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Europarents 2020

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Comparison and analysis of the situation of families in Europe.

Questionnaire in the countries:

Germany, Austria, Spain, Bulgaria, Greece

With the project partner organizations:



Lernwerkstatt Europa e.V.



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1 Introduction

This survey is part of the Europarents 2020 project, funded by the European Commission through the Erasmus+ programme.

The family is the smallest system in European society, the starting point for democracy building and social change, and therefore deserves special support. We know from our previous project that families across Europe come into conflict on similar issues, that almost all of them are "stuck" in the same places. In "Europarents 2020" we want to build on these results: This survey should help us to orient our further approach exactly to the needs of the parents. Based on this, we want to develop a game that facilitates and stimulates communication on difficult topics in the family and works on them in a low-threshold manner.

In the previous project, desktop research conducted in this regard revealed that topics such as the compatibility of work and family, education, media consumption, gender equality in the family, dealing with money, as well as different styles of communication and dispute culture lead to intra-family conflicts across countries.

In this survey, respondents were able to indicate which of these issues have already led to conflicts in the family, how often these conflicts occur and what could help to resolve them constructively.

1 General statistical information on the survey

This survey was defined as part of the Intellectual Output during the project submission for the "Europarents 2020" project.

At the virtual kick-off meeting on 26.10.2020, the content of the survey and the schedule for its implementation were agreed upon. The Academy for Civic Education and Democracy Promotion is responsible for managing the survey. All organizations participating in the project were responsible for the implementation of the survey in their countries and ensured the preparation of the questionnaires in the national language as well as their dissemination. The survey started in December 2020 and ended in March 2021 instead of February as planned due to insufficient participation. The statistical analysis was completed in April 2021.

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1.1 Technical information about the survey

The survey was conducted using the google forms program online via social media channels as well as via email and also by distributing print versions. For this reason, some participants also have the same IP address, as the participating organizations added them to the online program afterwards. Another reason why some participants have the same IP address is that the survey was carried out at the organizations after a workshop or a consultation

All surveys were provided in the local language of the participating organizations.

1.2 Execution

During the execution of the survey, one participating organization experienced technical problems. The survey was conducted via google forms. Due to a technical error, the tool was set in such a way that questions could also be skipped, so that for some questions the sum of answers is less than 80. The survey was conducted with the goal of 80 surveys in each of the participating organizations' countries.

According to the evaluation

- in Bulgaria 80 interviews
- in Germany 80 interviews (some questions were skipped)
- in Greece 63 interviews
- in Spain 81 interviews
- in Austria 80 interviews

took place.

A total of 384 people took part in the survey.

1.3 Description of the survey

The survey was first prefabricated in German and then translated into all languages. The survey was prepared in two different ways of implementation - firstly as an online survey and secondly as a written survey. The written survey can be found in the appendix as Annex I.



1.4 Design of the survey

The survey was structured as follows:

- Welcome and introduction
- General questions about topics that may represent conflict situations within the family
- More specific questions about the individual conflict topics within the family that were elicited in advance
- Open questions to add statements that were not asked for
- General questions about the family situation (number of children living in the household, family models, perceived income situation, etc.)

2 Results of the survey in country comparison

A total of 384 people took part in the survey.

The survey contained 24 questions, for which either one answer or multiple answers were possible.

Two questions were open-ended questions that allowed text entry.

In response to the question, "Which of the following topics: Dealing with money, different styles of communication and dispute culture, gender equality, media consumption, parenting, work-family balance, and other conflict topics have already led to conflicts in your family?" more than half of all respondents from Austria, Bulgaria, and Germany answered that the topic of work-family balance leads to intra-family disputes. In Germany, however, the topics of media consumption and education, as well as different styles of communication and the culture of conflict, are even more prone to conflict. In this regard, it can be stated that the topic of media consumption and education was named as one of the four most frequent causes of conflict by respondents in all participating countries.

Although the issue of reconciling work and family life leads to disputes on a daily basis in a small number of cases, it is the cause of a conflict once a week for more than a quarter of respondents.

The conflict topic of education leads to disputes once a week for a quarter of respondents from Germany, Austria and Greece in particular, whereas in Spain, Bulgaria and also in Austria around a third of respondents stated that the topic of education rather rarely leads to intra-family conflicts.

The conflict topic of media consumption stands out in contrast to the others in that this topic is much more frequently the cause of daily disputes. Apart from the German respondents, about one third of



whom stated that this topic causes a daily dispute, more than 10 percent of the Austrian, Greek and Bulgarian respondents also stated that this topic causes intra-family conflicts on a daily basis. In Spain, just under 10 percent confirmed that the topic of media consumption brings conflict on a daily basis. The conflict topic of gender equality never seems to be an issue for around one-third of German, Austrian and Spanish respondents. Nevertheless, it also leads to conflicts once a month for a good third of respondents from those countries. The topic of gender equality is least likely to lead to conflicts among respondents from Bulgaria.

The conflict topic of dealing with money never leads to a dispute for almost one-third of respondents from Austria and Spain. Nevertheless, it must be pointed out that this topic is also a cause of dispute for around 25 percent of respondents in these countries, as it is in Greece, in Germany and in Spain, as well as in Bulgaria, on a daily, weekly and/or monthly basis.

Different styles of communication and argument culture are rarely considered to be the cause of an argument by around one-third of respondents overall and are never considered to be the cause of an argument for around one-fourth of all respondents.

The respondents were asked to indicate how they argue within the family. The choices were "We don't argue at all," "We argue heatedly and loudly," "There is physical violence," "There are verbal insults," "We argue with hours of radio silence," "We argue soberly and objectively," and "We argue differently". For each statement, respondents had to indicate whether that statement applied to them at all, rather not at all, rather often, or 100 percent of the time.

The statement "We don't argue at all" is the statement that is least true overall for all respondents. The statement "We argue differently" applies to 100 percent of the fewest respondents. Only in Bulgaria and Spain did more respondents than in other countries say they tend to argue more often or 100 percent "differently" than indicated in the selection.

Physical violence rarely occurs in every argument, but many respondents, especially in Spain, also indicated that physical violence occurs rather frequently. In Spain, physical violence occurs rather frequently in 55 out of 81 of the respondents. And also in Greece, 18 out of 63 respondents indicated that physical violence occurs rather frequently.

The statement "Verbal insults occur" does not apply at all or rather not at all to around half of the respondents in all countries.



The statement "We argue with radio silence for hours on end" is more likely to be true for respondents from Spain and Greece and not at all or almost not at all for more than half of the respondents from Germany, Austria and Bulgaria.

"Soberly and objectively " is what more than a third of respondents in Germany, Spain and Bulgaria argue like.

Overall, however, it can be stated that the statement "We argue heatedly and loudly" was given equally among all respondents in all countries particularly often with is true "rather often" or "100 percent". In Spain in particular, around a third of respondents stated that they always argue loudly and heatedly.

In order to deal with conflicts in the family in a more constructive way, respondents were able to select various approaches, including: "consciously taking time for each other (games, reading aloud, sports, ...), professional counseling, taking a different perspective/viewpoint/understanding at the position of the other person(s), humor/lightness." For this question, respondents also had to indicate for each statement whether this statement applied to them not at all, rather not at all, rather often, or 100 percent.

Overall, most respondents across the countries indicated that, in order to be able to deal with conflicts in the family more constructively, adopting a different perspective/viewpoint/understanding of the other person's position is a solution approach that applies rather frequently to always 100 percent, followed by the solution approach of humor and lightness as well as consciously taking time for each other. Seeking professional counseling appears to be a good solution approach for respondents in all participating countries. However, as is shown in one of the following questions, professional help is actually used by only a few participants.

This question was followed by a question that allowed unrestricted text input. The respondents were able to name additional ways in which it is possible to deal with conflicts in a more constructive way.

Respondents from Bulgaria stated:

- Mushroom picking and walks in the Balkan Mountains.
- Looking at the positive side of things
- More conversations
- Waiting for a good time to talk
- Seeking psychological help
- Separation
- Talking in nature



- At the end of the week, clarify upcoming appointments for the coming week
- Create awareness of the presence (and possible abandonment) of harmful habits (cigarettes, alcohol, little sleep), because they could be responsible for problems and poor communication within the family;

Respondents from Germany indicated:

- Discuss goals
- More couple time - without children and without work
- Round table for all family members
- Talking, looking for solutions together
- Strategies such as solution circle, dialogue, talking with family friends, non-violent communication, nature experiences
- Family conference
- There is often a lack of time to really talk to each other about the background of the actual dispute, so misunderstandings quickly arise that are avoidable if you take time for the other person. This is where everyday life often gets in the way.
- Time out
- Addressing problems
- Addressing criticism early and specifically, and conversely, expressing more praise and appreciation, noticing positives....
- Give each other space; accept that the other person "ticks" differently.
- To slow down everyday life, not to work too much, so that there is still strength and energy for the family members and for oneself, not to let oneself be pulled into the hamster wheel at work, time for exchange with good friends, time for culture! Without time, a relaxed upbringing and development of children is not possible!
- Talking about how you feel, being open and honest.
- Openly, honestly and as quickly as possible address things before they become a problem.
- Ask more often, no one can read minds.
- Children need to be re-engaged! Sports!

Respondents from Greece stated:

- Taking more time not to overreact.

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- Maintain communication, seek common interests, share the same values.
- Engage in joint, open, constructive dialogue
- Do not respond to conflicts
- Seek support (e.g.: from friends)
- Psychoanalysis
- Seek counseling and professional support
- Family outings and discussing the difficulties
- Write down complaints

Respondents from Austria indicated:

- Introduction of rituals that enable an exit from the conflict.
- Talking together (e.g.: during a car ride, a walk ...)
- Avoiding disagreements through better planning, joint conversations
- Compromise
- Do not always insist on your own point of view
- Questioning one's own opinion
- Discuss difficult topics more consciously and set times for it
- Cooking together
- Mediation, taking breaks (clearing the field) instead of reacting immediately
- Putting yourself in the shoes of others

Respondents from Spain stated:

- Empathize with other person
- Increase ability to empathize
- Intensify communication with each other

Respondents were asked to indicate how intra-family conflicts affect the parents. The choices were "effects on work, effects on the children, effects on the partnership, psychosomatic effects (high blood pressure, headaches, etc., psychological effects (depressive symptoms, etc.) or an increased stress level". For this question, respondents also had to indicate for each statement whether this statement applied to them not at all, rather not at all, rather frequently, or 100 percent.



Among respondents in all countries, more than a quarter of the respondents indicated that conflicts were reflected in an increased stress level 100 percent of the time. Overall, only 3 percent answered they never suffered from an increased stress level because of intra-family conflicts. Percentage-wise, about the same number of respondents tended not to suffer or tended to suffer from psychosomatic and psychological effects. Overall, comparatively more respondents in Austria and Bulgaria said they never suffer from psychosomatic and psychological effects than respondents in the other countries. As far as the effects on work are concerned, the effects do not show any special manifestations. Almost one-third each tend to have no effects to more frequent effects in this area. Conflicts have a particularly frequent impact on partnership in Greece, Germany and Austria. Likewise, the evaluation of this question reveals that effects on children are always evident in 10-20 percent of respondents in all countries. This is a high value overall. Thus, almost one fifth of the children are affected by these impacts.

Next, respondents to the survey were asked to what extent conflict impacts children. The choices were "change in habits, withdrawal from friends, personal withdrawal, effects on school/worse performance in school, health effects (stomachaches, headaches, etc.), psychological effects (depressive symptoms, dejection, frustration, etc.), and increased stress levels." For this question, respondents also had to indicate for each statement whether that statement applied to them not at all, rather not at all, rather often, or 100 percent.

More than a quarter of respondents from all countries indicated that the impact of conflict on children, like the impact on parents, is visible in increased stress levels, and felt that conflict is least likely to result in changes in children's habits or withdrawal from friends. Rather more often, according to respondents in Greece and Germany, conflicts result in personal withdrawal. Only for children in Spain does this tend not to apply at all, according to more than two-thirds of respondents. Although overall the percentage of those (at +/- 10 percent) who always suffer from health and psychological effects as a result of conflict seems low compared to the other values, it still means that every tenth child suffers from it.

What social impact occurs as a result of intra-family problems is examined with the question "What social impact do these problems have on the family?".

The following social effects were available for selection: "You feel disadvantaged by society, You feel excluded by society, Problems are not addressed, Withdrawal to the nuclear family, Less social contact in general, Less contact with other families." For this question, too, respondents had to indicate for



each statement whether this statement applied to them not at all, rather not at all, rather frequently or 100 percent.

The figures for respondents in Germany cannot be included for all statements in this survey due to a technical system error in the execution of the survey.

Overall, it was found that most of the respondents do not feel disadvantaged by society at all or rather not at all, and likewise do not feel excluded by it. Only in Spain is this perceived differently. There, more than 50 percent of respondents stated that they rather often feel disadvantaged by society and around a quarter feel excluded by society because of their problems within the family. It is also striking that more than a quarter of all respondents across all countries stated that problems are often rather not addressed. For all other statements, no specific characteristics in one direction could be determined. With regard to social effects such as fewer social contacts in general or with other families, roughly the same number of respondents stated that these social effects tended not to apply to them or tended to apply to them frequently.

In response to the question "Have you ever used help in this regard?" respondents were able to select the following help they had used: "I have not yet used any help in this regard, debt counseling, further education for parents, self-help group, life counseling, educational counseling, medical help, church institutions, friends/colleagues, family therapy." Respondents could give multiple answers.

In Spain, Austria and Bulgaria, almost half of the respondents said they had never sought help in this regard. Most respondents across all countries seek help from friends and colleagues. In Germany and Greece, educational counseling centers are sought out more frequently than in the other countries. As many as 10 percent of respondents in Austria, Spain and Germany try to generate help through parenting education. The least frequent method of seeking help is through a self-help group. Church institutions are sought out more frequently in Austria and Bulgaria than in the other countries, although the difference is vanishingly small. It is striking that debt counseling centers are sought out above all in Spain, even though not even 10 percent of respondents did so, it stands out in a country comparison. (In this context, reference should be made to the previous question, according to which Spanish families are more likely to feel disadvantaged and excluded by society than respondents from the other countries).

When asked why help had not yet been sought, participants could give several answers and choose from the following response options: "Because you do not know where to turn; Because you have never thought of seeking extra-familial help; Because not all family members agree to extra-familial help; Because you are ashamed to seek help; Because psychotherapeutic help is difficult to obtain



(limited number of places, jungle of bureaucracy, etc.); Because psychotherapeutic help is too expensive".

In Austria, most respondents answered that they have never thought about using extra-familial help and about a quarter of respondents said that not all family members agree to extra-familial help. For not quite a quarter of the respondents, seeking psychotherapeutic help is too expensive.

This result is similar to the results of the survey in Bulgaria and Greece. In Spain, more than half of the respondents said that they had never thought of seeking help outside the family, but more than 10 percent also thought that psychotherapeutic help was too expensive. In Germany, the survey found that all options apply to more than 10 percent of respondents to the same extent, excluding the option "Because not all family members agree to extrafamilial help." This statement applies to about a quarter of respondents.

When asked to what extent the Corona epidemic was a burden on the family situation, several possible answers could be given. The following options were available: "The Corona epidemic has not put a strain on my family; Increased multiple workload for women (household, home office and childcare due to homeschooling); Constant presence of the "Corona virus" topic in the media; Too little living space; More conflict situations because all or more family members than usual were constantly at home; Worse financial situation; Home office, homeschooling, short-time working, unemployment of both parents, unemployment of one parent.

On average, one in ten respondents in Austria, Greece, Germany, and Spain indicated that the Corona epidemic had not burdened the family. Only in Bulgaria did even fewer say they had not been affected by the Corona epidemic. In particular, the constant presence of the corona virus issue was a major problem for respondents in Bulgaria and Germany. In Germany, according to half of the respondents, the families perceived the greatest stress in homeschooling, home office and a too narrow living space. This result corresponds to the results of the survey in Bulgaria. In Bulgaria, the situation that all or more family members than usual are constantly at home was also perceived as stressful by many respondents, as was the increased multiple workloads. In Spain, Greece and Bulgaria, respondents were more affected by the unemployment of one or both parents than in Austria and Germany. For example, according to respondents from Spain, around one-third of families struggle primarily with the poorer financial situation. For more than 10 percent of respondents in Austria, Germany, but also in Spain, short-time work is one of the burdens that families have to deal with in particular.

To what extent the Corona epidemic has a positive effect on the family situation, the respondents were able to state in the following question. The choices were: "The Corona epidemic has not had a

positive impact on the family situation; sharing meals, introducing rituals (good night stories, etc.), more time to play together, more time to talk together". Several answers could be selected.

Overall, most respondents across all countries were in favor of the fact that the only positive thing about this situation is that there is now more time for joint discussions. Only in Spain was this interpreted differently. There, respondents saw positive aspects of the Corona epidemic in the fact that more time is now available for playing games together. This is seen similarly by respondents in the other countries. Overall, respondents broadly agreed that the Corona epidemic has had a positive impact on time for shared conversation, play, and eating. The opportunity to introduce rituals was perceived by very few.

General questions about the life situation of the respondents

The majority of respondents to the survey come from households with one or two children. In total, 41 respondents live with three children and only 7 respondents with more than four children in a household.

Overall, the age of children living in the household was balanced, with only respondents in Spain tending to be overrepresented in the 0 -6 and 15 - 18 age groups.

Only about 10 percent of respondents from Austria, Bulgaria, Spain, and Germany were single parents. Only in Greece did more single parents participate. 16 out of 63 respondents stated that they were single parents.

Whether respondents were co-parenting was not related to whether they were single or not. Thus, some respondents indicated that they were not co-parenting even though they were not single parents (i.e., the parents lived together in the same household).

Notably, in Spain, nearly a quarter of respondents reported not being coparents, and in Germany, even more respondents reported not being coparents. (This high percentage of those who are not co-parenting may suggest that some respondents misunderstood the question. It is interesting to note in this context that parenting conflicts are frequent, especially in Germany).

Whether they are part of a patchwork family was answered by 100 percent of the respondents from Bulgaria with a "no". In the other countries, this form of life is lived by around 10 percent of respondents.

When asked how they feel about their current assets/income, the following answer options were available: "It is sufficient; It is too little; It is good; I and my family can fulfill smaller wishes with it; It is above average."



Only one answer could be selected.

About a quarter of all respondents from all countries feel their income is sufficient, and for about another quarter from Austria, Germany, Bulgaria and Spain it is "good." In Greece, the situation looks different. Only for a good 10 percent of respondents it is good and smaller wishes for the family can be afforded by only 7 of the respondents. Unfortunately, it is too little for about a quarter of respondents from Greece, Bulgaria and Spain. 3 respondents in Spain, 4 respondents in Bulgaria, 5 respondents in Greece, 7 respondents in Germany and 11 respondents in Austria consider their asset/income situation to be above average.

Finally, respondents were able to enter text to indicate what might not yet have been asked, but which they thought might still be important.

Thus, respondents shared the following:

In Austria

- The most difficult thing about the Corona situation is "no longer being able to expect support from friends or grandparents".
- More "air" for everyone is missing, because often it is enough in everyday life just to talk gossip to a friend.
- One person participating in the survey called for more respectful interaction.
- One respondent stated that he/she was missing a question about the dimension of the conflicts, because small tensions are one thing, recurring quarrels are another. And then for the first question there would be extra-familial stress, which is taken home as a "backpack" and there turns small tensions into big ones.
- One interviewee thinks that children should go back to school because they need social contacts - after all, there is compulsory schooling. "Parents are not teachers!" Besides, most teachers "would take it pretty easy. The children are already getting posture problems from sitting in front of the PC so much and the lack of sports. The kids are harder and harder to motivate to do something else."

In Germany

- "The work density has increased permanently for both parents in recent years, so in order to avoid burnout and be there for the children, we both can no longer imagine having a full-time job. This means that:

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1. if you want to stay healthy, you have to make financial concessions;
 2. wages are de facto lowered by permanent work intensification."
- "Good to see the positive effects of the Corona pandemic in there!"
 - "Corona's multiple workloads (home office, homeschooling, household) put a heavy and roughly equal burden on both partners here, not just the wife. Wasn't a point of contention, though (maybe because of that)."
 - "Thank you and keep up the good work!"
 - "Some questions were difficult to answer because they were vague. E.g., the question referred to the whole family, but the answer turns out differently when you think about communication between parents or when it comes to the child-parent relation."
 - "To be able to homeschool, you need appropriate terminals, which are not possible for me due to unemployment. Here the gap between rich and poor is very wide."
 - "Age of child 18 😊"

In Bulgaria

- "Thank you, great initiative and many topical issues."
- "Congratulations on your effort and success!"
- "Work for youth, cultural development - without gendering;"
- "It would be good for families to create easy access to addiction specialists, psychologists, family counseling and provide sufficient information where they exist."

In Spain

- No mentions

In Greece

- "Mainly people argue about homework."
- "Is government support enough for work problems?"
- "The pandemic has a negative impact in the long run, because if a family already has problems, the crisis exacerbates them."



3 Evaluation of the survey by country

3.1 Evaluation of the survey (Bulgaria)

3.1.1 Written summary of the evaluation

Citizens of Bulgaria were able to participate in the survey. A total of 80 people were interviewed. The analysis of the results is given in figures.

A particularly conflict-prone topic in Bulgaria is the compatibility of work and family, which has already led to conflicts for almost half of the respondents (mentioned 38 times), followed by the conflict topic of education (mentioned 27 times) and media consumption (mentioned 26 times), as well as different styles in communication and dispute culture (mentioned 24 times) (Table 1). Although the conflict topic of reconciling work and family is rarely (32 times mentioned) the trigger of a conflict for many respondents, 25 respondents stated that this topic is discussed on a weekly basis. (Table 2) Among those who said that parenting was a conflict topic, more than 10 percent of respondents said that it was the cause of a dispute once a month (12 times) and once a week (10 times). (Table 3) It is striking that the conflict topic of media consumption is the daily trigger of an intra-family conflict for almost one fifth of the respondents (mentioned 14 times), followed by almost one quarter of the respondents (mentioned 17 times), for whom it leads to disputes once a week. (Table 4) In contrast, the topic of gender equality rarely (37 times mentioned) or never (24 times mentioned) evokes conflict. (Table 5) The topic of dealing with money rarely (mentioned 30 times) to never (mentioned 17 times) seems to be the cause of a conflict for about half of the respondents. However, for as many as 24 of the respondents, this topic leads to a dispute once a month and for two even daily. (Table 6) The different styles of communication and argument culture also rarely (mentioned 30 times) and never (mentioned 14 times) give rise to intra-family arguments. (Table 7) If there is an argument, then a good quarter (23 times named) rather often argue heatedly and loudly and 10 respondents always argue heatedly and loudly. Likewise, verbal insults occur in a quarter of the respondents as a result of an argument, of which 15 of the respondents rather often and 5 of the respondents always. For the majority of respondents (31 times mentioned), there are never any such lapses and certainly no physical violence. This was confirmed by 51 participants. All respondents stated that they had never been exposed to physical violence as a result of a conflict. A good half of all respondents tend to resolve conflicts frequently (32 times), and some always (13 times) in a sober and objective manner.



Even hours of radio silence as a dispute culture are rather not an option for 23 of the respondents and not an option at all for 28 of the respondents. Overall, only 2 respondents resolve conflicts without arguing. (Table 8)

In order to be able to deal with conflicts in the family more constructively, 28 of the respondents were 100% of the opinion that one should consciously take time to play, read aloud, do sports, etc. and for each other, and for another 32 respondents this suggestion rather often leads to dealing with conflicts more constructively. According to 37 respondents, humor and a certain light-heartedness in particular could help to resolve conflicts more constructively. For 25 participants, it was always helpful to take a different perspective/viewpoint/understanding of the other person's position. In contrast, only 10 of the respondents were 100% in favor of professional counseling. (Table 9)

In order to deal with conflicts within the family in a more constructive way, the respondents cited the following suggestions:

- mushroom picking and walks in the Balkan Mountains
- looking at the positive side of things
- conversations within the family
- Waiting for a good time to talk
- Seek psychological help
- Separation
- Talking in nature
- Discuss appointments for the coming week
- Create awareness of the presence (and possible giving up) of harmful habits (cigarettes, alcohol, little sleep), as they have an impact on the behavior of certain family members and negatively affect communication as well as the relationship in the family

Intra-family conflicts in the partnership have a particularly strong effect on the children (for 29 of the respondents this applies rather frequently and for 17 of the respondents 100%) and lead to an increased stress level for many parents. 29 participants stated that conflicts rather frequently lead to an increased stress level and another 22 respondents that conflicts always lead to an increased stress level. To a similar extent, psychological effects are shown rather frequently, followed by psychosomatic effects and effects on the partnership. According to the parents (mentioned 25 times), intra-family conflicts also frequently have an impact on work and as many as 10 percent of the



respondents stated that such conflicts always have an impact on work. (Table 10) When asked to what extent intra-family conflicts affect children, the majority of parents surveyed (mentioned 26 times) said that this is rather often visible in increased stress levels. 23 respondents stated that this effect always applies to their children.

