research.

If you want to participate you can contact me! Just through sending a message. Then I can explain you more (as much as you want) about the research. Ultimately, I am curious for your perceptions/experiences and these authentic inputs would contribute significantly to my research.

Thanks a lot!

Patrick Jetten

Information letter

Hello (participants name)!

My name is Patrick Jetten, and I am a pre-master student (pre-master cultural geography) at the University of Groningen.
For my pre-master program I follow different courses from the bachelor years 1 until 3.
Right now, I am working on my empirical research project and I am interested what the perceptions/experiences are from people working from home due to the Covid-19 on (the meaning of) your home. Some people suddenly had to work from home due to the Covid-19 restrictions. This working from home causes different experiences by people. Now I am interested how these people experience the home during this transition. Your contribution of sharing experiences since everyone experience differs will contribute to the research.

Since I started this year with my fully online pre-master from home (until now), I got interested how people with a profession experience this, working from home. Specifically, how they now perceive their home.

I would like to interview people who are working from home and talk about the experiences they have and how they perceive the home. Since you kindly reacted on my post, thank you for this! I would like to interview you on this topic. I also added a consent form which explains the whole procedure of the participation. Please read this carefully and let it sink in, at the start of the interview I will verbally as for you consent. Since everything has to be in an online environment this will ensure this is the most practical approach.

If there is anything else, you want to know or ask? Don't hesitate and contact me.
Mail: p.j.jetten@student.rug.nl
Or send a message on Facebook

Thanks a lot!

Patrick Jetten

Hello,

First of all, thank you for responding to my message for the research project: 'How do people perceive the meaning of 'home', now they are working from home due to the Covid-19 pandemic restrictions' therefore your authentic experience is valuable.

In this consent I want to share the data collection and how I am going to threat it, this enables more validity and equality amongst researcher and the participant.

Since we are dealing with difficult times (Covid-19), this causes that research data collection has to be in an online environment. Therefore, it can be quite difficult to request consent.
That is why I (the researcher) have decided to give you all the information here, I will also repeat this at the beginning of the interview. If you feel that you no longer want to participate in the interview, this will be respected, please send me a message (Messenger). If you would like to participate, I propose this voluntary participation at the start of the interview. If you verbally agree to the participation, the interview can start, and you led support for the research.

University of Groningen

Patrick Jetten

Title of Project: How do people perceive the meaning of 'home', now they are working from home due to the Covid-19 pandemic restrictions

Participation in Semi-Structured Interview

Time interview: 18-25 minutes
Location: Online (Facetime, WhatsApp call etc.)
Email: p.j.jetten@student.rug.nl

Purpose of this research

This interview is done in order to gain a better understanding how you experience/perceive home and your home environment whilst working from home. The feelings, actions, perceptions etc. you may have experienced any form of change for instance during this period/transition.

Procedures

For this semi-structured interview, you are invited. This interview will last about 18-25 minutes long, this can of course be partially differ given the input and the experiences gained. Due to the current Covid-19 circumstances this interview will take place in an online environment. The audio of this interview will be recorded.

Risk and Benefits

The collected data during the interview is to gain understanding of the topic. Additionally, this interview aims to gather people's perceptions and experiences. If you want, there is of course the opportunity to review your transcript of the interview. For additional clarification or the desire to remove information you don't want to end up in the research.

Extent of Anonymity and Confidentiality

By taking part in this research, you agree to give your experiences and perception. The audio files will be saved until the transcripts are completed, with a maximum of 14 working days. The audio file will be only reviewed by the interviewer and of course yourself if you desire so. At no time the researcher will publicize any data from your interview audio file to other individuals. Only the transcript will be used for the research and therefore also shared to the institution (Rijksuniversiteit Groningen) where the research takes place. This of course will be totally anonymized for you, only age and gender are shown.

Compensation

No compensation for participation in this research is offered.

Freedom to Withdraw

Please note that you may withdraw at any moment, please contact me in this case.

Question or Concerns

You are welcome to ask questions at any time during your participation in this research. Should any questions or concerns come up once after the completion of the interview, feel free to contact the researcher directly via email or message on Facebook.
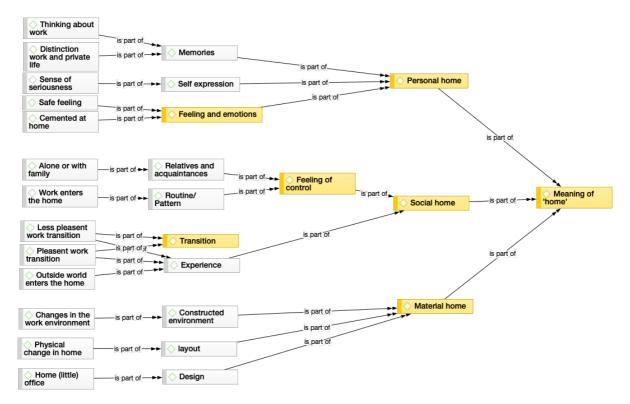
FIGURE 2 THE COMBINED CODES IN THE INDUCTIVE CODING TREE (SOURCE, JETTEN 2021)