According to the parents, such conflicts tend not to cause any (26 times mentioned) to any (20 times mentioned) changes in their children's habits and rarely lead to withdrawal from the circle of friends. Personal withdrawal does not occur at all or rather not at all (22 times mentioned) for children of 16 interviewed parents, but rather often (22 times mentioned) for at least a quarter of the children. For more than a quarter of the respondents, conflicts either tend not to have an effect or tend to have an effect frequently (each mentioned 22 times) on their school performance. (Table 11) Although problems within the family also have a social impact, half of the respondents stated that they do not feel disadvantaged or excluded by society. Also, for more than half of the respondents, these problems do not result in a withdrawal to the nuclear family or that problems are not addressed, for example. Similarly, for more than half, these problems do not automatically mean less social contact in general or with other families. On average, these effects only apply 100 percent of the time to about 5 percent of respondents. (Table 12) Nor is there a withdrawal to the nuclear family or a decrease in social contacts. On the contrary, many of the respondents (mentioned 27 times) seek help and advice from friends and/or colleagues. Overall, however, it can be stated that half of all respondents (39 times mentioned) have not yet sought help in this regard. Few sought educational counseling (mentioned 11 times), church institutions (mentioned 9 times) and family therapists (mentioned 9 times). (Table 13) This is due to the fact that the majority of respondents (mentioned 33 times) have never thought of seeking extra-familial help, or else not all family members agree with extra-familial help (mentioned 29 times). For 10 of the respondents the offer of psychotherapeutic help is too expensive, moreover 10 percent of the respondents would not know where to turn to. But the shame of seeking help outside the family is also a hurdle for 3 of the respondents. The fact that psychotherapeutic help is difficult to get because there is a limited number of places and bureaucracy is an obstacle was confirmed by 4 respondents (Table 14)

Due to the Corona crisis, families will have to face further burdens in 2020/2021. In particular, the constant presence of the Corona virus issue (mentioned 41 times) as well as homeschooling and home office put a strain on families (31 mentions each). The increased multiple burdens on women due to household management, the home office and extended childcare duties, as well as the fact that conflict situations occur more frequently because more family members are at home than usual, also



cause the respondents (each named 23 times) problems. This can probably be attributed to the fact that the living space available to families is too small (mentioned 21 times). Short-term work (mentioned 8 times), unemployment of both (mentioned 3 times) or one parent (mentioned 10 times) affect some respondents (mentioned 12 times) in their poor financial situation. (Table 15) Positive effects of the Corona epidemic on the family situation were seen by almost half of the respondents in the fact that they now have more time to talk together (mentioned 39 times) as well as to eat meals together (36 times). Twenty-nine times, more playtime together was seen as a positive impact of the Corona epidemic. However, 25 of the respondents felt that the Corona epidemic had not had a positive impact on the family situation in any way. (Table 16)

When asked what else would like to be shared, since this could not be included in the survey, one respondent stated that this project was a "great initiative" and included "many current issues."

One respondent said that "it is good for families to have easy access to addiction specialists and psychologists for family counseling, as well as to provide sufficient information on where to find them."

General information about the family situation of the respondents

Most of the respondents (44) were part of a household with one child each, followed by households with two children each (33) and households with three children each (3). (Table 17) Overall, the age distribution of children living in the shared household was fairly even. (Table 18) Of the parents interviewed, just over 10 percent (9 respondents) were single parents. (Table 19) None of the parent respondents live in a patchwork family. (Table 21) Overall, most respondents consider their current situation with regard to their assets and income to be good (mentioned 23 times) and confirm that the family can fulfill minor wishes with it (mentioned 30 times). For 16 respondents - 20 percent - it is too little. (Table 22)

FACIT

It is clear that most of the intra-family conflicts of Bulgarian families can be reduced to three topics - namely the compatibility of work and family, followed by the conflict topic of education and media consumption. These conflict topics affect families with children of all ages. It is striking that the conflict topic of media consumption is the daily trigger of an intra-family conflict for almost one fifth of the respondents. According to a study by the Bulgarian Center for Safer Internet, children in Bulgaria spend



about half of their free time online and are among those with the lowest parental control in the virtual network.

Although the standard of living in Bulgaria is not very high, the issue of money management rarely to never seems to be the cause of conflict for about half of the respondents.

In order to be able to deal with conflicts in the family more constructively, 35% of respondents were 100% of the opinion that people should consciously take time to play, read aloud, do sports, etc. and for each other. And although many respondents suffer from the consequences of unresolved and/or constant conflicts, only 10 of the respondents were in favor of professional counseling. Many of the respondents seek help and advice from friends and/or colleagues.

Based on the results obtained, it is clear that a game to facilitate communication in the family on problematic issues is a good start to address problems at a low-threshold level. Experience shows that many parents are already relieved when they realize that they are not alone with their problems. By playing a game, they could not only get a sense that some issues affect families across Europe, but also come into direct contact with the approach to problem solving from other countries.



3.1.2 Evaluation of all questions of the survey

1. WHICH OF THE FOLLOWING ISSUES HAVE CAUSED CONFLICT IN YOUR FAMILY? (Question support: Choose one or more answers)

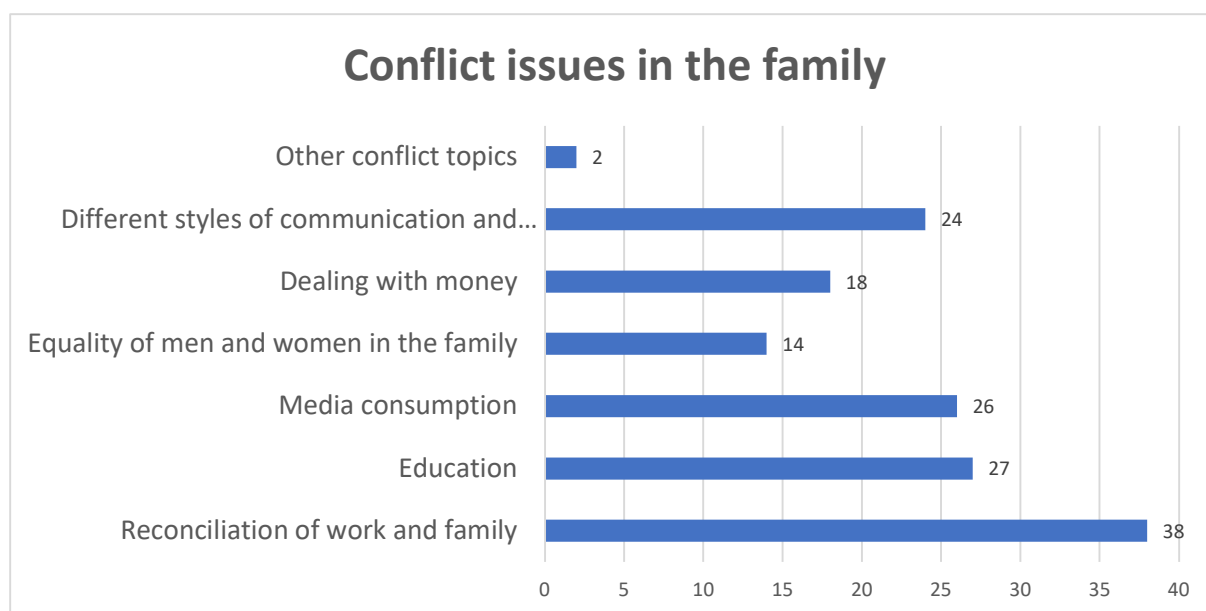


Table 1 Conflict issues in the family/Bulgaria

When asked whether different styles in communication and dispute culture, dealing with money, gender equality in the family, media consumption, parenting, work-life balance and other conflict issues have already led to conflicts in the family, most of the respondents (38) stated that work-life balance leads to conflicts, followed by parenting (27), media consumption (26) and different styles in communication and dispute culture (24). Dealing with money leads to conflicts within the family for 18 respondents, and 14 times it was noted that gender equality and twice that other conflict issues put a strain on family life. (Table 1)

2. HOW OFTEN DOES THE ISSUE OF RECONCILING WORK AND FAMILY LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS? (Question support: Choose an answer)

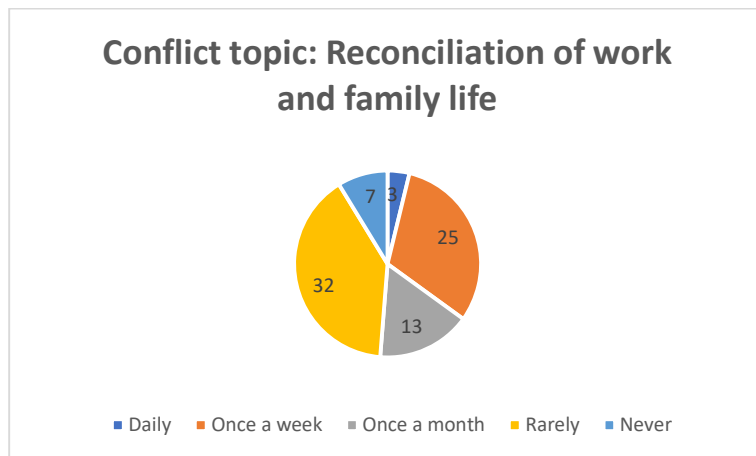


Table 2 Conflict issue: Reconciliation of work and family/Bulgaria

The conflict topic of work-family balance leads to conflicts daily for 3 of the respondents, once a week for 25 of the respondents, once a month for 13 of the respondents, rarely for 32 of the respondents, and never for 7 of the respondents (Table 2)

3. HOW OFTEN DOES THE TOPIC OF PARENTING LEAD TO INTRA-FAMILY CONFLICT OR TENSION? (Question support: Choose one answer)

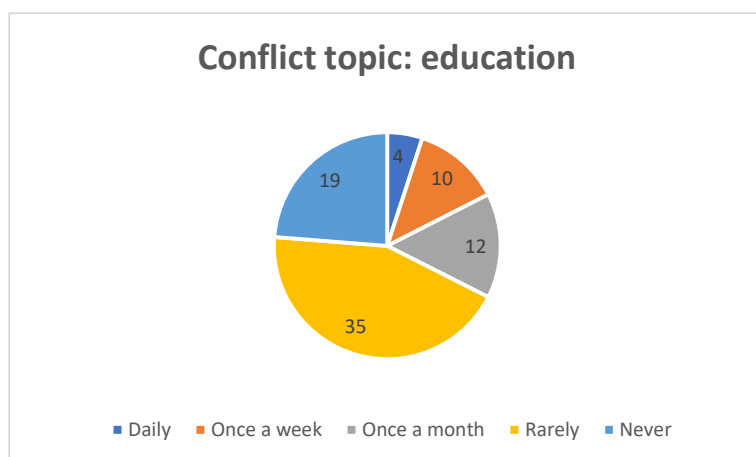


Table 3 Conflict Topic Education/Bulgaria

The conflict topic of parenting leads to intra-family conflicts daily for 4 of the respondents, once a week for 10 of the respondents, once a month for 12 of the respondents, rarely for 35 of the respondents, and never for 19 of the respondents. (Table 3)

4. HOW OFTEN DOES THE TOPIC OF MEDIA CONSUMPTION LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS? (Question support: Choose one answer)

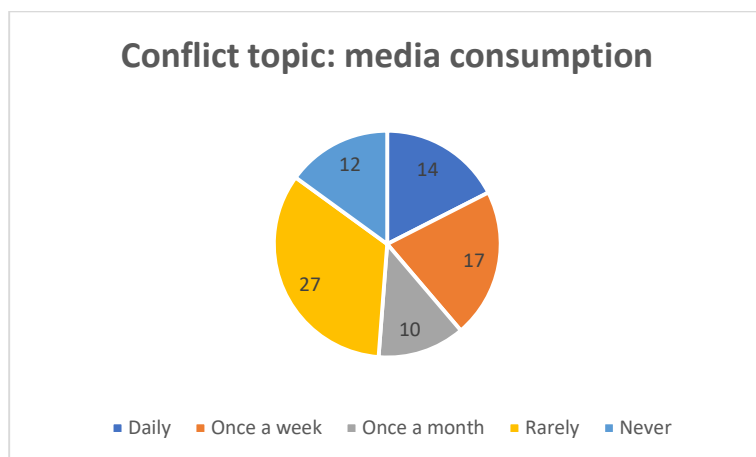


Table 4 Conflict topic: media consumption/Bulgaria

The conflict topic of media consumption leads to intra-family conflicts daily for 14 of the respondents, once a week for 17 of the respondents, once a month for 10 of the respondents, rarely for 27 of the respondents and never for 12 of the respondents. (Table 4)

5. HOW OFTEN DOES THE ISSUE OF GENDER EQUALITY IN THE FAMILY LEAD TO INTRA-FAMILY CONFLICT OR TENSION? (Question support: Choose an answer)

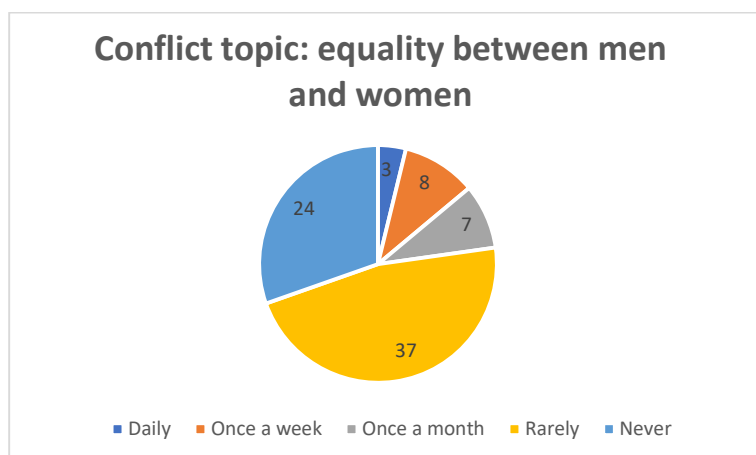


Table 5 Conflict topic: equality between men and women/Bulgaria

The conflict topic of gender equality leads to intra-family conflicts daily for 3 of the respondents, once a week for 8 of the respondents, once a month for 7 of the respondents, rarely for 37 of the respondents and never for 24 of the respondents. (Table 5)

6. HOW OFTEN DOES THE TOPIC OF DEALING WITH MONEY LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS? (Question support: Choose an answer)

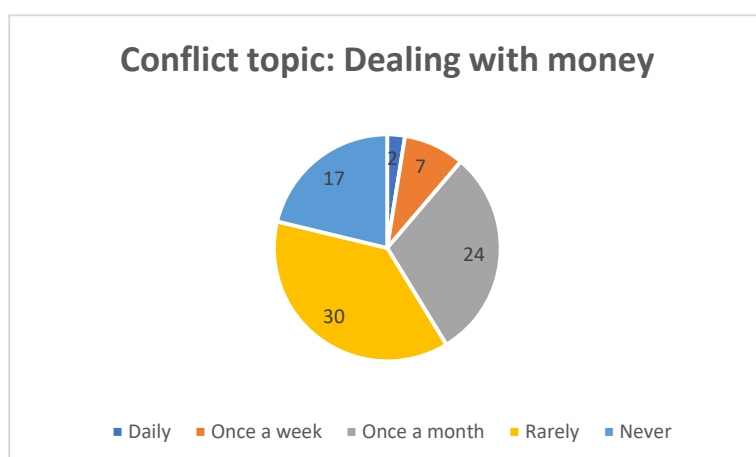


Table 6 Conflict topic: Dealing with money/Bulgaria

The conflict topic of dealing with money leads to intra-family conflicts daily for 2 of the respondents, once a week for 7 of the respondents, once a month for 24 of the respondents, rarely for 30 of the respondents and never for 17 of the respondents. (Table 6)

7. HOW OFTEN DOES THE ISSUE OF DIFFERENT STYLES OF COMMUNICATION AND ARGUMENT CULTURE LEAD TO INTRA-FAMILY CONFLICT OR TENSION? (Question support: Choose one answer)

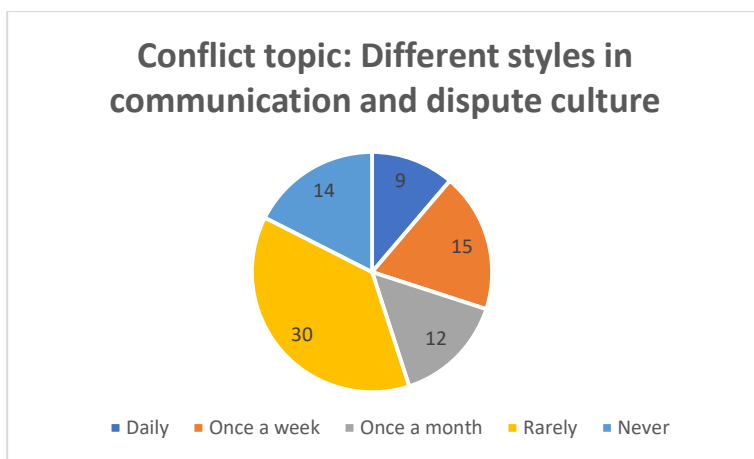


Table 7 Conflict topic: Different styles in communication and dispute culture/Bulgaria

The conflict topic of different styles in communication and argument culture leads to intra-family conflicts in 9 of the respondents daily, in 15 of the respondents once a week, in 12 of the respondents once a month, in 30 of the respondents rarely and in 14 of the respondents never. (Table 7)

8. HOW DO YOU THINK THEY ARGUE? (Question support: Choose one answer in each line)

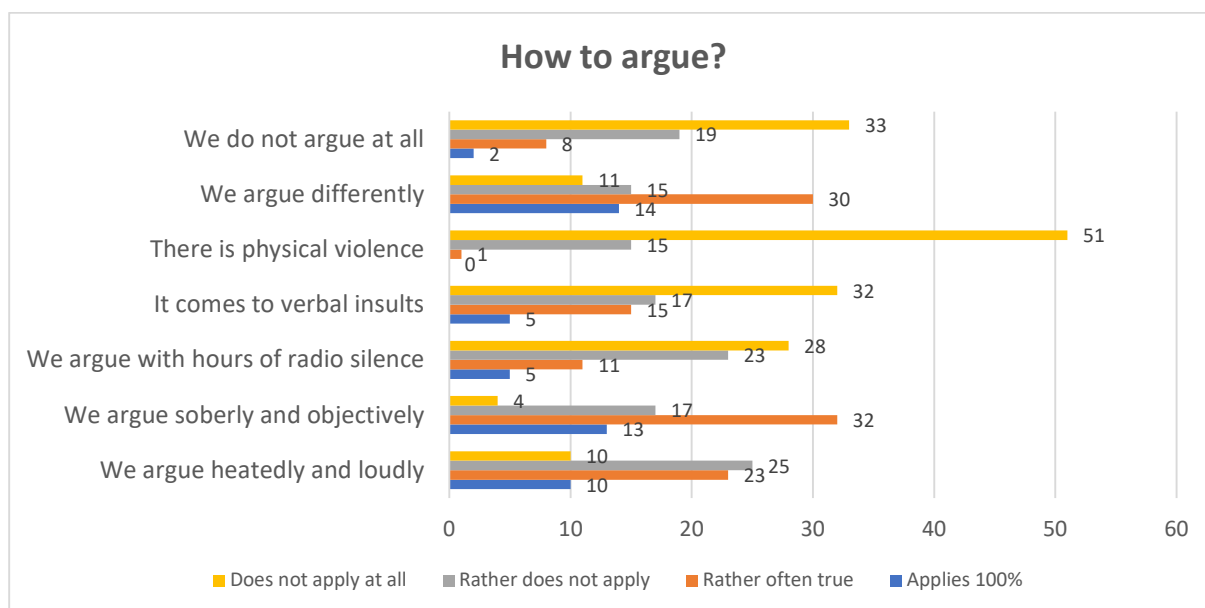


Table 8 How to argue?/Bulgaria

The respondents were asked to indicate how they argue within the family. The statement "We do not argue at all", does not apply to 33 of the respondents at all, to 19 of the respondents rather not, to 8 of the respondents rather often and to 2 of the respondents 100%.

The statement "We argue differently" is true for 15 of the respondents rather not at all, for 11 of the respondents not at all, for 30 of the respondents that rather often and for 14 respondents 100%.

The statement "Physical violence occurs" does not apply to 51 of the respondents at all, to 15 of the respondents rather not, to one respondent rather often and to no other respondent 100%.

The statement "Verbal insults occur" does not apply at all to 32 of the respondents, rather not to 17 of the respondents, rather frequently to 15 of the respondents and 100% to 5 of the respondents.

The statement "We argue with hours of radio silence" does not apply at all to 28 of the respondents, to 11 of the respondents it applies rather often, to 23 of the respondents it applies rather not and to 5 of the respondents it applies 100%.

The statement "We argue soberly and factually" does not apply at all to 4 of the respondents, rather not to 17 of the respondents, rather frequently to 32 of the respondents, and 100% of the respondents.

The statement "We argue heatedly and loudly" does not apply at all to 10 of the respondents, rather not to 25, rather frequently to 23 of the respondents, and 100% to 10 of the respondents. (Table 8)

9. WHAT COULD HELP RESOLVE CONFLICTS IN THE FAMILY MORE CONSTRUCTIVELY? (Question support: Choose one answer in each row)

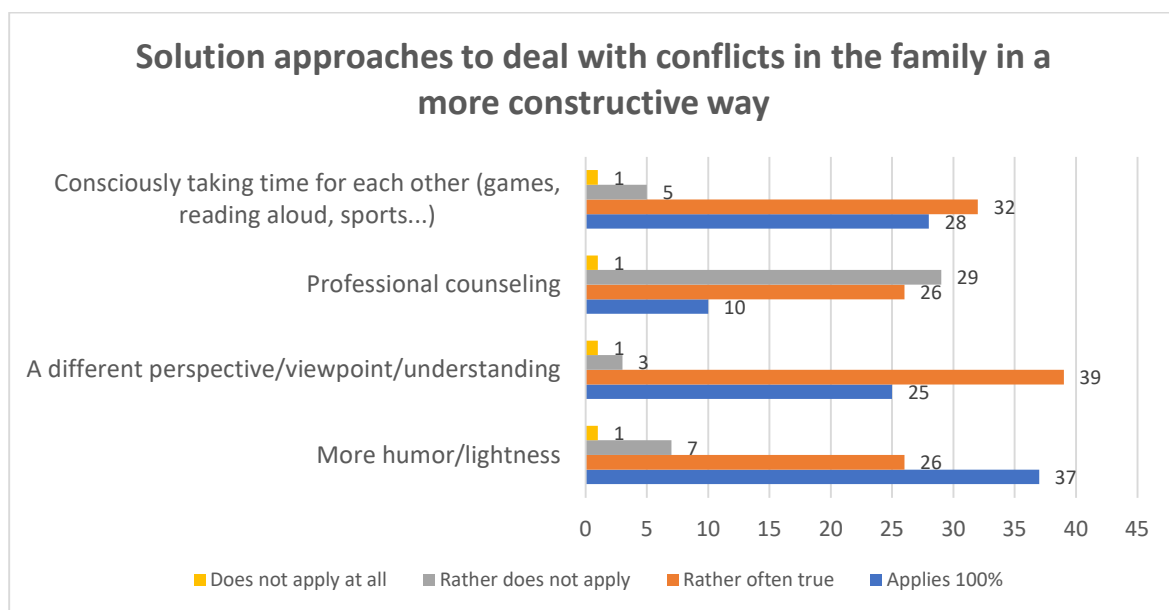


Table 9 Solution approaches to deal with conflicts in the family in a more constructive way/Bulgaria

In order to be able to deal with conflicts in the family in a more constructive way, people should consciously take time for each other to play, read to each other, do sports, etc. This does not at all apply to one person and to 5 of the respondents rather not. 32 of the respondents stated that this statement applied to them rather frequently and 28 that it applied 100%.

In order to be able to deal with conflicts in the family more constructively, professional counseling is needed. This applies to 29 of the respondents rather not, to 26 of the respondents rather often and to 10 of the respondents 100%. For one person this does not apply at all.

In order to be able to deal with conflicts in the family more constructively, it would be helpful to adopt a different perspective/viewpoint/understanding of the position of the other person(s). For 25 of the respondents this is 100% true, for 39 of the respondents it is somewhat true, and for 3 of the respondents it is somewhat not true. One person was of the opinion that this was not true at all.

In order to be able to deal with conflicts in the family more constructively, more humor/lightness is needed. This does not apply to one person at all, to 7 of the respondents rather not, to 26 of the respondents rather often and to 37 of the respondents 100%.

(Table 9)

10. ARE THERE OTHER WAYS FOR YOU TO DEAL WITH CONFLICTS IN THE FAMILY IN A MORE CONSTRUCTIVE WAY?

- Mushroom picking and walks in the Balkan Mountains
- Looking at the positive side of things
- More conversations
- Waiting for a good time to talk
- Seek psychological help
- Separation
- Talking in nature
- At the end of the week, clarify upcoming appointments for the coming week
- Create awareness of the presence (and possible giving up) of harmful habits (cigarettes, alcohol, little sleep), because they could be responsible for problem and poor communication within the family;

11. TO WHAT EXTENT DO THESE CONFLICTS BURDEN THE PARENTS? (Question support: Choose one answer in each row)

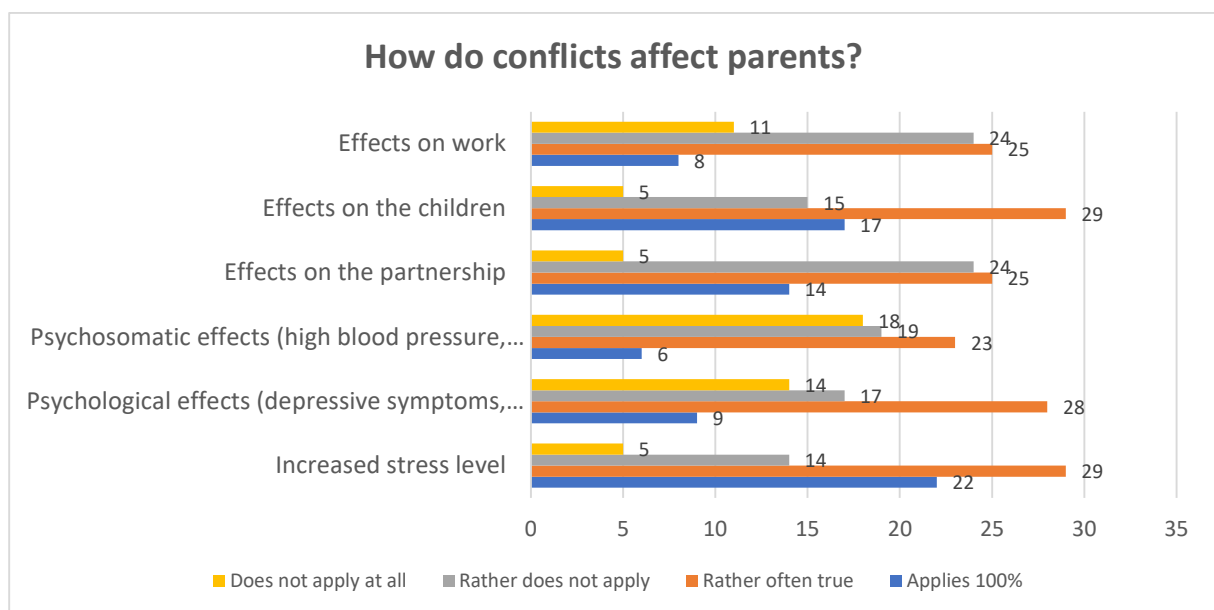


Table 10 How do conflicts affect parents?/Bulgaria

The respondents were asked to indicate how the intra-family conflicts affect the parents.

The statement "the conflicts have an impact on work" does not apply to 11 of the respondents at all, to 24 of the respondents rather not and to 25 of the respondents rather often. This is 100% true for 8 of the respondents.

The statement "the conflicts have an impact on the children" is not true at all for 5 of the respondents, rather not true for 15 of the respondents, rather often true for 29 of the respondents and 100% true for 17 of the respondents.

The statement "Conflicts have an impact on the partnership" is not true at all for 5 of the respondents, rather not true for 24 of the respondents and rather often true for 25 of the respondents. To 14 respondents this applies to 100%.

The statement "Conflicts have psychosomatic effects" does not apply to 18 of the respondents at all, to 19 of the respondents rather not and to 23 of the respondents rather often. 6 of the respondents stated that the statement applied to them 100% of the time.

The statement "Conflicts have psychological effects" does not apply to 14 of the respondents at all, to 17 of the respondents rather not and to 28 of the respondents rather often. This statement is 100% true for 9 respondents.

The statement "Conflicts evoke increased stress levels" is not true at all for 5 of the respondents, rather not true for 14, rather frequently true for 29, and 100% true for 22 of the respondents. (Table 10)



12. TO WHAT EXTENT DO THESE CONFLICTS BURDEN THE CHILDREN? (Question support: Choose one answer in each row)

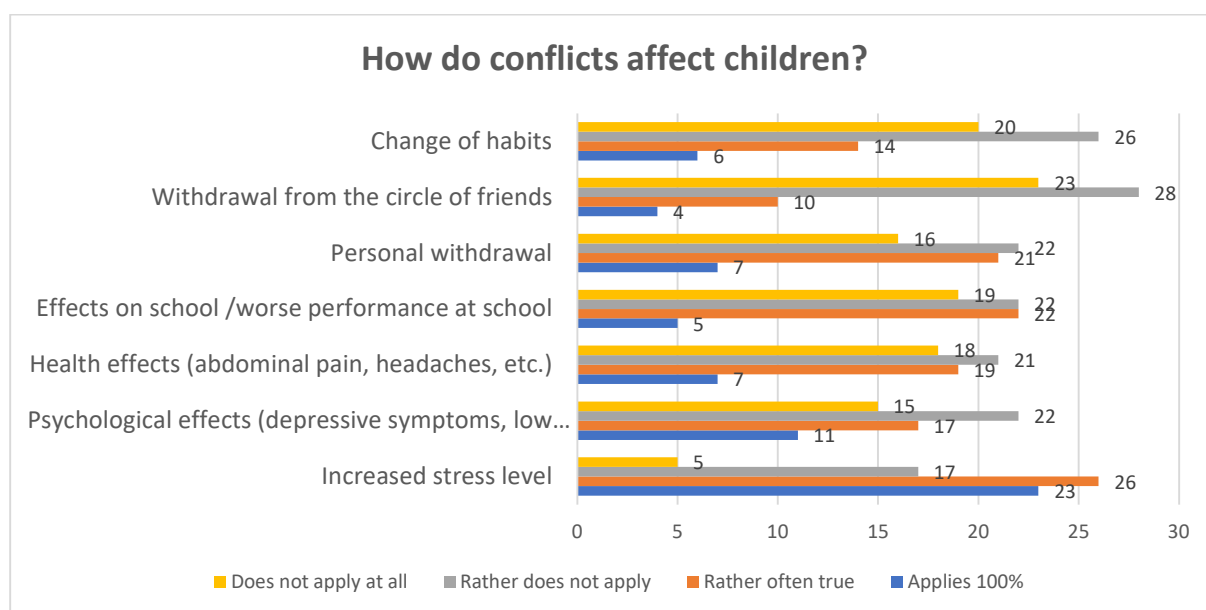


Table 11 How do conflicts affect children?/Bulgaria

The respondents were asked to indicate how the intra-family conflicts affect the children.

The statement "the conflicts result in changes of habits" does not apply to 20 of the respondents at all, to 26 of the respondents rather not, to 14 of the respondents rather often and to 6 of the respondents 100%.

The statement "Conflicts lead to withdrawal from the circle of friends" does not apply to 23 of the respondents at all, to 28 of the respondents rather often, to 10 of the respondents rather often and to 4 of the respondents 100%.

The statement "Conflicts lead to personal withdrawal" is not true at all for 16 of the respondents, rather not true for 22 of the respondents, rather often true for 21 of the respondents and 100% true for 7 of the respondents.

The statement "Conflicts have an impact on school/worse performance in school" is not true at all for 19 of the respondents, rather not true for 22 of the respondents, rather often true for 22 of the respondents, and 100% true for 5 of the respondents.

The statement "Conflicts result in health effects" is not true at all for 18 of the respondents, rather not true for 21 of the respondents, rather often true for 19 of the respondents and 100% true for 7 of the respondents.

The statement "Conflicts result in psychological effects" is not true at all for 15 of the respondents, rather not true for 22 of the respondents, rather often true for 17 of the respondents and 100% true for 11 of the respondents.

The statement "Conflicts evoke increased stress levels" does not apply at all to 5 respondents, does not apply rather often to 17 respondents, applies rather often to 26 respondents, and applies 100% to 23 respondents. (Table 11)

13. WHAT SOCIAL IMPACT DO THESE PROBLEMS HAVE ON THE FAMILY AS A WHOLE? (Question support: Choose one answer in each row)

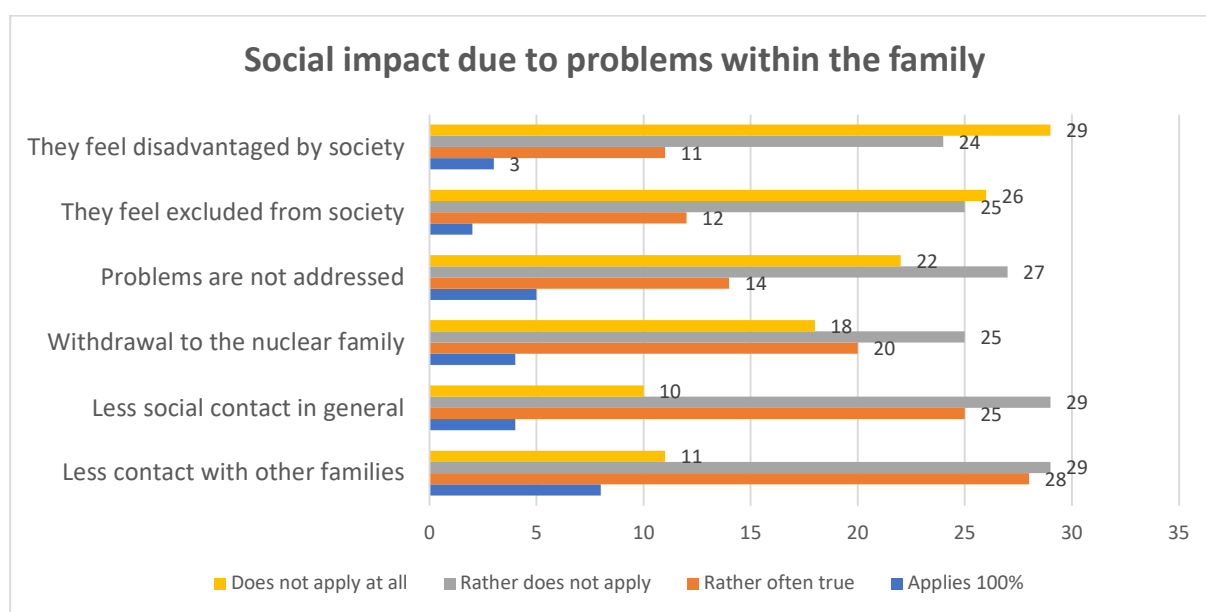


Table 12 Social impact due to problems within the family/Bulgaria

The respondents were asked to indicate what social effects intra-family conflicts result in.

The statement "You feel disadvantaged by society" does not apply at all to 29 of the respondents, rather not to 24 respondents, rather often to 11 respondents and 100% to 3 respondents.

The statement "You feel excluded by society" is not true at all for 26 of the respondents, rather not true for 25 of the respondents, rather often true for 12 of the respondents and 100% true for 2 of the respondents.

The statement "problems are not addressed" does not apply to 22 respondents at all, to 27 respondents rather not and to 14 respondents rather often. This statement is 100% true for 5 of the respondents.

The statement "problems result in a withdrawal to the nuclear family" does not apply to 18 respondents at all, to 25 respondents rather not, to 20 rather often and to 4 respondents to 100%.

The statement "problems result in fewer social contacts in general" does not apply to 10 respondents at all, to 29 respondents rather not and to 25 respondents rather frequently. The statement is 100% true for 4 respondents.

The statement "problems result in fewer contacts with other families" is not true at all for 11 respondents, rather not true for 29 respondents, rather frequently true for 28 respondents and 100% true for 8 respondents. (Table 12)

14. HAVE YOU EVER SOUGHT HELP IN THIS REGARD? (Question support: Choose one or more answers)

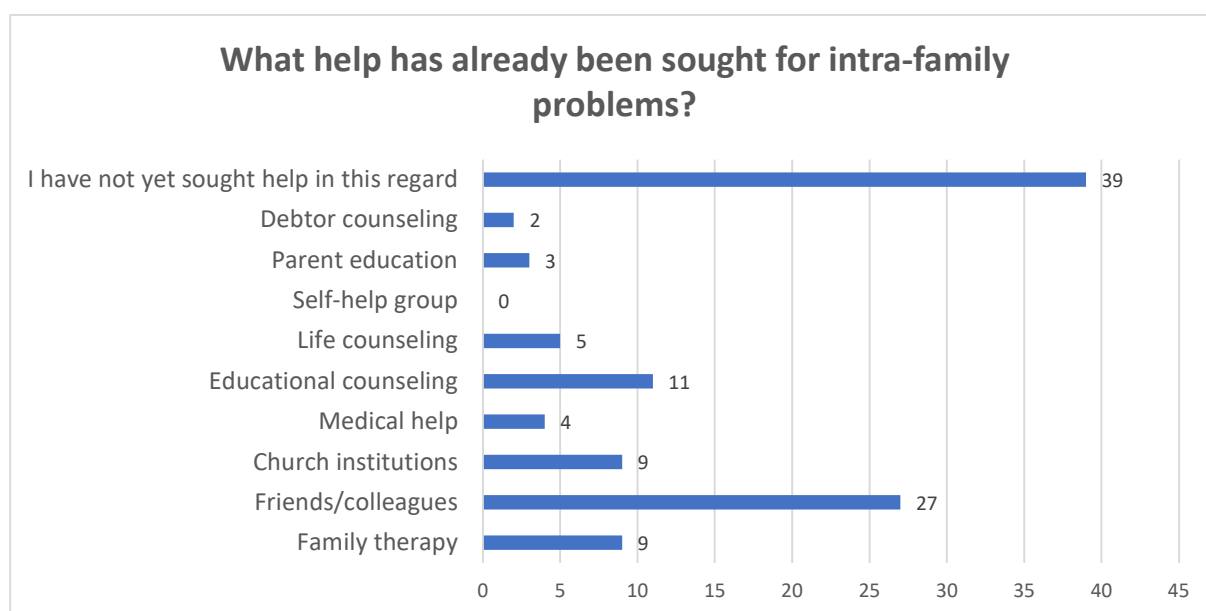


Table 13 What help has already been sought for intra-family problems?/Bulgaria

Respondents were asked to indicate what help they had already sought for problems within the family. Most respondents (27) stated that they seek advice from friends and colleagues with their problems, among other things. 39 respondents stated that they had never sought help in this regard. Family therapy and counseling in church institutions were sought by 9 respondents each, educational counseling by 11 respondents, medical help by 4 respondents, life counseling by 5 respondents and debt counseling by 2 respondents in order to seek help. Only 3 of the respondents reported attending a parenting education class. A support group was not used by any of the respondents. (Table 13)

15. WOULD YOU LIKE TO GET HELP? IF SO, WHY HAVE YOU NEVER DONE SO? (Question support:
Choose one or more answers)

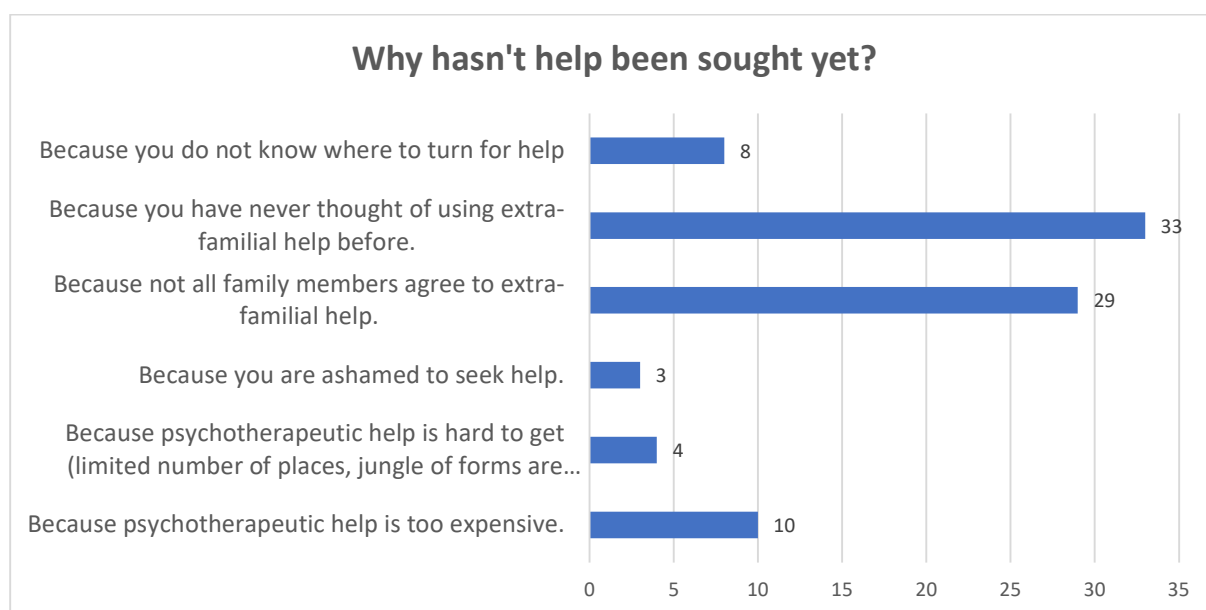


Table 14 Why hasn't help been sought yet?/Bulgaria

When asked why help has not yet been sought, the majority of respondents (33) said that they had not yet thought of seeking extra-familial help and 29 respondents said that not all family members agree to extra-familial help. 10 times it was pointed out that psychotherapeutic help is too expensive, 8 of the respondents do not know where to turn to and 3 times were told to feel ashamed when seeking extra-familial help. 4 of the respondents confirmed that psychotherapeutic help is difficult to get because there is a limited number of places and bureaucracy is an obstacle. (Table 14)

16. TO WHAT EXTENT DID THE CORONA EPIDEMIC ADD TO THE STRESS ON THE FAMILY SITUATION? (Question support: Choose one or more answers)

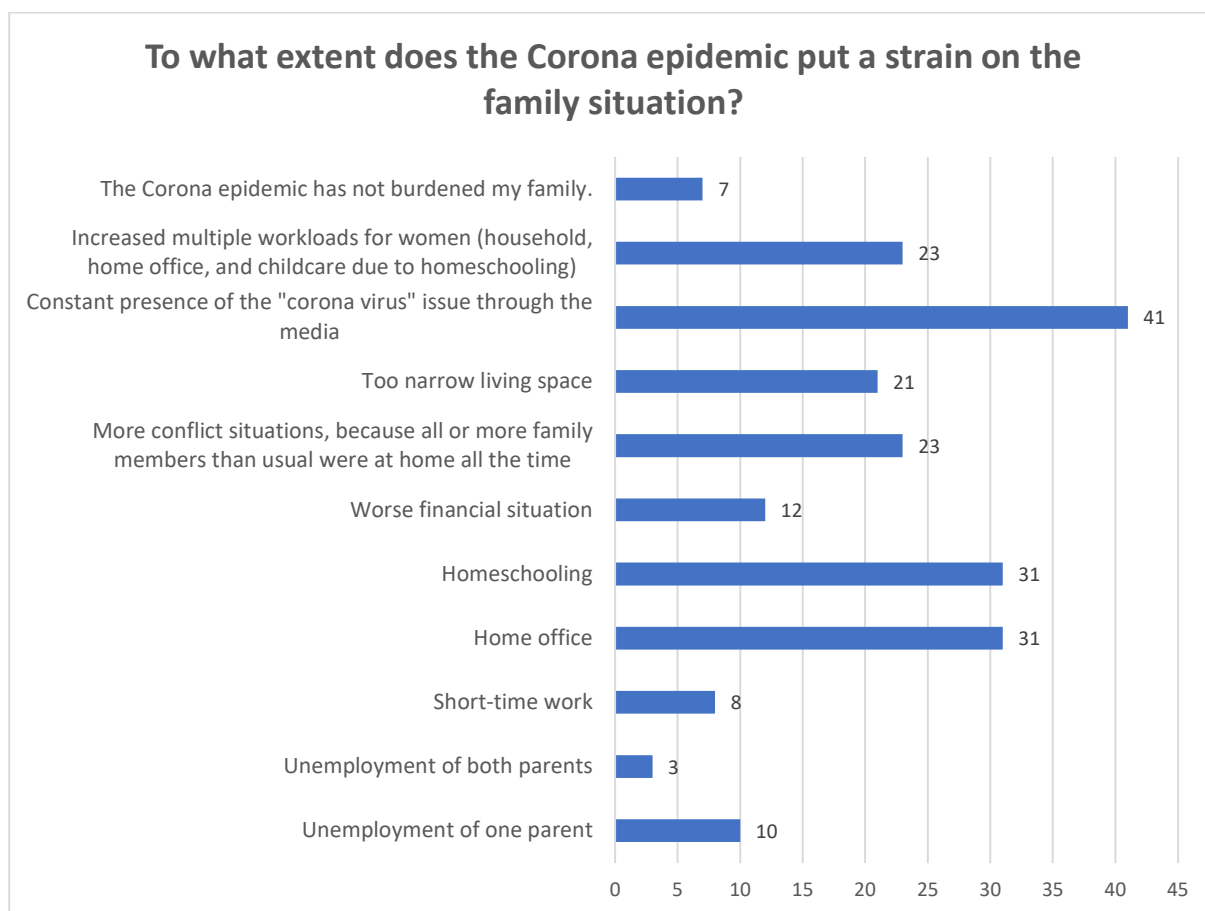


Table 15 To what extent does the Corona epidemic put a strain on the family situation?/Bulgaria

When asked to what extent the Corona epidemic was a burden on the family situation, the main factors cited were the increased multiple burdens on women (due to household management, home office and childcare obligations) (23 times), homeschooling (31 times), home office (31 times), and the constant presence of the "Corona virus" issue through the media (41 times). A significant burden for 21 of the respondents is housing that is too cramped. Short-time work was cited 8 times as a stress factor for the family situation due to the Corona epidemic, and the resulting worsened financial situation was cited 12 times. 3 participants stated that both parents had lost their jobs and 10 of the respondents that one parent was unemployed. For 23 of the respondents, more conflict situations occurred because all or more family members than usual were constantly at home. 7 times it was stated that the Corona epidemic did not affect the family. (Table 15)

17. TO WHAT EXTENT HAS THE CORONA EPIDEMIC HAD A POSITIVE EFFECT ON THE FAMILY SITUATION? (Question support: Choose one or more answers)

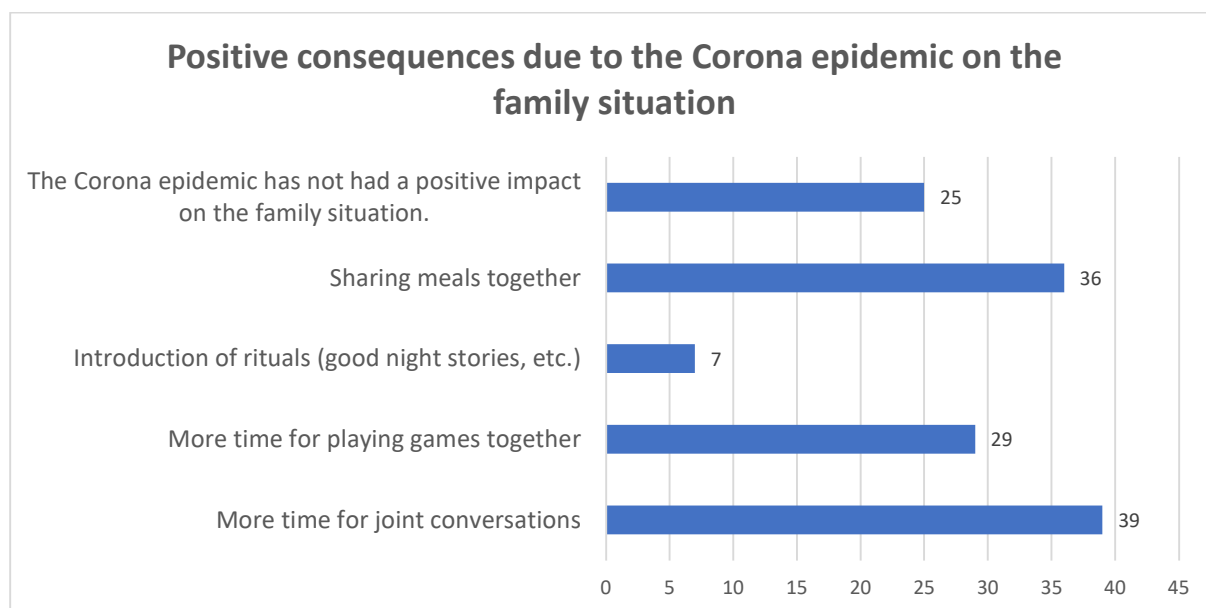


Table 16 Positive consequences due to the Corona epidemic on the family situation/Bulgaria

When asked to what extent the Corona epidemic had also had a positive impact on the family situation, participants mentioned that they now have more time to talk together (39 times) as well as play games together (29 times). Eating meals together was mentioned 36 times, followed by the introduction of rituals, such as reading a good night story (7 times).

Twenty-five of the respondents indicated that the Corona epidemic had not had a positive effect on the family situation. (Table 16)

GENERAL QUESTIONS

18. HOW MANY CHILDREN LIVE IN THE COMMON HOUSEHOLD? (Question support: Choose one answer)

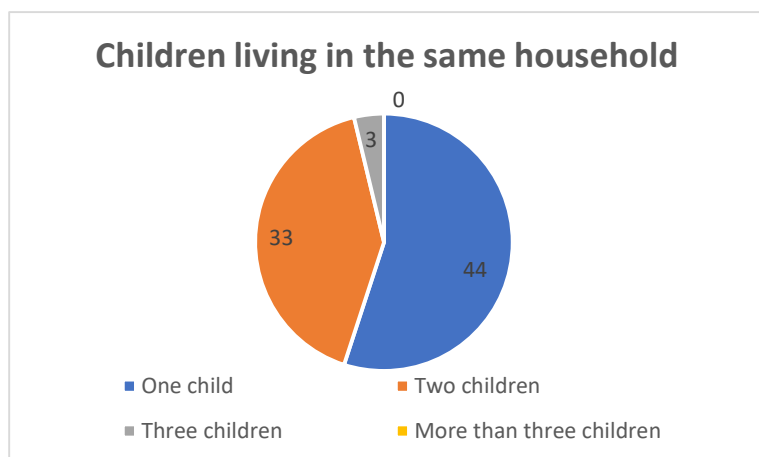


Table 17 Children living in the same household/Bulgaria

Among the respondents, there were 44 households with one child each, 33 households with two children each, 3 households with three children each, and no household with more than three children. (Table 17)

19. HOW OLD ARE THE CHILDREN? (Question support: Choose one or more answers)

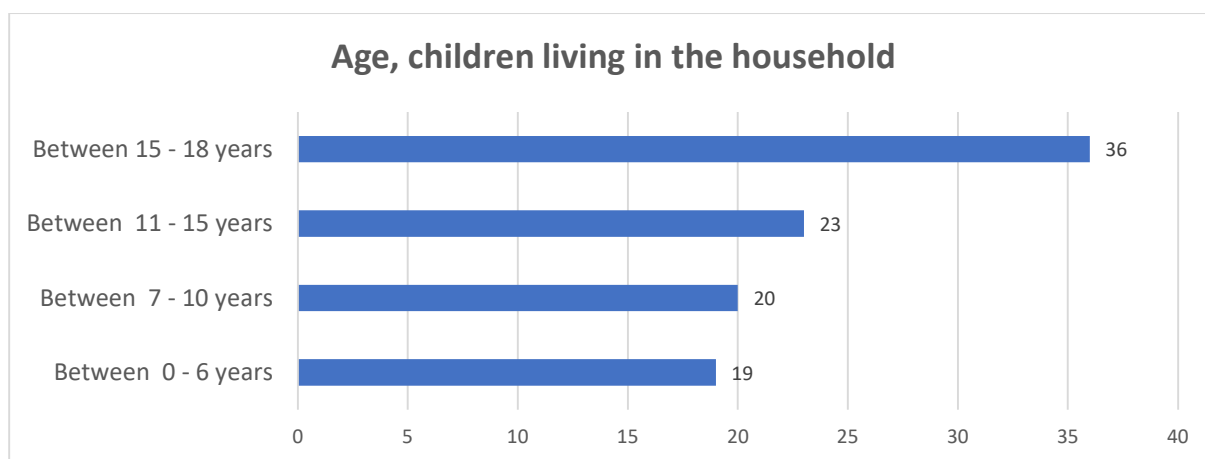


Table 18 Age, children living in the household/Bulgaria

Overall, the age of the children living in the household was fairly balanced. 36 times it was stated that the children in the common household were between 15 -18 years old, 23 times that the children in the common household were between 11 - 15 years old, 20 times that the children in the common household were between 7 - 10 years old and 19 times that the children in the common household were between 0 - 6 years old. (Table 18)

20. ARE YOU A SINGLE PARENT? (Question support: Choose an answer)

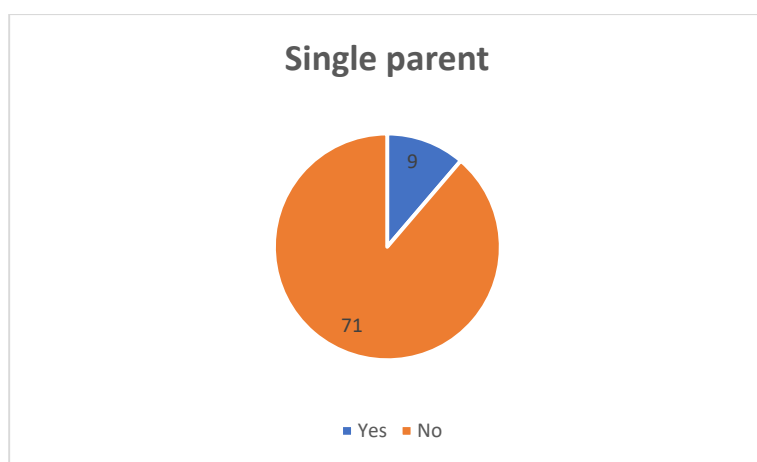


Table 19 Single parent/Bulgaria

When asked if the respondents were single parents, 9 of the respondents answered in the affirmative and the rest (71) indicated that they were not single parents. (Table 19)

21. ARE THEY CO-PARENTING? (Question support: Choose one answer)

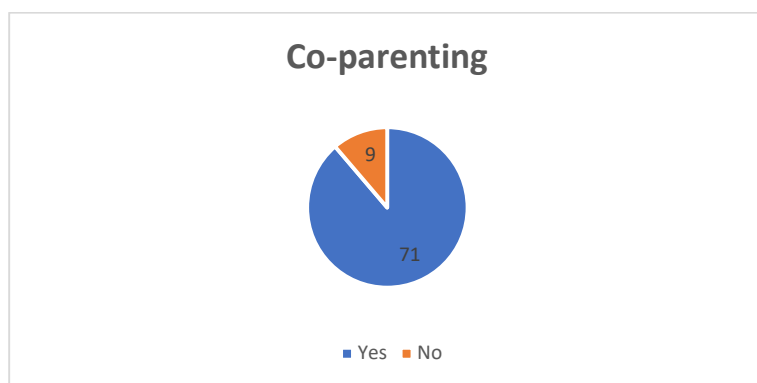


Table 20 Co-parenting/Bulgaria

When asked if the respondents were co-parenting, 71 of the respondents answered in the affirmative and the rest (9) indicated that they were not co-parenting. (Table 20)

22. ARE YOU PART OF A PATCHWORK FAMILY? (Question support: Choose an answer)

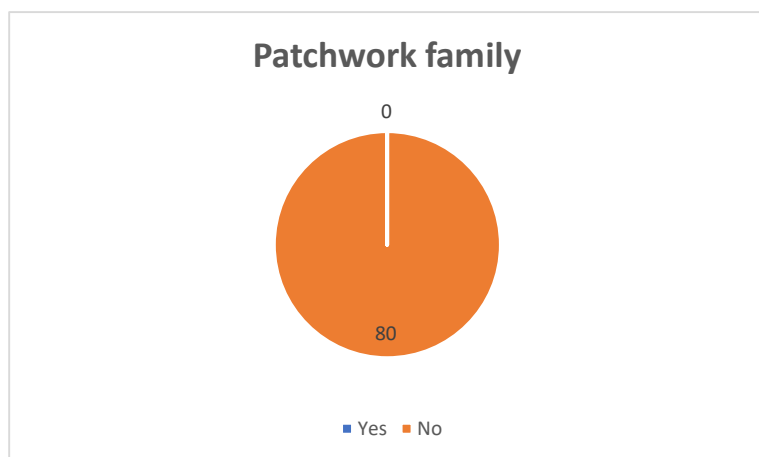


Table 21 Patchwork family/Bulgaria

None of the respondents live in a patchwork family. (Table 21)

23. HOW DO YOU FEEL ABOUT YOUR CURRENT WEALTH/INCOME? (Question support: Choose one answer)

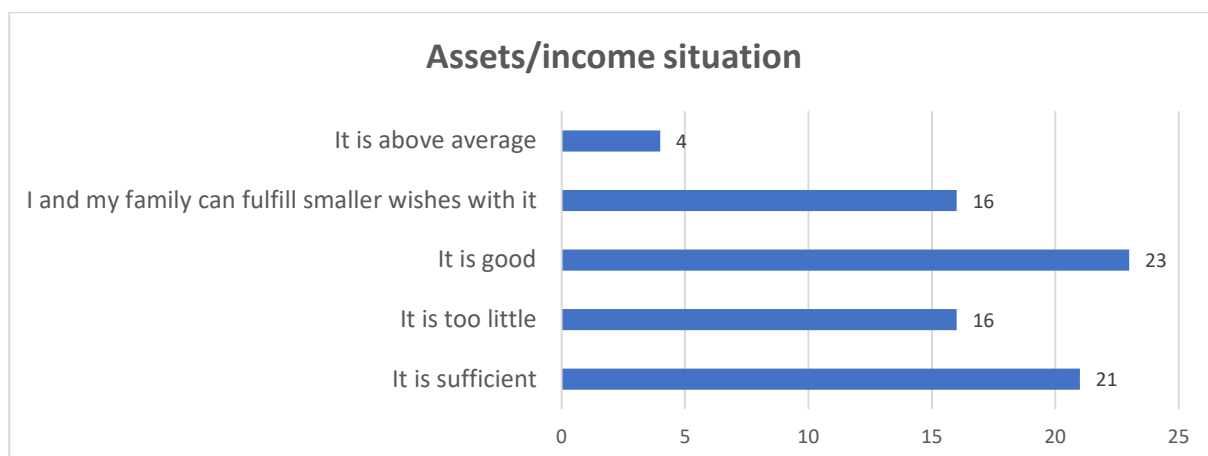


Table 22 Assets/income situation/Bulgaria

When asked how you feel about your current assets/income, 21 of the respondents answered that it is sufficient, 23 of the respondents that it is good and 16 of the respondents that it allows them to fulfill smaller wishes for themselves and their family. 4 stated that your wealth/income is above average and for 16 of the respondents it is too little. (Table 22)

24. WOULD YOU LIKE TO TELL US SOMETHING THAT MAY NOT HAVE BEEN ASKED BUT THAT YOU THINK MIGHT BE IMPORTANT?

- Thank you, great initiative and many topical issues.
- Congratulations on your effort and success!
- Work for youth, Cultural development - without gendering;
- It would be good for families to create easy access to addiction specialists, psychologists, family counseling and provide sufficient information where it exists.



3.2 Evaluation of the survey (Germany)

3.2.1 Written summary of the evaluation

Citizens of Germany were able to take part in the survey. A total of 80 people were surveyed. The analysis of the results is given in figures. The survey was conducted via google forms. Due to a technical error, the tool was set in such a way that questions could also be skipped, so that for some questions the sum of the answers is less than 80.

Particularly conflict-prone topics in Germany seem to be media consumption (cited 65 times), parenting (cited 61 times), work-life balance (cited 50 times) and different styles of communication and argument culture (cited 53 times). Less often, but still significant with 39 mentions, the handling of money is often a cause of dispute for many respondents. (Table 1)

For more than half of the respondents, the issue of reconciling work and family is a trigger for an intra-family conflict every day, once a week or once a month, and for only 4 of the respondents it is never a conflict issue. (Table 2) Among those who stated that the topic of parenting is a conflict topic, more than a quarter (mentioned 22 times) stated that this is a cause of dispute once a week and for 14 respondents even daily (Table 3).

It is striking that the conflict topic of media consumption is the daily trigger of an intra-family conflict for more than a third of respondents (mentioned 29 times), followed by almost a third of respondents (mentioned 25 times) for whom it leads to disputes once a week. (Table 4) In contrast, the topic of gender equality rarely (mentioned 24 times) to never (mentioned 28 times) leads to conflicts. (Table 5) Similarly, the topic of dealing with money does not seem to be among the most conflictual topics. For example, this topic is rarely a conflict topic for 28 of the respondents and never for 14 of the respondents. (Table 6) In contrast, the different styles in communication and argument culture rather often lead to intra-family disputes. Only for 4 respondents is this never an issue. (Table 7)

About half of the respondents stated that they argue rather often (39 times mentioned) or always (5 times mentioned) in a sober and objective manner and rather often (33 times mentioned) or always (8 times mentioned) in a heated and loud manner.

As a result of the argument, most respondents (44 times mentioned) do not engage in physical violence or verbal abuse (22 times mentioned). Likewise, radio silence for hours as a result of a conflict is not



an option for many, but applies to 16 respondents rather often and for 8 respondents always. Overall, arguing is a recurring theme for almost all respondents and only one person indicated that they do not argue at all. (Table 8)

In order to be able to deal with conflicts in the family in a more constructive way, 47 of the respondents were 100% of the opinion that humor and lightness are good approaches to solving problems and that one should consciously adopt a different perspective/viewpoint/understanding for the position of the other person(s) (mentioned 43 times). It is equally important for almost half of the respondents to consciously take time for each other. On the other hand, only 18 of the respondents were 100% in favor of professional counseling. (Table 9)

In order to deal with conflicts within the family in a more constructive way, the respondents made the following suggestions:

- Discuss goals
- More couple time - without children and without work
- Round table for all family members
- Talking, looking for solutions together
- Strategies such as solution circle, dialogue, talking with family friends, non-violent communication, nature experiences
- Family conference
- There is often a lack of time to really talk to each other about the background of the actual dispute, so misunderstandings quickly arise that are avoidable if you take time for the other person. This is where everyday life often gets in the way.
- Time out
- Addressing problems
- Addressing criticism early and specifically, and conversely, expressing more praise and appreciation, noticing positives....
- Give each other space; accept that the other person "ticks" differently.
- Slowing down everyday life, not working too much so that there is still strength and energy for family members and for oneself, not letting oneself be pulled into the hamster wheel at work,



time for exchange with good friends, time for culture! Without time, a relaxed upbringing and development of children is not possible!

- Talking about how you feel, being open and honest.
- Openly, honestly and as quickly as possible address things before they become a problem.
- Ask more often, no one can read minds.
- Children need to be re-engaged! Sports!

Rather frequently, intra-family conflicts lead to an increased stress level among the parents surveyed (mentioned 44 times). As many as 26 respondents stated that intra-family conflicts always lead to an increased stress level. Overall, among the respondents, about a quarter confirmed that intra-family conflicts rather often influence work and partnership and cause psychosomatic and psychological effects. However, according to the parents interviewed, children are often (30 times mentioned) or always (16 times mentioned) affected by the effects of conflicts. (Table 10)

When asked to what extent the intra-family conflicts affect the children, the majority of the interviewed parents (each mentioned 31 times) said that this is rather often visible in an increased stress level as well as a personal withdrawal. Twenty-two respondents indicated that an increased stress level was 100% applicable to their children. About half of the parents think that such conflicts tend not to have as much or any effect on the children's psyche and health. This contrasts with the responses of about 10 percent of respondents who said that conflicts do lead to psychological and health problems. A change in habits as well as a withdrawal from the circle of friends is hardly perceived among the respondents in this context.

For about half of the children of the parents surveyed, conflicts have no effect at all or tend not to have an effect, and for the other half, conflicts tend to have an effect frequently or always. (Table 11) Obwohl innerfamiliäre Probleme auch soziale Auswirkungen nach sich ziehen, gaben nur 4 der Befragten an, dass sie aufgrund ihrer innerfamiliären Probleme weniger Kontakt zu anderen Familien haben. Mehr als die Hälfte der Befragten hält den Kontakt zu anderen Familien aufrecht. Vielmehr versuchen die meisten der Befragten ihre Probleme eher nicht (31mal genannt) oder gar nicht (13mal genannt) zu thematisieren. (Tabelle 12)



Most of the interviewees (40 times mentioned) seek help from friends and/or colleagues or also from agencies that offer educational counseling (27 times mentioned). In addition to medical help, family therapy is also sought. A good third of respondents had never sought help in this regard. (Table 13)

This is due to the fact that for many of the respondents not all family members would agree to extra-familial help (mentioned 18 times) or have never thought of using extra-familial help (mentioned 12 times). About 10 percent of respondents said they did not know where to turn or that they would be ashamed to seek extrafamilial help. Fifteen of the respondents confirmed that psychotherapeutic help is difficult to get. (Table 14)

Due to the Corona Crisis, families face additional stresses in 2020/2021. In particular, homeschooling (mentioned 56 times) and home office (mentioned 42 times), the constant presence of the Corona virus issue (mentioned 43 times), and the increased multiple burdens on women due to household management, home office, and extended childcare responsibilities (mentioned 31 times) are causing problems for respondents.

Conflict situations increase due to cramped living space, as more family members than usual are constantly at home (mentioned 23 times). For about a quarter of respondents, the worsening financial situation, partly due to short-time work and the unemployment of one parent, is a burden. Just 11 of the respondents said that the Corona epidemic had not burdened the family. (Table 15)

Positive effects of the Corona epidemic on the family situation were seen by more than half of the respondents in now having more time to talk together (mentioned 49 times), to eat meals together (mentioned 45 times), and to play together (44 times). Twenty of the respondents indicated that the Corona epidemic had not positively affected the family situation in any way. (Table 16)

When asked what else would like to be shared, since this could not be included in the survey, respondents indicated the following:

- The work density has increased permanently for both parents in recent years, so that both of them can no longer imagine a full-time job in order to avoid burnout and to be able to be there for the children. This means: 1.: If you want to stay healthy, you have to make financial concessions; 2.: The wage is de facto lowered by permanent work compression.



- Corona's multiple workloads (home office, homeschooling, household) put a heavy and roughly equal burden on both partners here, not just the wife. But (perhaps because of this) it was not a reason for dispute.
- To be able to do homeschooling, it needs suitable terminals, which are not possible for me due to unemployment. Here the gap between rich and poor is very wide.
-

General information about the family situation of the respondents

Most of the respondents (49) were part of a household with two children, followed by households with one child each (21) and households with three children each (9). Only one person reported living in a household with more than three children. (Table 17)

The age distribution of the children of the parents surveyed was very balanced and has ranged from infants to young adults. (Table 18)

Of the parents surveyed, not quite 10 percent were single parents. (Table 19)

Surprisingly, not all other respondents also reported being co-parenting. We interpret this fact in terms of "perceived single parenting" by the parent who filled out the questionnaire - the other parent may be absent (physically and/or emotionally) too often. (Table 20)

18 of the parents surveyed live in a patchwork family. (Table 21) Overall, a quarter of the respondents each feel that their current situation with regard to their assets and income is good or sufficient (each mentioned 20 times) and that the family can thus fulfill smaller wishes (mentioned 16 times). For 15 respondents - still for 20 percent - it is too little. (Table 22)

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The results of the survey suggest that conflicts are not uncommon in the German families surveyed and that the topics we addressed are relevant to them. These conflicts can lead to intra-family stress, which can also affect the children. Certainly, the Corona crisis has exacerbated these effects. Many parents see humor, levity, a change of perspective in favor of the other person, and more time for each other as appropriate ways to help reduce stress in the family. Although the survey cannot be



representative, of course, the results are an indication that the planned game addresses the right issues and can be supportive for many families.

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3.2.2 Evaluation of all survey questions

1. WHICH OF THE FOLLOWING ISSUES HAVE CAUSED CONFLICT IN YOUR FAMILY? (Question support: Choose one or more answers)

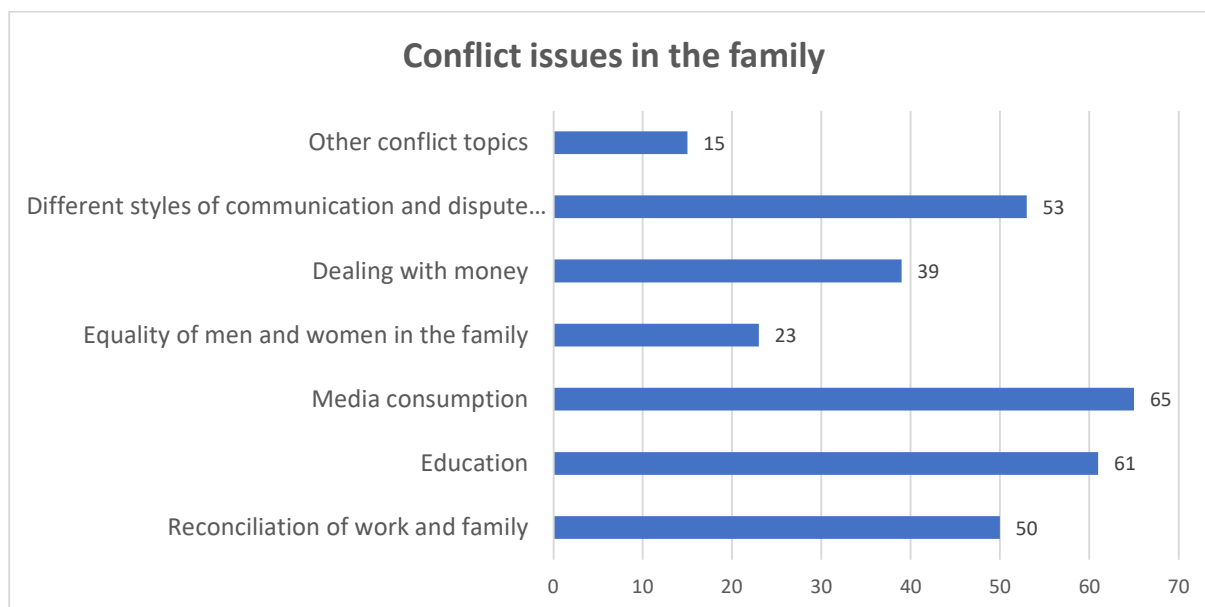


Table 23 issues in the family/Germany

When asked whether different styles in communication and dispute culture, dealing with money, gender equality in the family, media consumption, parenting, work-life balance and other conflict issues in your family have already led to conflicts, most of the respondents stated that media consumption (mentioned 65 times), parenting (mentioned 61 times) and different styles in communication and dispute culture (mentioned 53 times) as well as work-life balance(mentioned 50 times) lead to conflicts. The handling of money leads to conflicts within the family for 39 respondents. However, gender equality (mentioned 23 times) and other conflict issues (15 times) are also a burden on family life. (Table 23)

2. HOW OFTEN DOES THE ISSUE OF RECONCILING WORK AND FAMILY LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS? (Question support: Choose an answer)

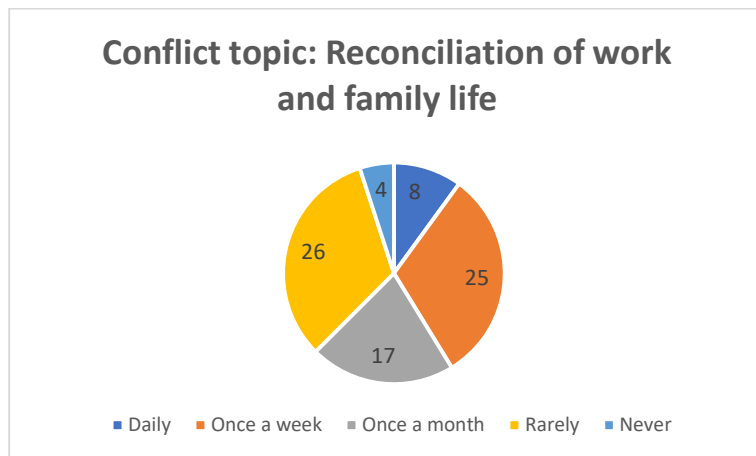


Table 24 Conflict topic: Reconciliation of work and family life/Germany

The conflict issue of work-family balance leads to intra-family conflicts daily for 8 of the respondents, once a month for 17 of the respondents, once a week for 25 of the respondents, and rarely for 26 of the respondents and never for only 4 of the respondents. (Table 24)

3. HOW OFTEN DOES THE TOPIC OF PARENTING LEAD TO INTRA-FAMILY CONFLICT OR TENSION? (Question support: Choose one answer)

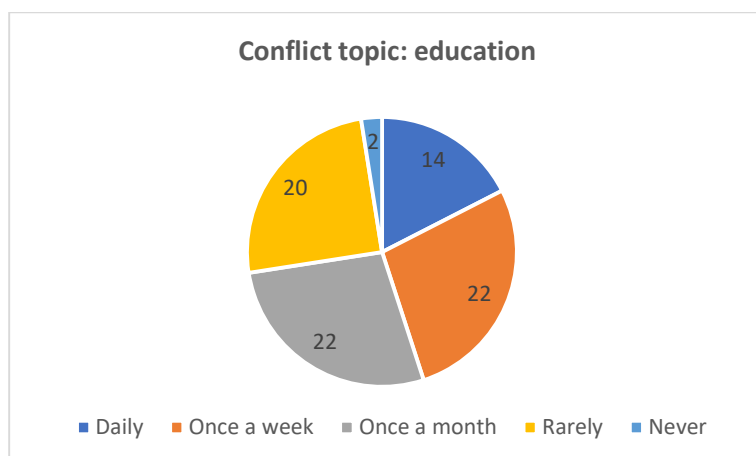


Table 25 Conflict topic: education/Germany

The conflict topic of education leads to intra-family conflicts daily for 14 of the respondents, once a week as well as once a month for 22 of the respondents, rarely for 20 of the respondents and never for 2 of the respondents. (Table 25)

4. HOW OFTEN DOES THE TOPIC OF MEDIA CONSUMPTION LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS? (Question support: Choose one answer)

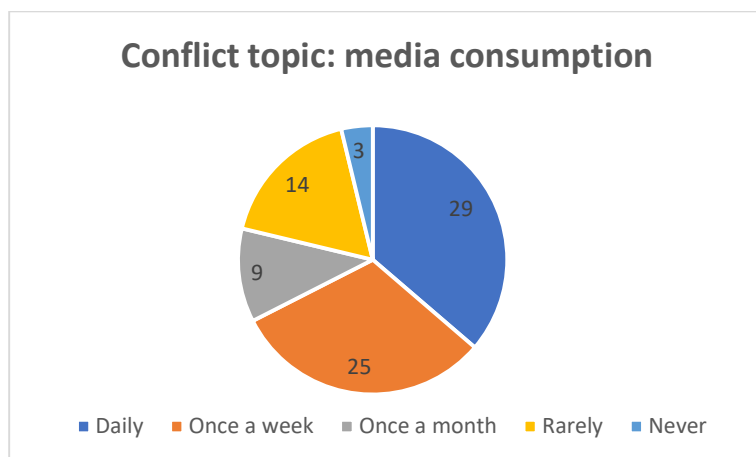


Table 26 Conflict topic: media consumption/Germany

The conflict topic of media consumption leads to intra-family conflicts daily for 29 of the respondents, once a week for 25 of the respondents, once a month for 9 of the respondents, and rarely for only 14 of the respondents and never for 3 of the respondents. (Table 26)

5. HOW OFTEN DOES THE ISSUE OF GENDER EQUALITY IN THE FAMILY LEAD TO INTRA-FAMILY CONFLICT OR TENSION? (Question support: Choose an answer)

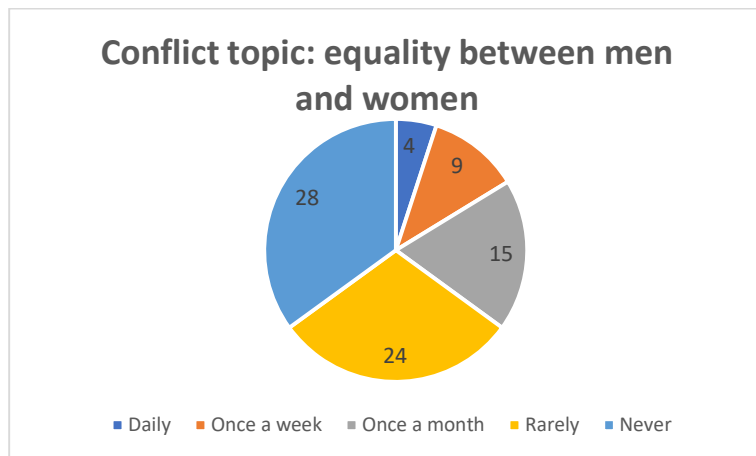


Table 27 Conflict topic: equality between men and women/Germany

The conflict topic of gender equality leads to intra-family conflicts daily for 4 of the respondents, once a week for 9 of the respondents, once a month for 15 of the respondents, and rarely for 24 of the respondents and never for 28 of the respondents. (Table 27)

6. HOW OFTEN DOES THE TOPIC OF DEALING WITH MONEY LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS? (Question support: Choose an answer)



Table 28 Conflict topic: Dealing with money/Germany

The conflict topic of dealing with money leads to intra-family conflicts daily for 7 of the respondents, once a week for 14 of the respondents, once a month for 17 of the respondents, and rarely for 28 of the respondents and never for 14 of the respondents. (Table 28)

7. HOW OFTEN DOES THE ISSUE OF DIFFERENT STYLES OF COMMUNICATION AND ARGUMENT CULTURE LEAD TO INTRA-FAMILY CONFLICT OR TENSION? (Question support: Choose one answer)

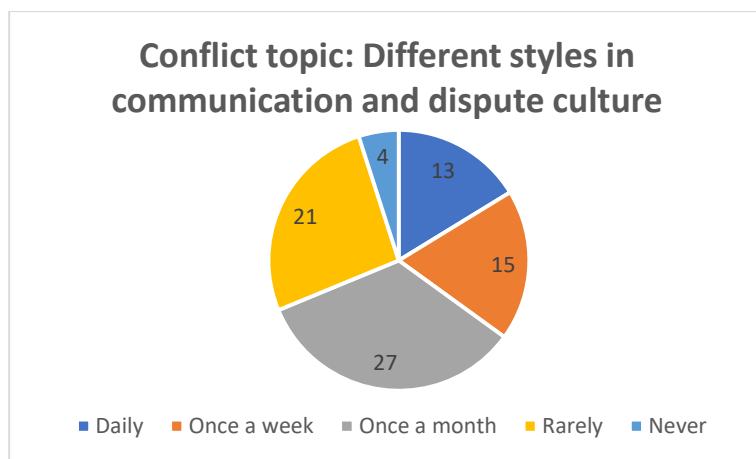


Table 29 Conflict topic: Different styles in communication and dispute culture/Germany

The conflict topic Different Styles in Communication and Argument Culture leads to intra-family conflicts daily for 13 of the respondents, once a week for 15 of the respondents, once a month for 27 of the respondents, and rarely for 21 of the respondents and never for 4 of the respondents. (Table 29)

8. HOW DO YOU THINK THEY ARGUE? (Question support: Choose one answer in each line)

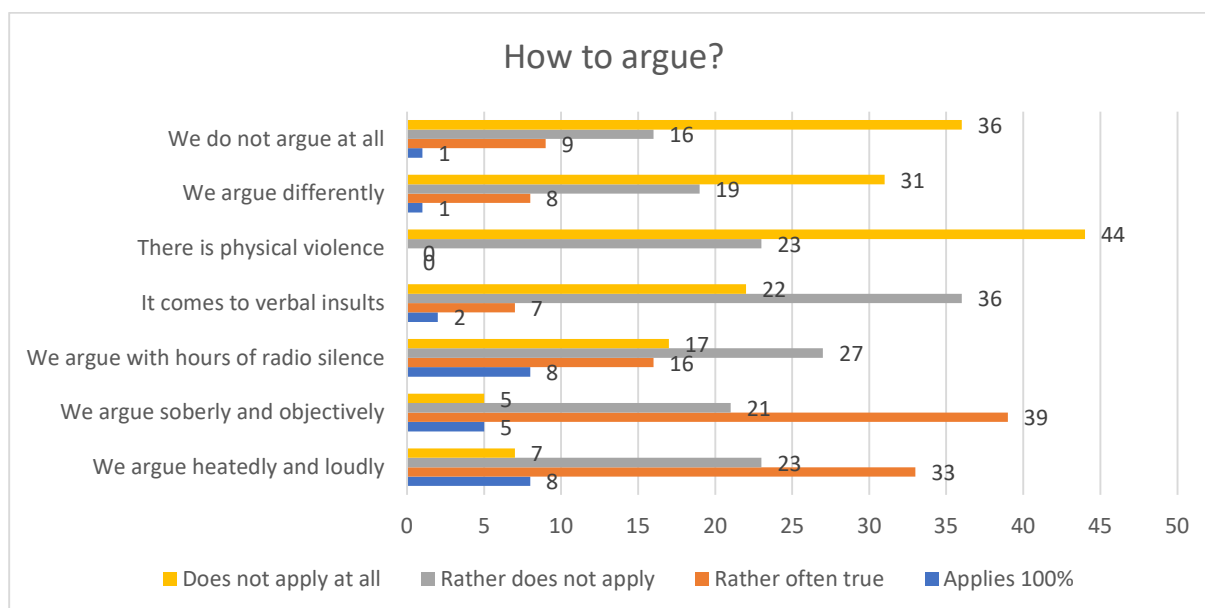


Table 30 How to argue?/Germany

The respondents were asked to indicate how they argue within the family. The statement "We do not argue at all" does not apply to 36 of the respondents at all, to 16 of the respondents rather not at all and to 9 of the respondents rather often. To one person this is true 100% of the time.

The statement "We argue differently" does not apply to 31 of the respondents at all, to 19 of the respondents rather not at all and to 8 of the respondents rather often. to one person this applies to 100%.

The statement "Physical violence occurs" does not apply at all to 44 of the respondents and rather not to 23 of the respondents. The remaining respondents did not answer this question.

The statement "Verbal insults occur" does not apply to 22 of the respondents at all, to 36 of the respondents rather not and to 7 of the respondents rather often. This is 100% true for 2 of the respondents.

The statement "We argue with hours of radio silence" is rather not true on 27 of the respondents and not true at all on 17 of the respondents. To 16 of the respondents this is rather often true and to 8 of the respondents this is 100% true.

The statement "We argue soberly and factually" does not apply to 5 of the respondents at all and to 21 of the respondents rather not at all. The statement applies to 39 of the respondents rather often and to 5 of the respondents to 100%.

The statement "We argue heatedly and loudly applies to 33 of the respondents rather often and to 8 of the respondents 100%. To 23 respondents this statement rather does not apply and to 7 of the respondents not at all. (Table 30)

9. WHAT COULD HELP RESOLVE CONFLICTS IN THE FAMILY MORE CONSTRUCTIVELY? (Question support: Choose one answer in each row)

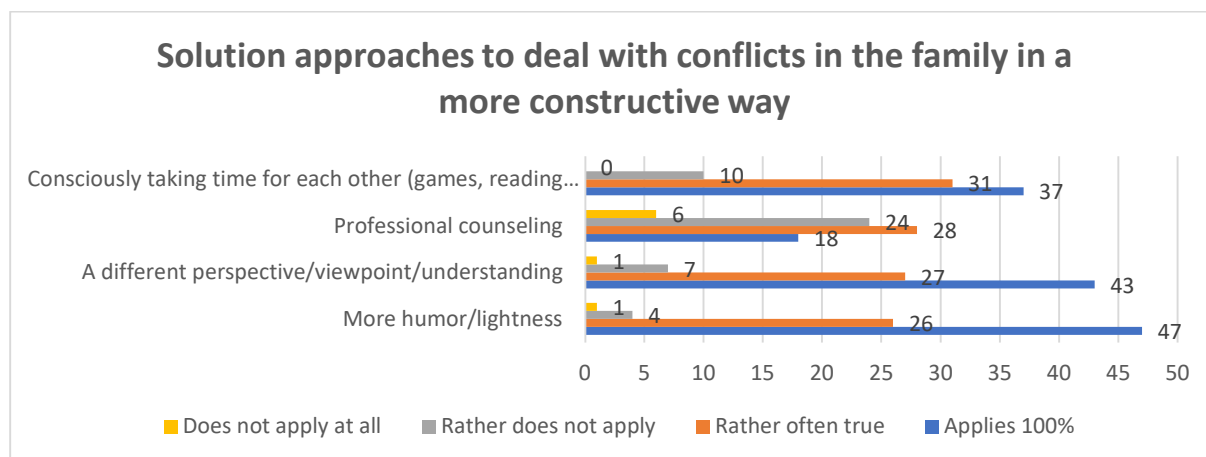


Table 31 Solution approaches to deal with conflicts in the family in a more constructive way/Germany

In order to be able to deal with conflicts in the family in a more constructive way, people should consciously make time for each other to play, read to each other, do sport, etc. 10 of the respondents tended to disagree with this statement. 31 of the respondents stated that this statement applies to them rather frequently and 37 other respondents that this statement applies 100%.

In order to be able to deal with conflicts in the family more constructively, professional counseling is needed. This applies to 24 of the respondents rather not, to 28 of the respondents however rather frequently and to 18 of the respondents this applies to 100%. This does not apply at all to 6 of the respondents.

In order to be able to deal with conflicts in the family more constructively, it would be helpful to adopt a different perspective/viewpoint/understanding of the position of the other person(s). For 43 of the respondents this is 100% true, for 27 of the respondents it is somewhat true, and for 7 of the respondents it is somewhat not true. One person was of the opinion that this was not true at all.

In order to be able to deal with conflicts in the family more constructively, more humor/lightness is needed. This does not apply at all to one respondent and rather not to 4 of the respondents. For 26 of the respondents this applies rather often and for 47 of the respondents this applies 100%. (Table 31)

10. ARE THERE OTHER WAYS FOR YOU TO DEAL WITH CONFLICTS IN THE FAMILY IN A MORE CONSTRUCTIVE WAY?

- Discuss goals
- More couple time - without children and without work
- Round table for all family members
- Talking, looking for solution together
- Strategies: solution circle, dialogues, talking with family friends, non-violent communication, nature experiences
- Family conference
- There is often not enough time to really talk to each other about the background of the actual dispute, so misunderstandings quickly arise that are avoidable if you take time for the other person. This is where everyday life often gets in the way.
- Time out
- Address problems
- Respond early and concretely to criticism and, conversely, express more praise and appreciation, notice positive things...
- give each other space; accept that the other person "ticks" differently.
- above all TIME !!!: Decelerate the everyday life, not to work too many, so that still strength and energy for the family members and for itself remains, not to be pulled into the hamster wheel at work, time for exchange with good friends, time for culture! Without time no relaxed upbringing and development of the children is possible!
- Constructive conversations without the children
- Talking about how you feel, being open and honest. The family can take it
- Openly, honestly and as quickly as possible address things before they become a problem, Ask more often, no one can read minds.
- Kids need to be utilized again! Sports!



11. TO WHAT EXTENT DO THESE CONFLICTS BURDEN THE PARENTS? (Question support: Choose one answer in each row)

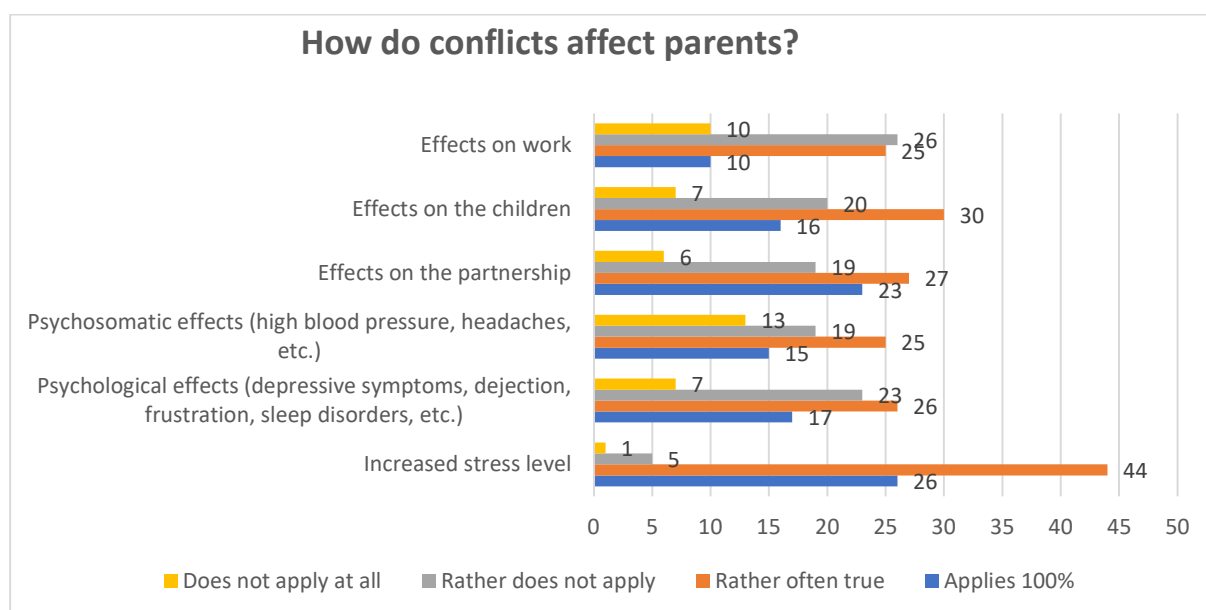


Table 32 How do conflicts affect parents?/Germany

The respondents were asked to indicate how the intra-family conflicts affect the parents.

The statement "the conflicts have an impact on work" does not apply to 10 of the respondents at all, to 26 of the respondents rather not and to 25 of the respondents rather often. This is 100% true for 10 of the respondents.

The statement "the conflicts have an impact on the children" does not apply to 7 of the respondents at all, to 20 of the respondents rather not, to 30 of the respondents rather often and to 16 of the respondents this applies to 100%.

The statement "Conflicts have an impact on the partnership" does not apply to 6 of the respondents at all, to 19 of the respondents rather not and to 27 of the respondents rather often. This is 100% true for 23 of the respondents.

The statement "Conflicts have psychosomatic effects" does not apply to 13 of the respondents at all, to 19 of the respondents rather not and to 25 of the respondents rather often. 15 of the respondents indicated that the statement was 100% true.

The statement "Conflicts have psychological effects" does not apply to 7 of the respondents at all, to 23 of the respondents rather not and to 26 of the respondents rather often. This statement is 100% true for 17 of the respondents.

The statement "Conflicts evoke an increased stress level" does not apply to one person at all and to 5 respondents rather not. On the other hand, this statement applies to 44 of the respondents rather frequently and to 26 of the respondents 100%. (Table 32)

12. TO WHAT EXTENT DO THESE CONFLICTS BURDEN THE CHILDREN? (Question support: Choose one answer in each row)

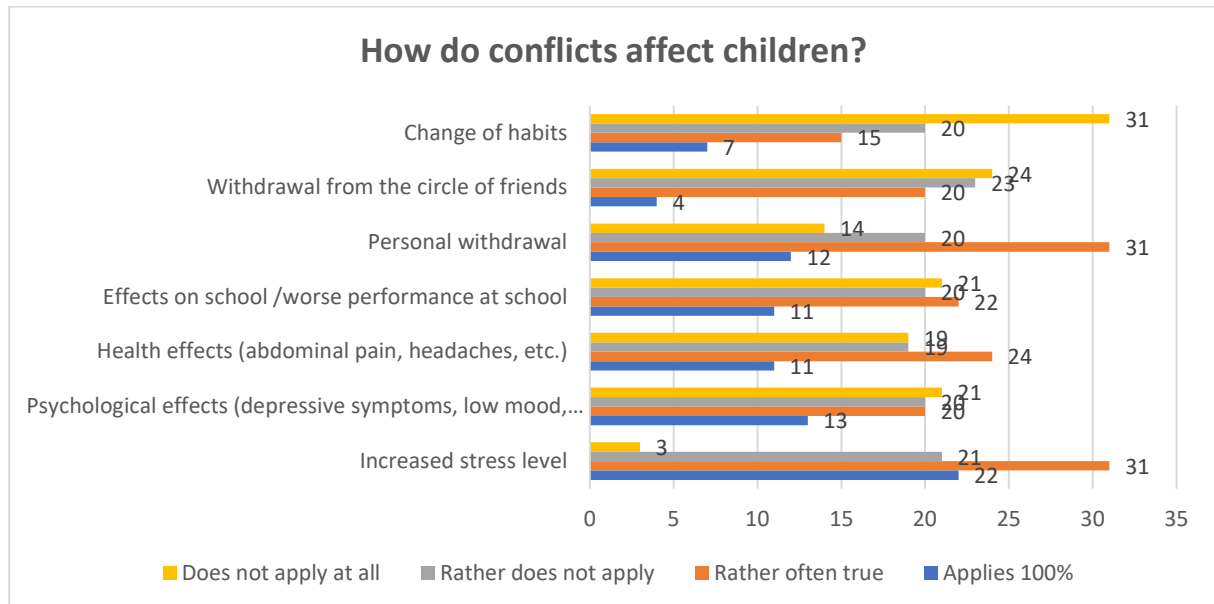


Table 33 How do conflicts affect children?/Germany

The respondents were asked to indicate how the intra-family conflicts affect the children.

The statement "the conflicts result in changes of habits" does not apply at all to 31 of the respondents, rather does not apply to 20 of the respondents, rather often applies to 15 of the respondents and 100% applies to 7 of the respondents.

The statement "Conflicts lead to withdrawal from the circle of friends" is not true at all for 24 of the respondents, rather true for 23 of the respondents, rather often true for 20 of the respondents and 100% true for 4 of the respondents.

The statement "Conflicts lead to personal withdrawal" is not true at all for 14 of the respondents, rather not true for 20 of the respondents, rather often true for 31 of the respondents, and 100% true for 12 of the respondents.

The statement "Conflicts have an impact on school/worse performance in school" is not true at all for 21 of the respondents, rather not true for 20 of the respondents, rather often true for 22 of the respondents and 100% true for 11 of the respondents.

The statement "Conflicts result in health effects" does not apply at all or rather not to 19 of the respondents each and rather frequently to 24 of the respondents. To 11 of the respondents this applies to 100%.

The statement "Conflicts have psychological effects" does not apply to 21 of the respondents at all and to 20 of the respondents not at all or rather frequently. This statement is 100% true for 13 of the respondents.

The statement "Conflicts evoke an increased stress level" is not true at all for 3 respondents, rather not true for 21 respondents and rather frequently true for 31 respondents. This statement is 100% true for 22 respondents. (Table 33)

13. WHAT SOCIAL IMPACT DO THESE PROBLEMS HAVE ON THE FAMILY AS A WHOLE? (Question support: Choose one answer in each row)

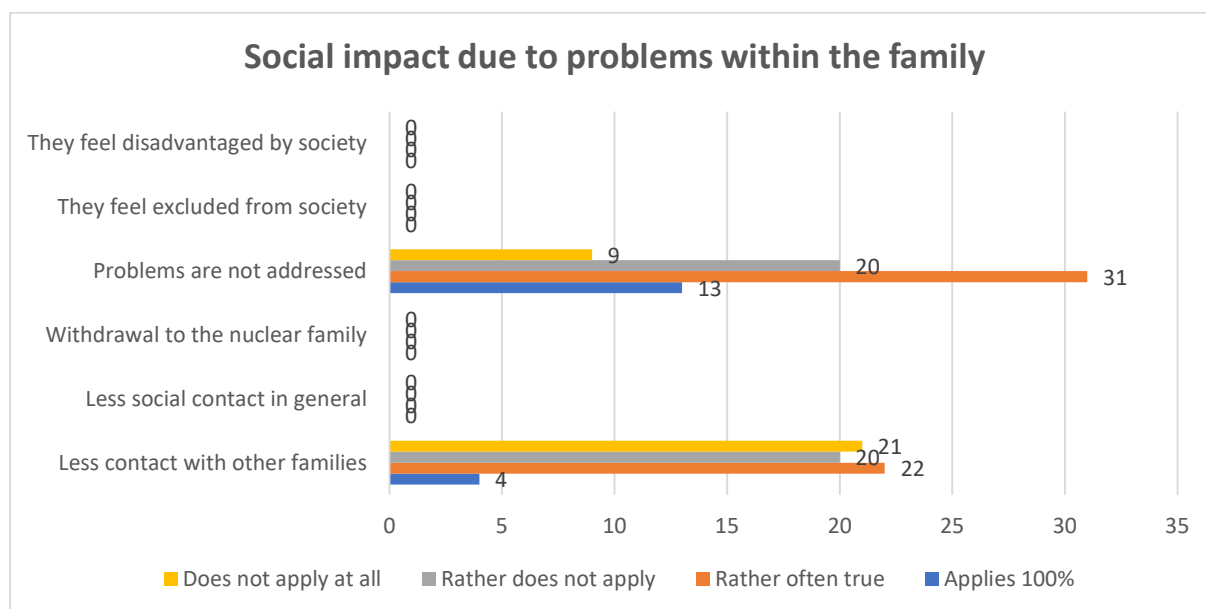


Table 34 Social impact due to problems within the family/Germany

Respondents were asked to indicate which social effects intra-family problems result in. Due to an incorrect answer matrix, only answers to the options "problems are not discussed" and "Less contact with other families" could be given.

The statement "problems are not addressed" does not apply to 9 respondents at all, to 20 respondents rather not at all and to 31 respondents rather often. This statement is 100% true for 13 of the respondents.

The statement "problems result in less contact with other families" does not apply at all to 21 of the respondents, rather not to 20 of the respondents, rather frequently to 22 respondents and to 4 respondents the statement applies to 100%. (Table 34)

14. HAVE YOU EVER SOUGHT HELP IN THIS REGARD? (Question support: Choose one or more answers)

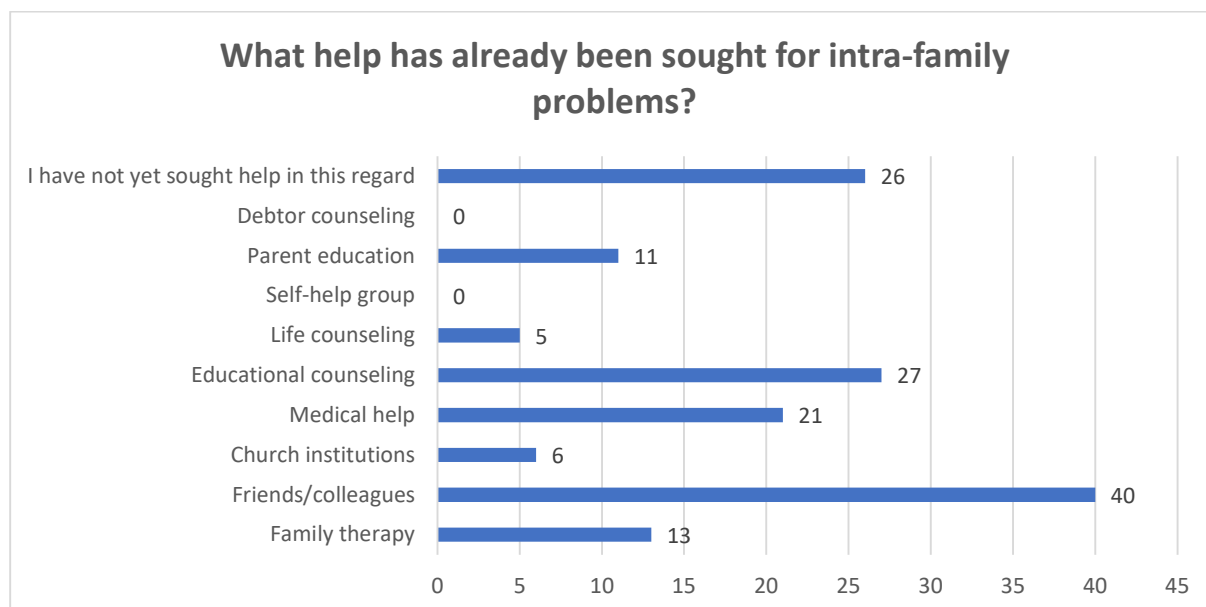


Table 35 What help has already been sought for intra-family problems?/Germany

Respondents were asked to indicate what help they had already sought for problems within the family. Most respondents (40) stated that they seek advice from friends and colleagues with their problems, among other things. 26 respondents stated that they had never sought help in this regard. The offer of an education consultation already took up 27 of the asked ones, medical assistance 21 of the asked ones and family therapy nevertheless 13 of the asked ones. Only 6 of the respondents had sought counseling in church institutions and 5 had sought life counseling. 11 of the respondents stated that they had attended a parenting training course. None of the respondents sought help from debt counseling or self-help groups. (Table 35)

15. WOULD YOU LIKE TO RECEIVE HELP? IF SO, WHY HAVE YOU NEVER DONE SO? (Question support: Choose one or more answers)

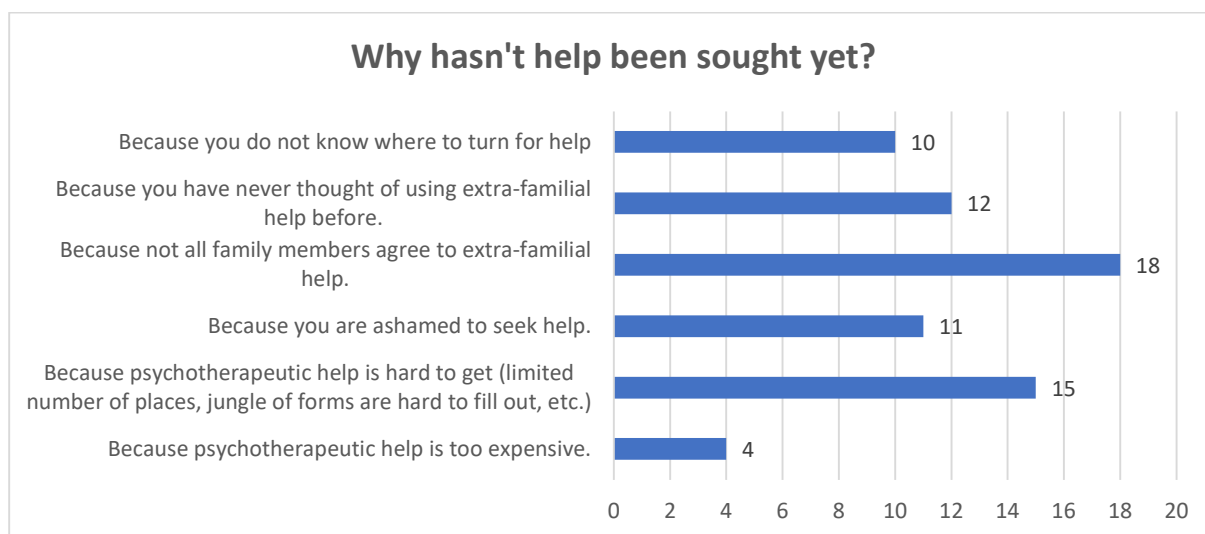


Table 36 Why hasn't help been sought yet?/Germany

When asked why no help has been used yet, the majority of respondents (mentioned 18 times) said that not all family members agree to extra-familial help. 12 of the respondents have not yet thought of using extra-familial help and 11 respondents would feel ashamed in using extra-familial help. 10 of the respondents do not know where to turn and 15 of the respondents confirmed that psychotherapeutic help is difficult to get because there is a limited number of places and bureaucracy is an obstacle. 4 times psychotherapeutic help was stated to be too expensive. (Table 36)



16. TO WHAT EXTENT HAS THE CORONA EPIDEMIC ADDED TO THE STRESS ON THE FAMILY SITUATION? (Question support: Choose one or more answers)

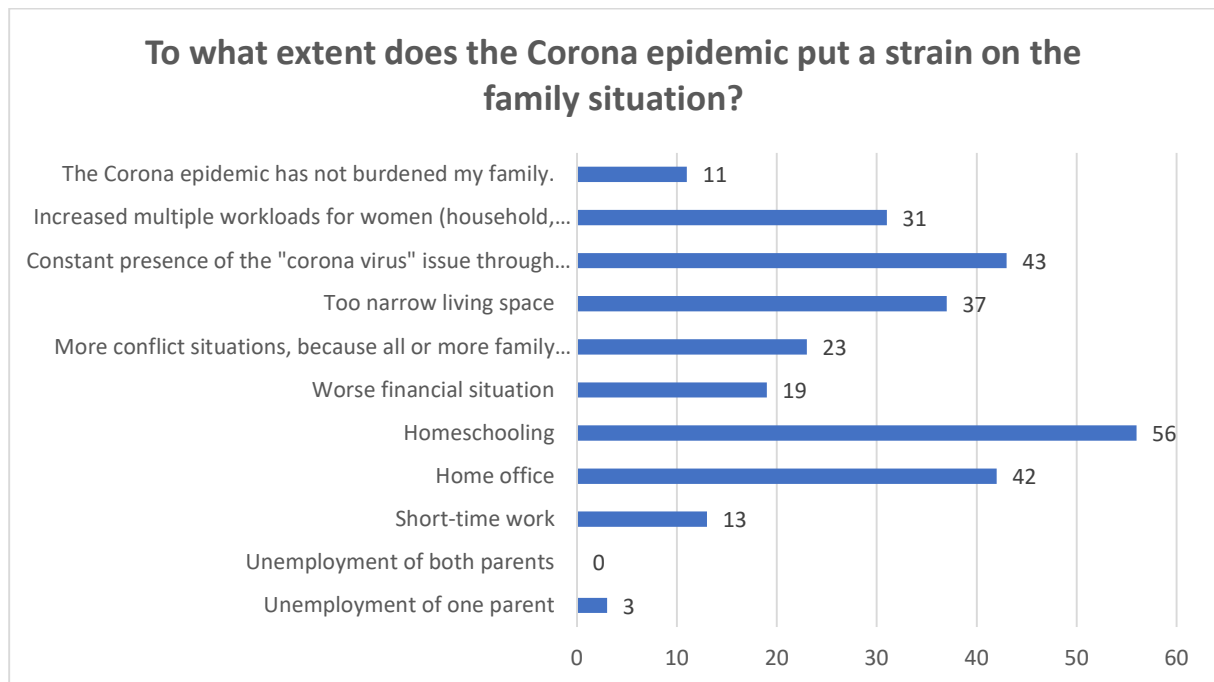


Table 37 To what extent does the Corona epidemic put a strain on the family situation?/Germany

When asked to what extent the Corona epidemic was a burden on the family situation, homeschooling (mentioned 56 times), as well as the presence of the "Corona virus" issue through the media were mentioned most often (mentioned 43 times) and home office (mentioned 42 times). For 37 of the respondents, living space that is too cramped is a significant burden. Thus, for 23 of the respondents, there are more conflict situations because all or more family members than usual are constantly at home. In addition, the increased multiple workloads of women (due to household management, home office and childcare duties) (mentioned 31 times) resulted in a worsening of the family situation. Short-time work was cited 13 times as a stress factor for the family situation due to the Corona epidemic, and 19 times the resulting poorer financial situation due to short-time work (cited 13 times) and/or the unemployment of one parent (cited 3 times).

11 times it was stated that the Corona epidemic had not burdened the family. (Table 37)

17. TO WHAT EXTENT HAS THE CORONA EPIDEMIC HAD A POSITIVE EFFECT ON THE FAMILY SITUATION? (Question support: Choose one or more answers)

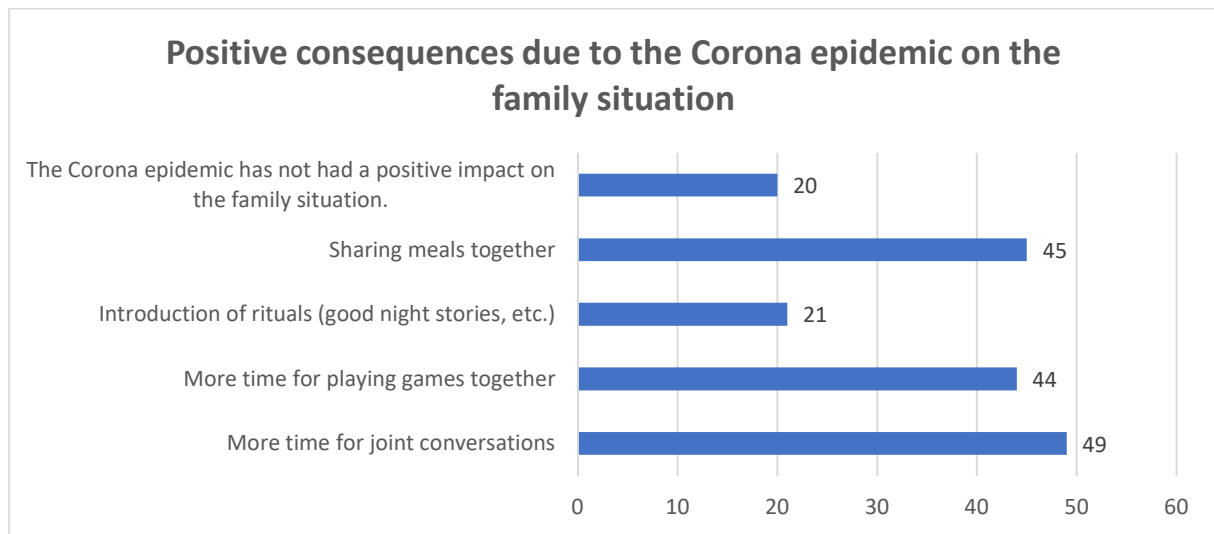


Table 38 Positive consequences due to the Corona epidemic on the family situation/Germany

When asked to what extent the Corona epidemic has also had a positive impact on the family situation, respondents mentioned that they now have more time to talk together (mentioned 49 times) as well as to eat meals together (mentioned 45 times) and play games (mentioned 44 times), followed by the introduction of rituals, such as reading a good night story (mentioned 21 times).

Twenty of the respondents indicated that the Corona epidemic had not positively affected the family situation in any way. (Table 38)

GENERAL QUESTIONS

18. HOW MANY CHILDREN LIVE IN THE COMMON HOUSEHOLD? (Question support: Choose one answer)

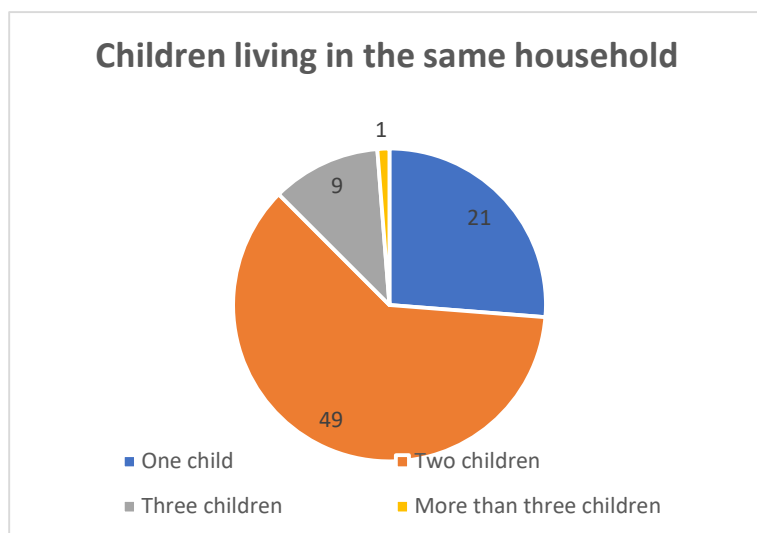


Table 39 Children living in the same household/Germany

Respondents included 21 households with one child each, 49 households with two children each, 9 households with three children each, and one household with more than three children. (Table 39)

19. HOW OLD ARE THE CHILDREN? (Question support: Choose one or more answers)

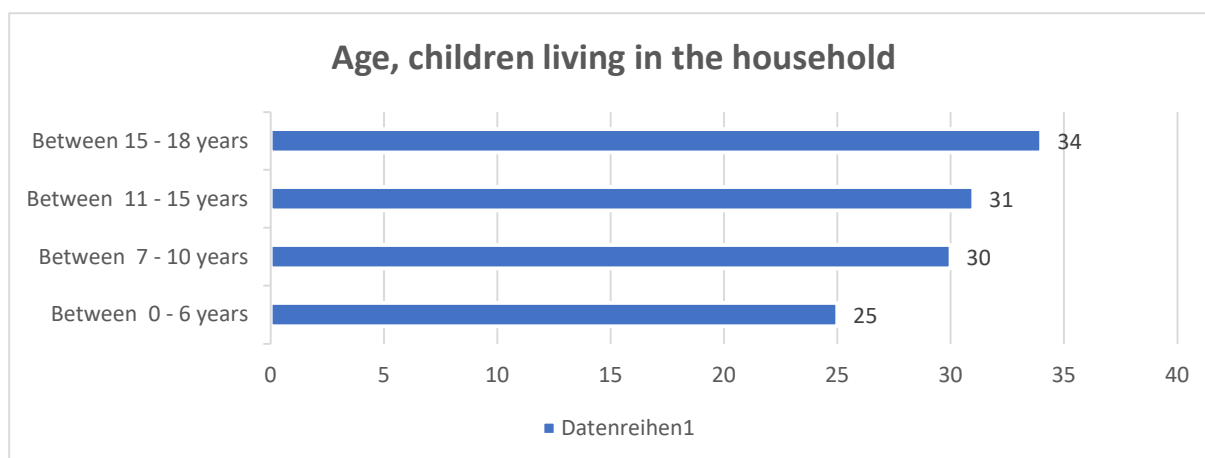


Table 40 Deutschland Age, children living in the household/Germany

Co-funded by the
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Overall, the age of the children living in the household was largely balanced. 35 times it was reported that the children in the joint household were between 15 -18 years old, 31 times that the children in the joint household were between 11 - 14 years old, 30 times that the children in the joint household were between 7 - 10 years old, and 25 times that the children in the joint household were between 0 - 6 years old. (Table 40)

20. ARE YOU A SINGLE PARENT? (Question support: Choose an answer)

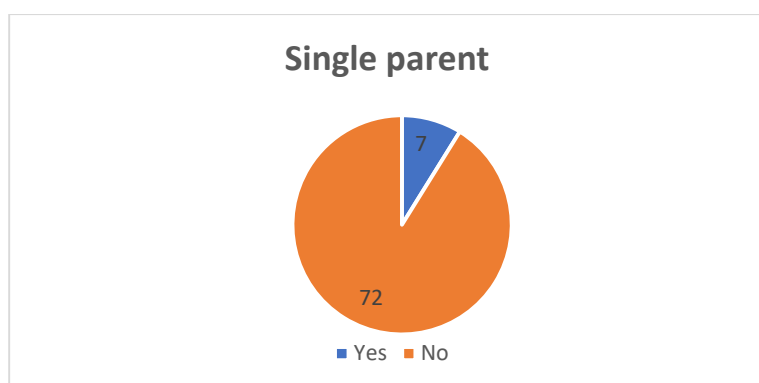


Table 41 Single parent/Germany

Auf die Frage, ob die Befragten alleinerziehend sind, bejahten dies 7 der Befragten und der Rest (72) gab an, nicht alleinerziehend zu sein. (Tabelle 41)

21. SIND SIE GEMEINSAM ERZIEHEND? (Fragensupport: Wählen Sie eine Antwort)

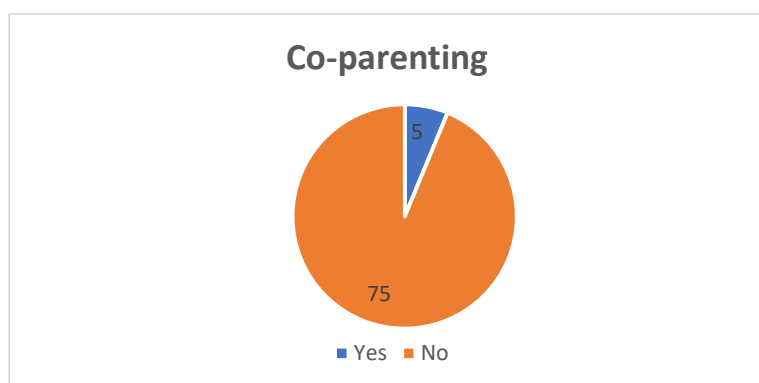


Table 42 Co-parenting/Germany

When asked if the respondents were co-parenting, 5 of the respondents answered in the affirmative and the rest (75) indicated that they were not co-parenting. We evaluate the deviation of these values from the previous question, which clearly referred to single parents, as follows: some parents seem to be "perceived single parents". This may mean that the partner is physically or emotionally absent so often that the parent who answered the questions feels that he/she is performing the parenting task alone. (Table 42)

22. ARE YOU PART OF A PATCHWORK FAMILY? (Question support: Choose an answer)

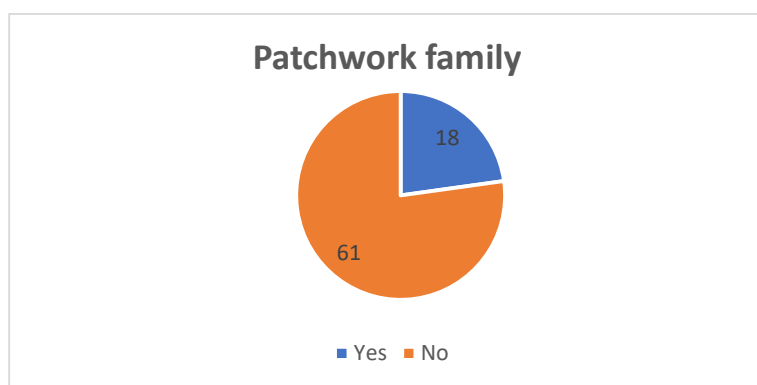


Table 43 Patchwork family/Germany

18 out of 79 respondents live in a patchwork family. (Table 43)

23. HOW DO YOU FEEL ABOUT YOUR CURRENT WEALTH/INCOME? (Question support: Choose one answer)

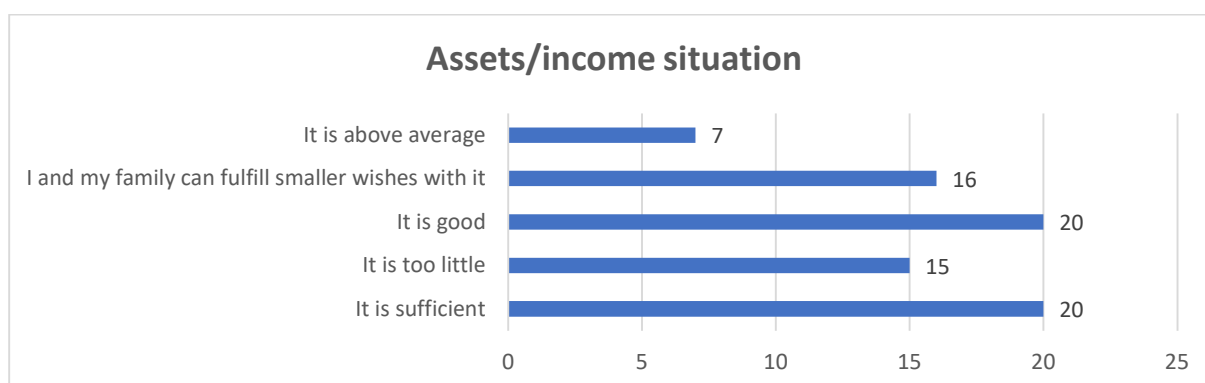


Table 44 Assets/income situation/Germany

When asked how you feel about your current assets/income, 20 of the respondents each answered that it is sufficient or good and 16 of the respondents that it allows the respondent and his/her family to fulfill minor wishes. 7 respondents said that your assets/income are above average and for 15 of the respondents it is too little. (Table 44)

24. WOULD YOU LIKE TO TELL US SOMETHING THAT MAY NOT HAVE BEEN ASKED BUT THAT YOU THINK MIGHT BE IMPORTANT?

- The workload has increased permanently for both parents in recent years, so in order to avoid burnout and be there for the kids, we both can no longer imagine having a full-time job. This means:
- if you want to stay healthy, you have to make financial concessions;
 1. wages are de facto lowered by permanent work intensification.
 2. Good that the positive effects of the Corona pandemic are in there
- Corona's multiple workloads (home office, homeschooling, household) put a heavy and roughly equal burden on both partners here, not just the wife. But was not a point of contention (perhaps because of that).
- Thank you and keep up the good work!
- Some questions were hard to answer because they were vague. E.g., the question referred to the whole family, but the answer turns out differently when you think about communication between the parents or when it comes to the child-parent relation.
- To be able to do homeschooling, you need suitable terminals, which are not possible for me due to unemployment. Here the gap between rich and poor is very wide.
- Age of the child ☺



3.3 Evaluation of the survey (Greece)

3.3.1 Written summary of the evaluation

Citizens of Greece were able to participate in the survey. A total of 63 people were interviewed. The analysis of the results is given in figures.

A particularly conflict-prone topic in Greece is the different style of communication and argument culture, which has already led to conflicts for more than a third of respondents (mentioned 24 times), closely followed by the conflict topic of reconciling work and family (mentioned 20 times), dealing with money (mentioned 19 times) and media consumption (mentioned 14 times). (Table 1)

For almost one third of the respondents (24 times), the issue of reconciling work and family is the cause of an intra-family conflict even on a weekly basis, and for 4 of the respondents it is never a conflict issue. (Table 2) Among those who stated that the topic of education is a conflict topic, about one third (22 times mentioned) also stated that this topic is a cause of dispute once a week. (Table 3) The conflict topic of media consumption leads to intra-family conflicts for almost all respondents, for 16 respondents even daily, for 20 respondents at least once a week and for 17 respondents rarely. (Table 4) On the other hand, the topic of gender equality rarely (mentioned 26 times) or never (mentioned 17 times) leads to conflicts. (Table 5) The topic of dealing with money seems to be a conflict-prone topic. Although this topic is rarely mentioned by 19 respondents, it is mentioned daily by 9 respondents, once a week by 14 respondents, and once a month by 16 respondents. (Table 6) The different styles of communication and argument culture also tend to lead to intra-family arguments more often. Thus, 15 respondents stated that they argue about this once a week and 19 respondents saw it as the cause of intra-family conflict once a month. (Table 7) Many of the respondents argue heatedly and loudly. Although only 3 respondents always argue but still more than half (35 times mentioned) rather often argue heatedly and loudly. "We argue with hours of radio silence" is a frequent response to an argument for 28 respondents. More than half of the respondents (named 38 times) tend not to argue soberly and factually. Nevertheless, verbal insults do not occur at all because of an argument for many respondents (mentioned 26 times), and physical violence is not an issue at all for two-thirds of respondents. On the whole, however, conflicts often arise in families that end in quarrels. (Table 8)

In order to be able to resolve conflicts in the family more constructively, 24 of the respondents were 100% of the opinion that people should consciously make time for each other to play, read to each other, do sports, etc., and a further 24 respondents thought that this suggestion would more often



lead to conflicts being resolved more constructively. According to 25 respondents, especially humor and a certain lightness could help to resolve conflicts. Equally helpful is taking a different perspective/viewpoint/understanding of the position of the other person(s). This statement was 100% agreed with by 19 of the respondents and 33 respondents think that this would be more likely to help clear up a conflict. Professional counseling was also an option for 12 of the respondents, 100% agreeing that it would provide more constructive approaches to resolving the conflict. (Table 9)

To deal with conflicts within the family more constructively, respondents cited the following suggestions:

- Take more time not to overreact.
- Maintain communication, seek common interests, share the same values.
- Enter into a common, open, constructive dialogue
- Do not respond to conflicts
- Seek support (e.g.: from friends)
- Psychoanalysis
- Seek counseling and professional support
- Family outings and discussing the difficulties
- Write down complaints

Intra-family conflicts lead to an increased stress level for many parents. For 23 respondents, an increased stress level as a result of conflicts is 100% true and also has an impact on the partnership (For 36 of the respondents, this is rather often true and for 17 of the respondents, it is 100% true). Most parents held the opinion that conflicts of the parents also have an impact on their children. 22 respondents believe that children are affected 100% of the time and 27 respondents believe that children are affected rather often. To a similar extent, psychological effects show up rather frequently - namely in 30 of the respondents, followed by psychosomatic effects (mentioned 27 times rather frequently). According to this survey, intra-family conflicts have an impact on work for as many as a good quarter of the respondents (mentioned 16 times). (Table 10) When asked to what extent the intra-family conflicts affect the children, the majority of the parents interviewed (mentioned 27 times) said that this is rather often visible in an increased stress level. Another 27 respondents stated that as a result of intra-family conflicts there is always an increased stress level in the children. According to



the parents, such conflicts tend not to affect the children's habits (mentioned 28 times). Rather often they affect school in the form of poorer performance (mentioned 23 times), health (mentioned 26 times) and psyche (mentioned 30 times). The child's personal withdrawal is particularly frequent as a result of intra-family conflict (mentioned 32 times). (Table 11) Although intra-family problems also have social consequences, almost one third of the respondents (mentioned 19 times each) stated that they do not feel disadvantaged or even excluded from society at all. Nor do these problems tend to result in a withdrawal to the nuclear family for 32 respondents. On the other hand, problems within the family lead almost to the same extent (rather not and rather frequently) to fewer social contacts in general or with other families. The fact that problems are not addressed is a fact for 28 respondents. (Table 12) To find help with problems within the family, most respondents (mentioned 29 times) turn to friends and colleagues. Almost one third of the respondents sought advice from educational counseling centers (mentioned 19 times), life counseling (mentioned 14 times) and family therapy (mentioned 9 times). As many as 16 respondents have never sought help in this regard. Debt counseling, parental education, self-help groups, medical help and church institutions are the least frequently sought out for help. (Table 13) This is probably due to the fact that the majority of respondents (each named 20 times) have never thought of seeking help outside the family or that not all family members agree to seeking help outside the family. For just as many, seeking psychotherapeutic help is too expensive. Few respondents do not know where to go to seek help. Neither the shame of seeking help nor the fact that psychotherapeutic help is difficult to obtain have been excuses for very few respondents as to why help has not yet been sought. (Table 14)

Due to the Corona crisis, families will have to face further burdens in 2020/2021. In particular, the unemployment of one parent and the difficult financial situation overall are putting a strain on the family climate. Women face an increased multiple burden of managing the household, home office, and homeschooling. Similarly, the constant presence of the Corona virus issue negatively impacts the family situation. Only 11 of the respondents indicated that the Corona epidemic is not stressing the family. (Table 15)

Positive effects of the corona epidemic on the family situation were seen by almost half of the respondents in having now more time for common conversations (mentioned 28 times), eating together (mentioned 25 times), as well as playing together (mentioned 24 times).

18 of the respondents indicated that the Corona epidemic had not positively affected the family situation in any way. (Table 16)



When asked what else would like to be shared, since this could not be included in the survey, one respondent stated that "arguing with the daughter is mainly about homework."

One respondent asked whether "state support is sufficient for work problems"?

One respondent said that "in the long run, the pandemic has a negative impact on families that already have problems and at the same time exacerbates them."

General information about the family situation of the respondents

Most of the respondents (31) were part of a household with one child each, followed by households with two children each (25) and households with three children each (6). Only one person indicated that there were more than three children in their household. (Table 17)

The age distribution of the children of the parents surveyed was very balanced and has ranged from young children to young adults. The group of children between 11 - 15 years old showed minimal overrepresentation. (Table 18)

Of the parents interviewed, 16 were single parents. (Table 19) Surprisingly, 56 of the respondents indicated they were not co-parenting. (Table 20) 9 of the 63 Befilled parents live in a patchwork family. (Table 21) Overall, a good quarter of respondents feel that their current situation regarding their assets and income is good (mentioned 16 times), but only a few respondents (mentioned 7 times) are able to fulfill smaller wishes for the family. For 23 respondents - still for more than one third - it is too little. (Table 22)

FACIT

The survey shows that Greek families have different styles of arguing and communicating, which even lead to intra-family conflicts on a weekly basis. For example, more than half of the respondents argue "heatedly and loudly," which is also due to the southern argument culture and its typically extroverted communication style. A similar problem area for a particular intra-family conflict situation in Greece is the issue of reconciling work and family life. A quarter of the respondents try to find constructive solutions, such as joint game nights or sports activities, in order to give attention and consideration to the family. An equally large proportion tries to find solutions in a humorous and relaxed way to resolve conflicts within the family. Overall, those affected try to come up with solutions on their own. Professional counseling would be a good option for only 10% of those affected.



The fact that self-initiative plays a major role in Greece and the knowledge of the effects of the conflicts not only on their personal stress level but also on that of their own children, one can assume that a family game is a good preventive method to better understand intra-family conflicts and to communicate with each other for a better understanding.



3.3.2 Evaluation of all survey questions

1. WHICH OF THE FOLLOWING ISSUES HAVE CAUSED CONFLICT IN YOUR FAMILY? (Question support: Choose one or more answers)

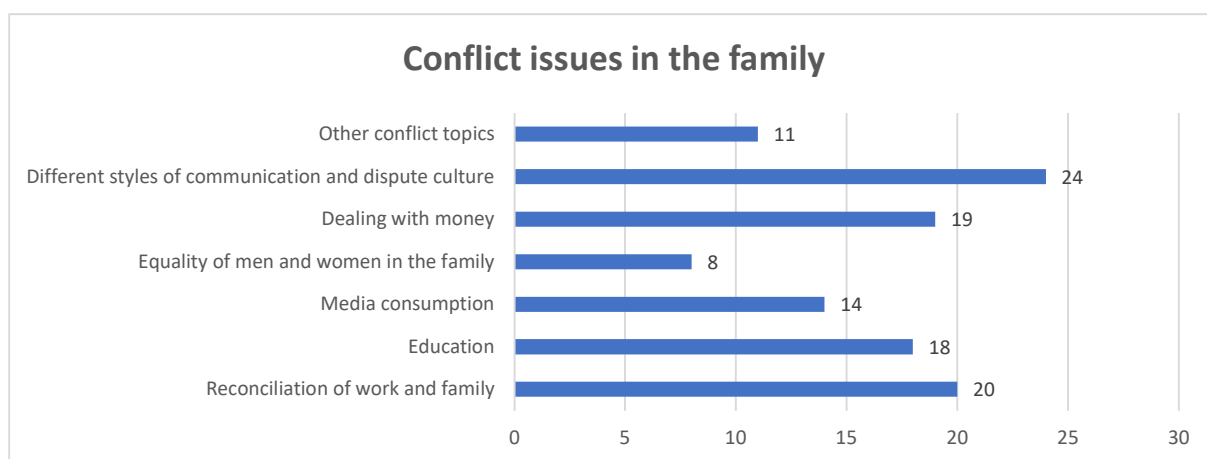


Table 45 Conflict issues in the family/Greece

When asked whether different styles in communication and dispute culture, dealing with money, gender equality in the family, media consumption, parenting, work-life balance and other conflict topics in the family have already led to conflicts, most of the respondents stated, that different styles in communication and argument culture (mentioned 24 times), the compatibility of work and family (mentioned 20 times) as well as the topics of education (mentioned 18 times) and media consumption (mentioned 14 times) lead to conflicts, followed by disputes regarding the handling of money (mentioned 19 times). It was noted 8 times that gender equality and other conflict topics (mentioned 11 times) put a strain on family life. (Table 45)

2. HOW OFTEN DOES THE ISSUE OF RECONCILING WORK AND FAMILY LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS? (Question support: Choose an answer)

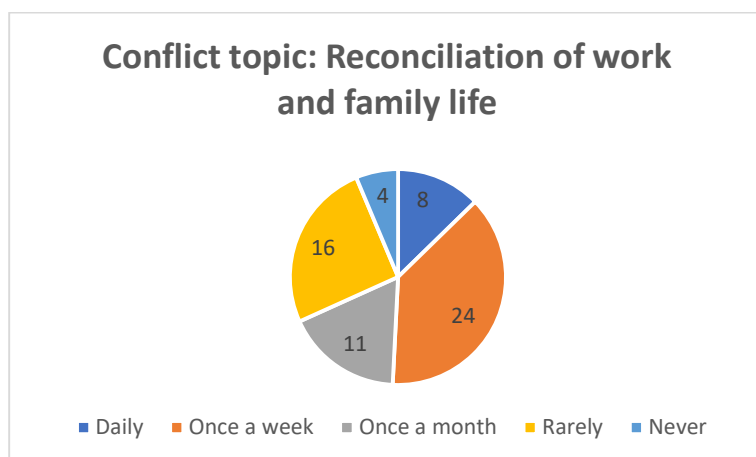


Table 46 Conflict topic: Reconciliation of work and family life/Greece

The conflict issue of reconciling work and family leads to intra-family conflicts daily for 8 of the respondents, once a week for 24 of the respondents, once a month for 11 of the respondents, rarely for 16 of the respondents, and never for 4 of the respondents. (Table 46)

3. HOW OFTEN DOES THE TOPIC OF PARENTING LEAD TO INTRA-FAMILY CONFLICT OR TENSION? (Question support: Choose one answer)

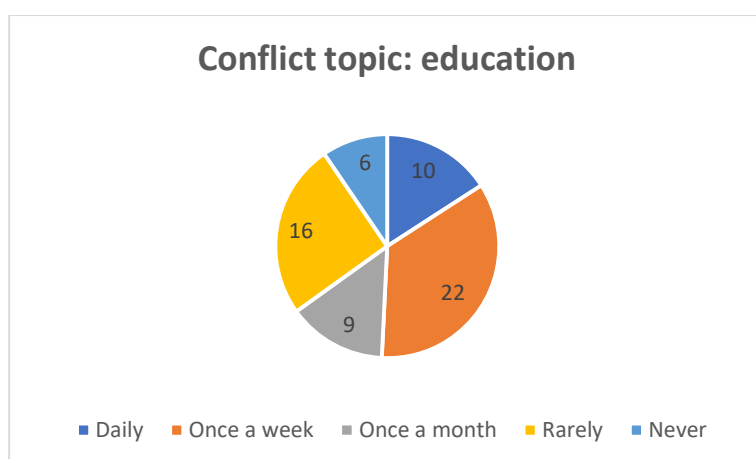


Table 47 Conflict topic: education/Greece

The conflict topic of parenting leads to intra-family conflicts daily for 10 of the respondents, once a week for 22 of the respondents, once a month for 9 of the respondents, rarely for 16 of the respondents and never for 6 of the respondents. (Table 47)

4. HOW OFTEN DOES THE TOPIC OF MEDIA CONSUMPTION LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS? (Question support: Choose one answer)

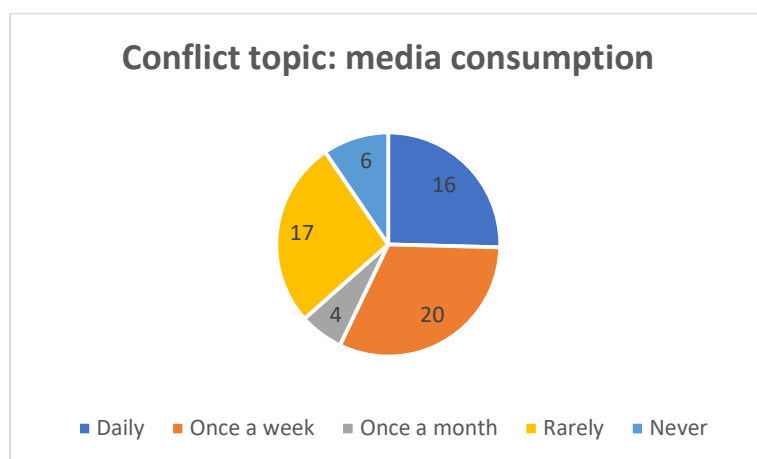


Table 48 Conflict topic: media consumption/Greece

The conflict topic of media consumption leads to intra-family conflicts daily for 16 of the respondents, once a week for 20 of the respondents, once a month for 4 of the respondents, rarely for 17 of the respondents and never for 6 of the respondents. (Table 48)

5. HOW OFTEN DOES THE ISSUE OF GENDER EQUALITY IN THE FAMILY LEAD TO INTRA-FAMILY CONFLICT OR TENSION? (Question support: Choose an answer)

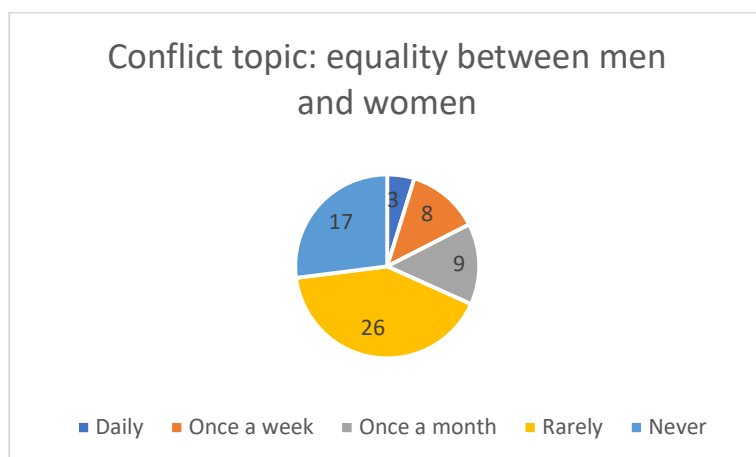


Table 49 Conflict topic: equality between men and women/Greece

The conflict topic of gender equality leads to intra-family conflicts daily for 3 of the respondents, once a week for 8 of the respondents, once a month for 9 of the respondents, rarely for 26 of the respondents and never for 17 of the respondents. (Table 49)

6. HOW OFTEN DOES THE TOPIC OF DEALING WITH MONEY LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS? (Question support: Choose an answer)



Table 50 Conflict topic: Dealing with money/Greece

The conflict topic of dealing with money leads to intra-family conflicts daily for 9 of the respondents, once a week for 14 of the respondents, once a month for 16 of the respondents, rarely for 19 of the respondents and never for 5 of the respondents. (Table 50)

7. HOW OFTEN DOES THE ISSUE OF DIFFERENT STYLES OF COMMUNICATION AND ARGUMENT CULTURE LEAD TO INTRA-FAMILY CONFLICT OR TENSION? (Question support: Choose one answer)

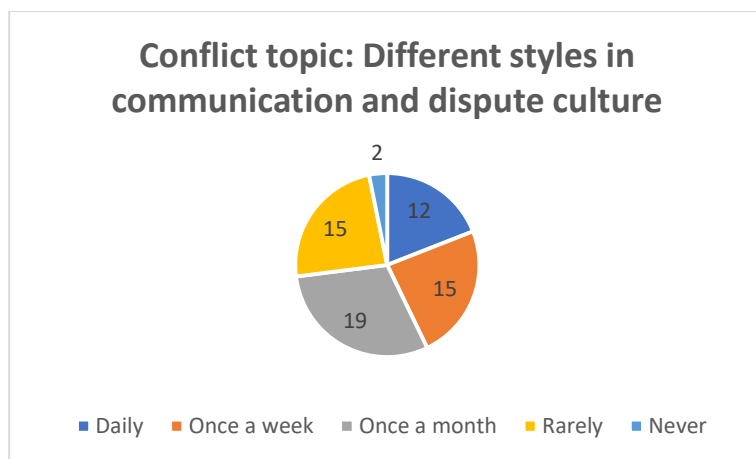


Table 51 Conflict topic: Different styles in communication and dispute culture/Greece

The conflict topic of different styles in communication and argument culture leads to intra-family conflicts in 12 of the respondents daily, in 15 of the respondents once a week, in 19 of the respondents once a month, in 15 of the respondents rarely and in 2 of the respondents never. (Table 51)

8. HOW DO YOU THINK THEY ARGUE? (Question support: Choose one answer in each line)

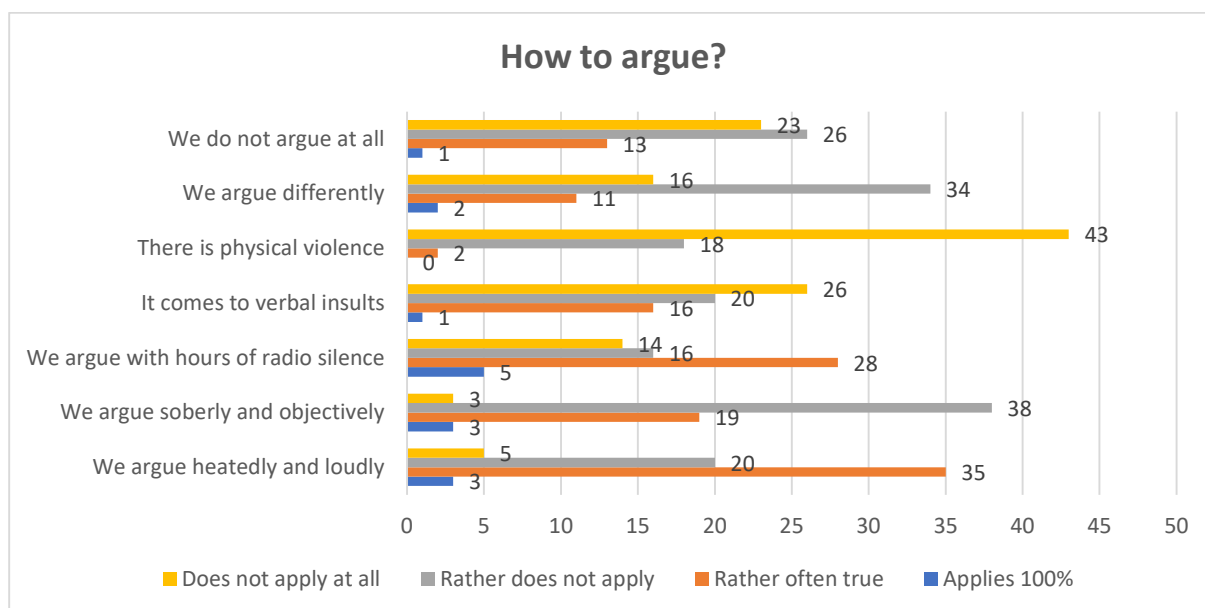


Table 52 How to argue?/Greece

The respondents were asked to indicate how they argue within the family. The statement "We do not argue at all", does not apply to 23 of the respondents at all, does not apply to 26 of the respondents rather often, applies to 13 of the respondents rather often and to one person it applies to 100%.

The statement "We argue differently" is rather not true on 34 of the respondents, is not true at all on 16 of the respondents, is rather often true on 11 of the respondents. On 2 of the respondents this is true 100% of the time.

The statement "Physical violence occurs" does not apply to 43 of the respondents at all, to 18 of the respondents it rather does not apply, to 2 of the respondents it rather often applies and to no other respondent it applies to 100%.

The statement "Verbal insults occur" does not apply at all to 26 of the respondents, to 20 of the respondents it rather does not apply, to 16 of the respondents it rather often applies and to one person it applies to 100%.

The statement "We argue with hours of radio silence" is not true at all for 14 of the respondents, not true at all for 16 of the respondents, true rather often for 28 of the respondents, and true 100% for 5 of the respondents.

The statement "We argue soberly and factually" does not apply to 3 of the respondents at all, to 38 of the respondents it rather does not apply, to 19 of the respondents it rather often applies and to 3 of the respondents it applies to 100%.

The statement "We argue heatedly and loudly applies to 35 of the respondents rather often, to 3 of the respondents 100%, to 20 rather not at all and to 5 of the respondents not at all. (Table 52)

9. WHAT COULD HELP RESOLVE CONFLICTS IN THE FAMILY MORE CONSTRUCTIVELY? (Question support: Choose one answer in each row)

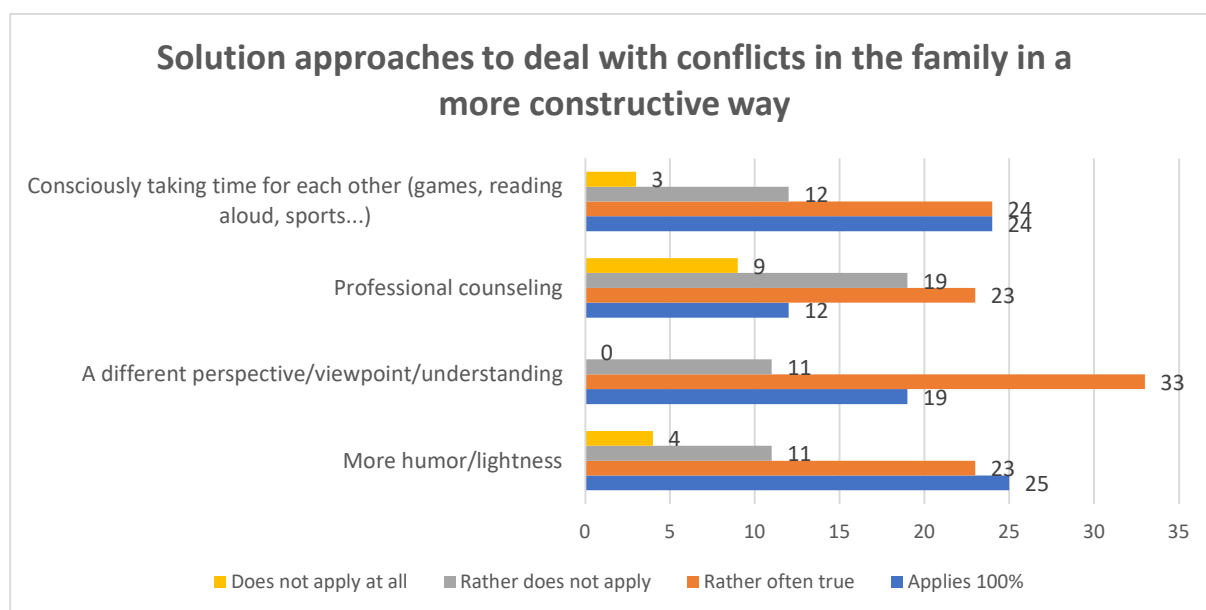


Table 53 Solution approaches to deal with conflicts in the family in a more constructive way/Greece

In order to be able to deal with conflicts in the family more constructively, people should consciously make time for each other to play, read to each other, do sports, etc. This is not the case for 3 respondents at all and not at all for 12 respondents. This does not apply to 3 of the respondents at all and to 12 of the respondents rather not. 24 of the respondents stated that this statement applies to them rather often and to 24 this applies 100%.

In order to be able to deal with conflicts in the family more constructively, professional counseling is needed. This applies to 19 of the respondents rather not, to 23 of the respondents however rather frequently and to 12 of the respondents this applies to 100%. This does not apply at all to 9 of the respondents.

In order to be able to deal with conflicts in the family more constructively, it would be helpful to adopt a different perspective/viewpoint/understanding of the position of the other person(s). This is 100% true for 19 of the respondents, somewhat true for 33 of the respondents, and somewhat not true for 11 of the respondents. No person expressed the opinion that this was not true at all.

In order to be able to deal with conflicts in the family more constructively, more humor/lightness is needed. This is not true at all for 4 respondents, rather not true for 11 of the respondents, rather often true for 23 of the respondents and 100% true for 25 of the respondents.

(Table 53)

10. ARE THERE OTHER WAYS FOR YOU TO DEAL WITH CONFLICTS IN THE FAMILY IN A MORE CONSTRUCTIVE WAY?

- - Taking time not to overreact.
- - Cultivate communication, common interests, shared values.
- - Engage in open, constructive dialogue
- - in writing
- - Do not dwell on conflicts
- - Communication and support
- - everyone should take their time and then discuss it in a calm frame of mind
- - psychoanalysis
- - relax/ have a rest
- - do not answer when the other person criticizes me
- - take advice and professional support
- - discussion with friends
- - going on family outings and discussing the problems
- - write down complaints



11. TO WHAT EXTENT DO THESE CONFLICTS BURDEN THE PARENTS? (Question support: Choose one answer in each row)

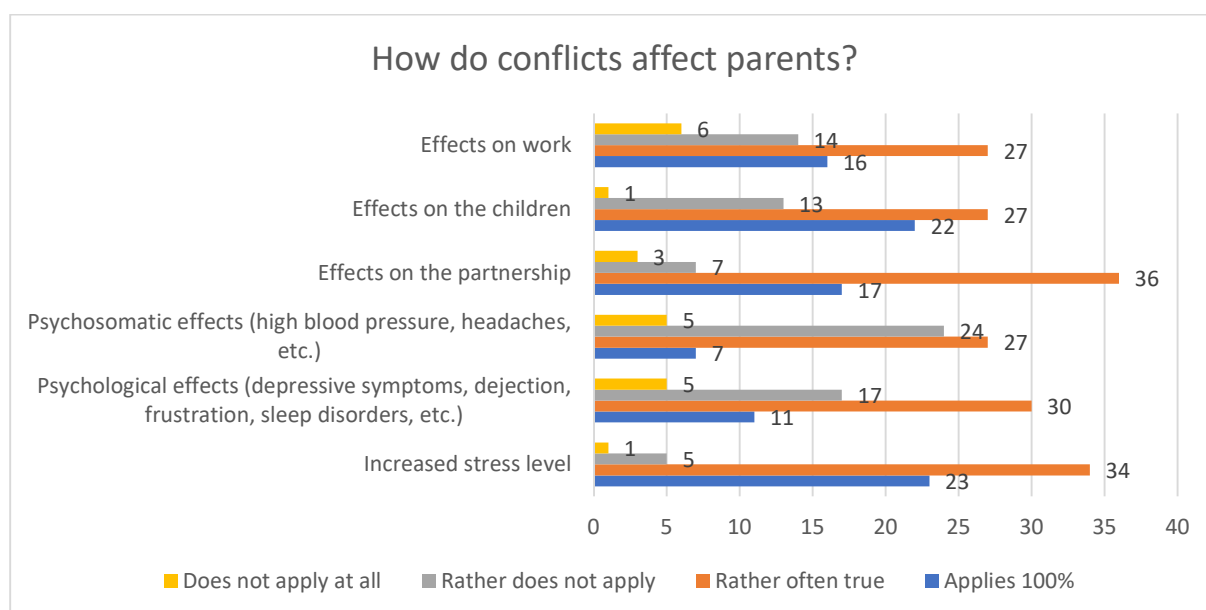


Table 54 How do conflicts affect parents?/Greece

The respondents were asked to indicate how the intra-family conflicts affect the parents.

The statement "the conflicts have an impact on work" does not apply at all to 6 of the respondents, does not apply rather often to 14 of the respondents and applies rather often to 27 of the respondents. This is 100% true for 16 of the respondents.

The statement "the conflicts have an impact on the children" is not true at all for one respondent, rather not true for 13 of the respondents, rather often true for 27 of the respondents and 100% true for 22 of the respondents.

The statement "Conflicts have an impact on the partnership" is not true at all for 3 of the respondents, rather not true for 7 of the respondents and rather often true for 36 of the respondents. To 17 of the respondents this is true 100% of the time.

The statement "Conflicts have psychosomatic effects" does not apply at all to 5 of the respondents, rather not to 24 of the respondents and rather often to 27 of the respondents. 7 of the respondents indicated that the statement was 100% true.

The statement "Conflicts have psychological effects" is not true at all for 5 of the respondents, rather not true for 17 of the respondents and rather often true for 30 of the respondents. This statement is 100% true for 11 of the respondents.

The statement "Conflicts evoke increased stress levels" is not true at all for 1 of the respondents, rather not true for 5, rather often true for 34, and 100% true for 23 of the respondents. (Table 54)

12. TO WHAT EXTENT DO THESE CONFLICTS BURDEN THE CHILDREN? (Question support: Choose one answer in each row)

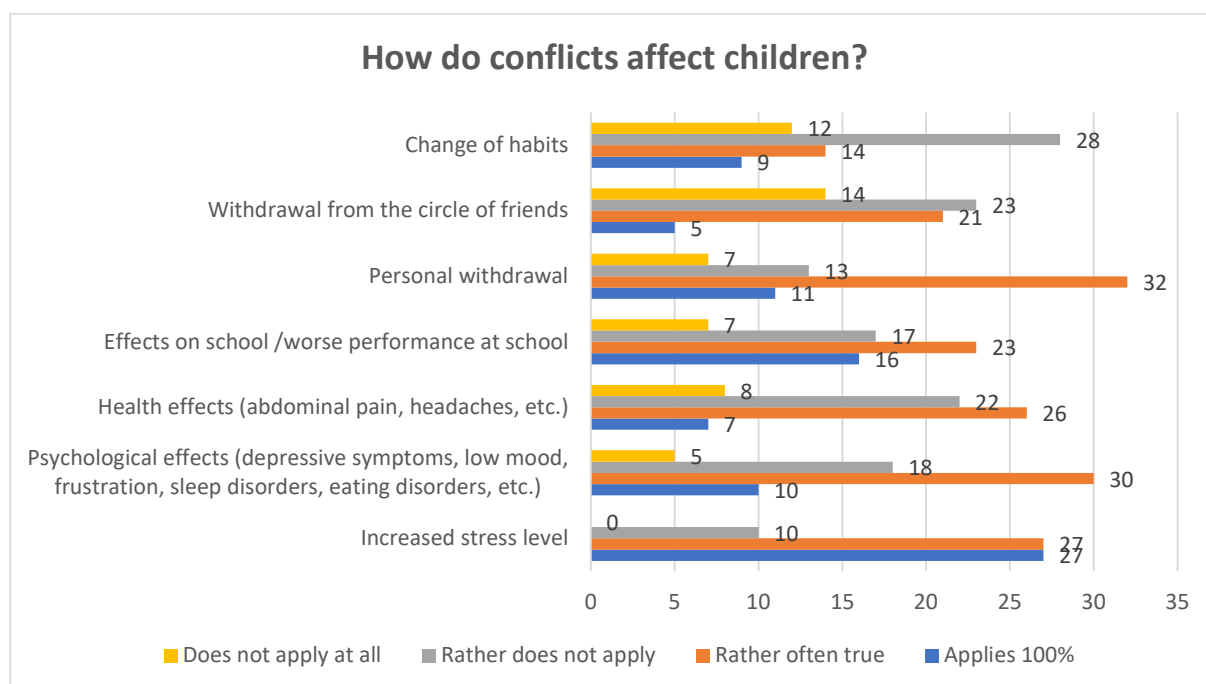


Table 55 How do conflicts affect children?/Greece

The respondents were asked to indicate how the intra-family conflicts affect the children.

The statement "the conflicts result in changes of habits" does not apply at all to 12 of the respondents, rather does not apply to 28 of the respondents, rather often applies to 14 of the respondents and 100% applies to 9 of the respondents.

The statement "Conflicts lead to withdrawal from the circle of friends" is not true at all for 14 of the respondents, rather not true for 23 of the respondents, rather often true for 21 of the respondents and 100% true for 5 of the respondents.

The statement "Conflicts lead to personal withdrawal" does not apply at all to 7 of the respondents, does not apply rather often to 13 of the respondents, applies rather often to 32 of the respondents and applies 100% to 11 of the respondents.

The statement "Conflicts have an impact on school/worse performance in school" is not true at all for 7 of the respondents, rather not true for 17 of the respondents, rather often true for 23 of the respondents, and 100% true for 16 of the respondents.

The statement "Conflicts result in health effects" is not true at all for 8 of the respondents, rather not true for 22 of the respondents, rather often true for 26 of the respondents and 100% true for 7 of the respondents.

The statement "Conflicts result in psychological effects" does not apply at all to 5 of the respondents, does not apply rather often to 18 of the respondents, applies rather often to 30 of the respondents and applies 100% to 10 of the respondents.

The statement "Conflicts evoke increased stress levels" does not apply at all to any respondents, does not apply rather often to 10 respondents, applies rather often to 27 respondents each, and applies 100%. (Table 55)

13. WHAT SOCIAL IMPACT DO THESE PROBLEMS HAVE ON THE FAMILY AS A WHOLE? (Question support: Choose one answer in each row)

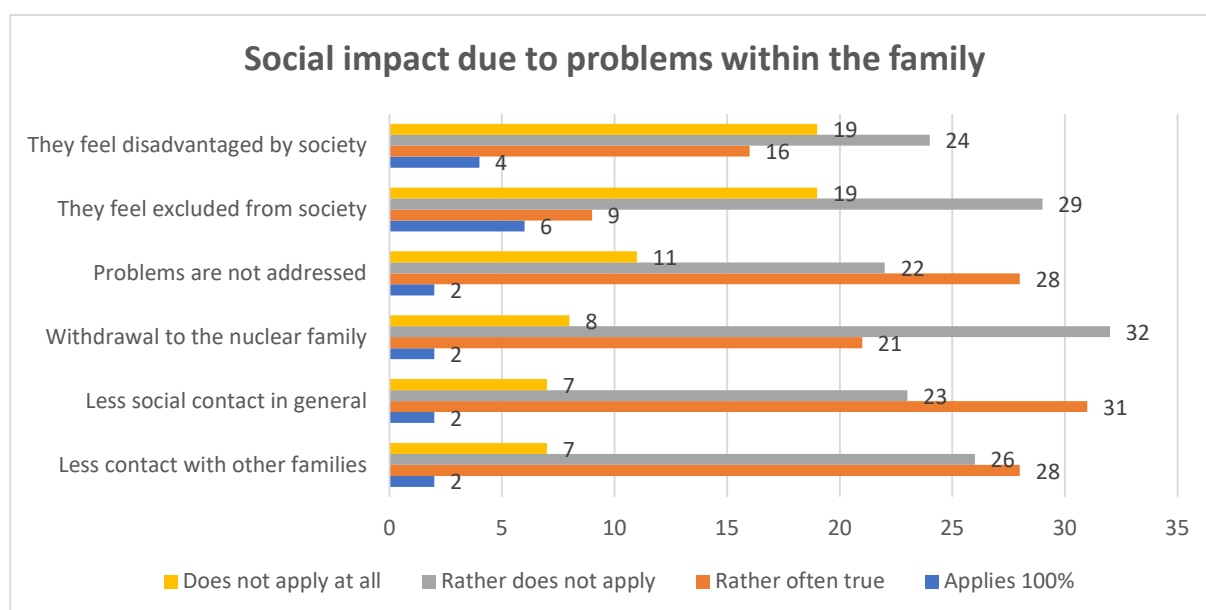


Table 56 Social impact due to problems within the family/Greece

Respondents were asked to indicate what social impact intra-family problems result in.

The statement "They feel disadvantaged by society" does not apply at all to 19 of the respondents, rather does not apply to 24 respondents, rather often applies to 16 respondents and 100% applies to 4 respondents.

The statement "They feel excluded from society" does not apply at all to 19 of the respondents, rather does not apply to 29 of the respondents, rather often applies to 9 of the respondents and 100% applies to 6 of the respondents.

The statement "Problems are not addressed" does not apply at all to 11 respondents each, does not apply to 22 rather often and applies to 28 rather often. This statement is 100% true for 2 of the respondents.

The statement "problems result in a withdrawal to the nuclear family" does not apply at all to 8 respondents, rather not to 32 respondents, rather often to 21 and to 2 respondents to 100%.

The statement "problems result in less social contact in general" is not true at all for 7 respondents, rather not true for 23 respondents and rather often true for 31 respondents. The statement is 100% true for 2 respondents.

The statement "problems result in fewer contacts with other families" is not true at all for 7 respondents, rather not true for 26 respondents, rather often true for 28 respondents and 100% true for 2 respondents. (Table 56)



14. HAVE YOU EVER SOUGHT HELP IN THIS REGARD? (Question support: Choose one or more answers)

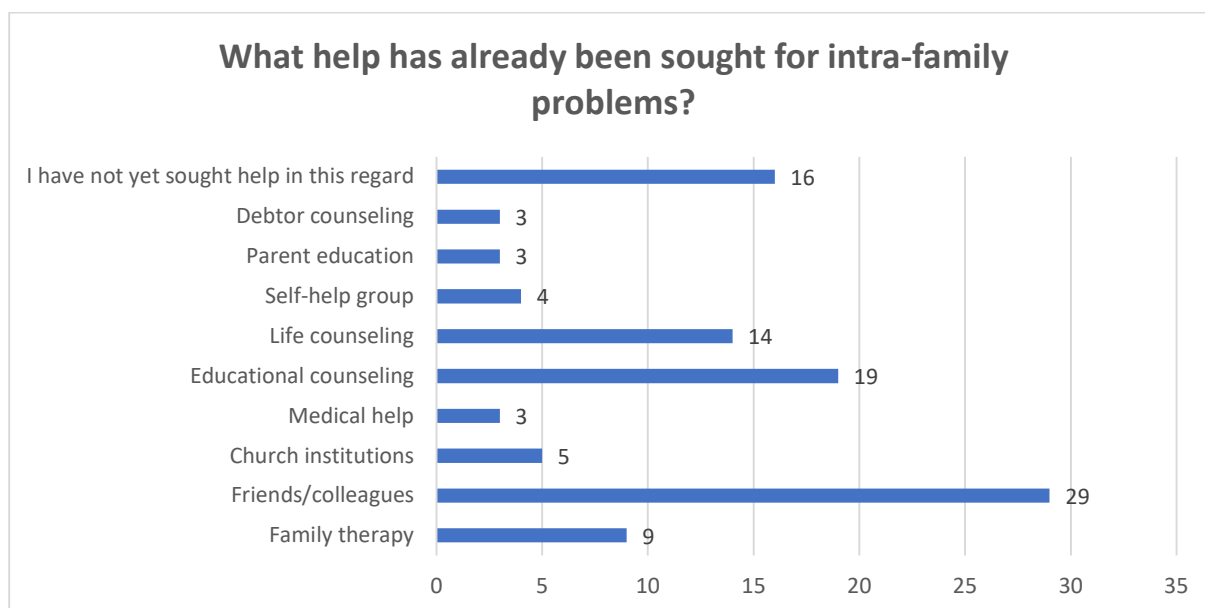


Table 57 What help has already been sought for intra-family problems?/Greece

Respondents were asked to indicate what help they had already sought for problems within the family. Most of the respondents stated that they sought advice with their problems from friends and colleagues (mentioned 29 times), as well as from educational counseling (mentioned 19 times) or life counseling (mentioned 14 times). Family therapy was sought by 9 of the respondents, counseling in church institutions by 5 of the respondents, and medical help as well as debt counseling and further education for parents by 3 of the respondents each in order to get help. 4 of the respondents turned to a self-help group and 16 of the respondents reported that they had never sought help in this regard. (Table 57)

15. WOULD YOU LIKE TO RECEIVE HELP? IF SO, WHY HAVE YOU NEVER DONE SO? (Question support: Choose one or more answers)

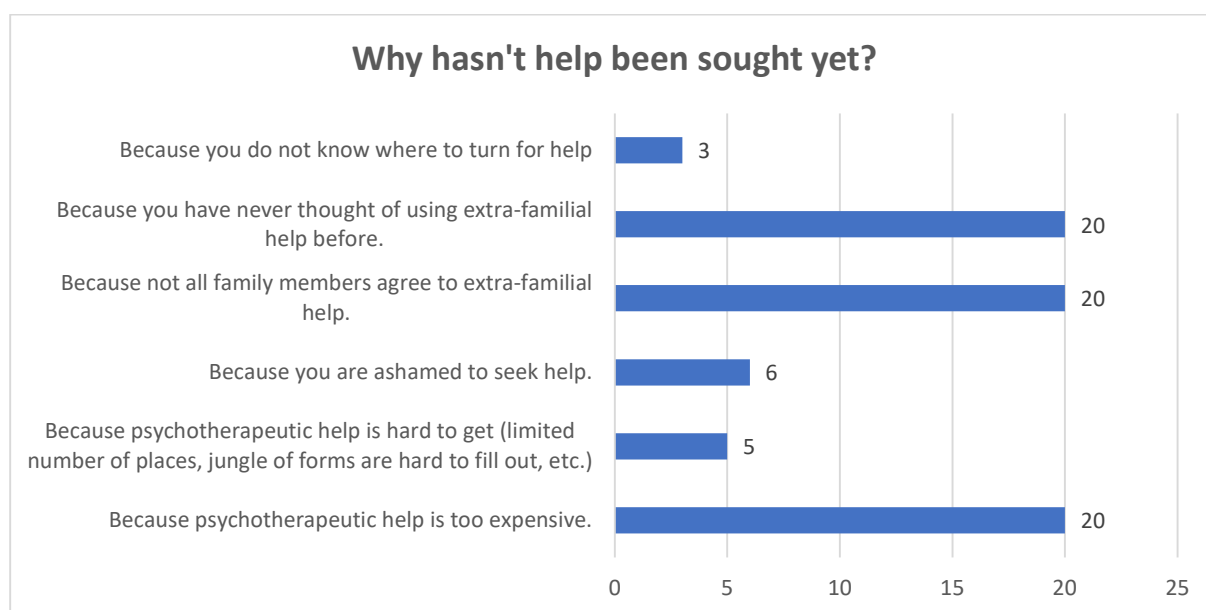


Table 58 Why hasn't help been sought yet?/Greece

When asked why help had not yet been sought, the majority of respondents stated to the same extent (20 times each) that they had not yet thought of seeking extra-familial help and that not all family members would agree to extra-familial help and that psychotherapeutic help was too expensive.

6 times it was reported to feel ashamed when seeking extra-familial help.

5 of the respondents confirmed that psychotherapeutic help is difficult to get because there is a limited number of places and bureaucracy is an obstacle and 3 of the respondents do not know where to turn.

(Table 58)

16. TO WHAT EXTENT HAS THE CORONA EPIDEMIC ADDED TO THE STRESS ON THE FAMILY SITUATION? (Question support: Choose one or more answers)

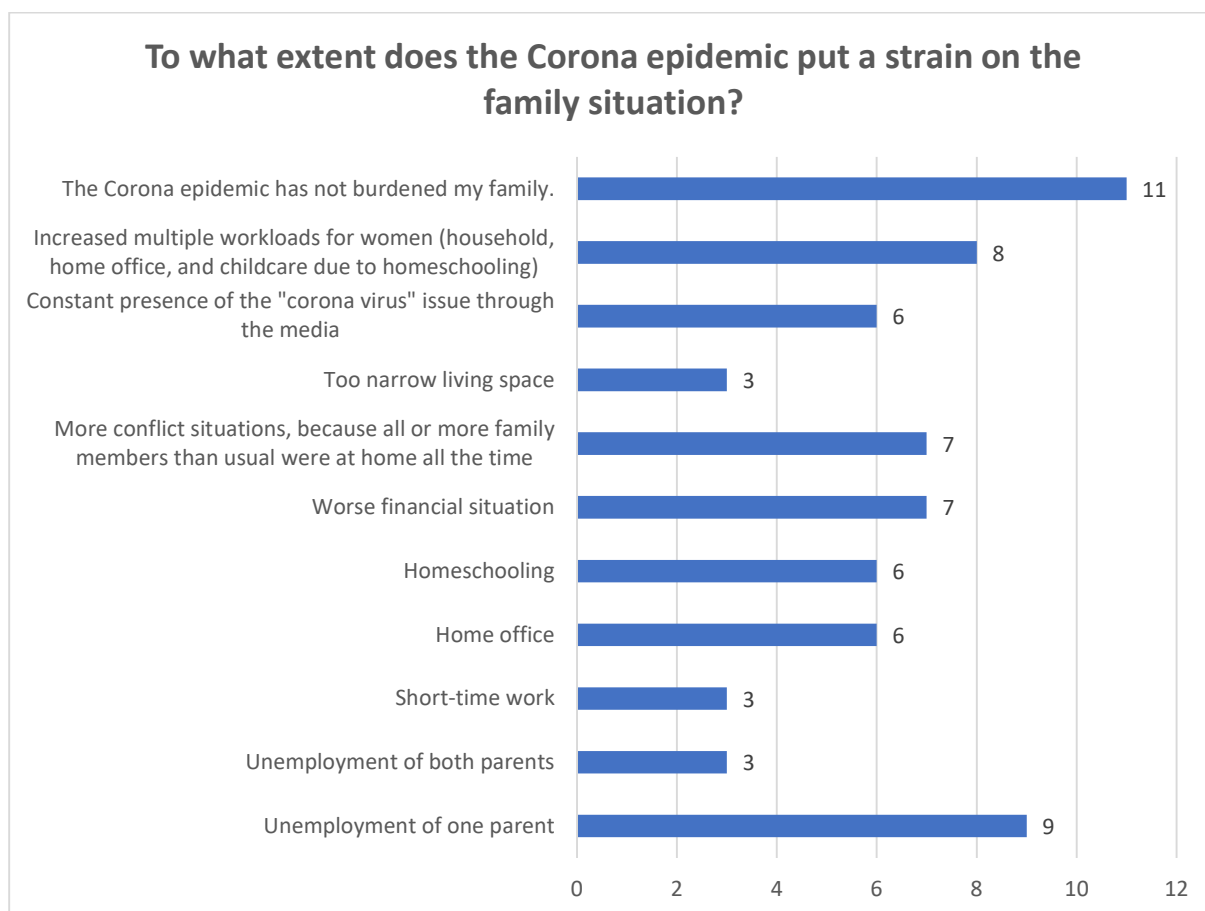


Table 59 To what extent does the Corona epidemic put a strain on the family situation?/Greece

When asked to what extent the Corona epidemic put a strain on the family situation, the main factors mentioned were the increased multiple burdens on women (due to household management, home office and childcare responsibilities) (mentioned 8 times), homeschooling and home office (mentioned 6 times), and the presence of the "Corona virus" issue through the media (mentioned 6 times). For 7 of the respondents, more conflict situations occurred due to all or more family members being at home all the time than usual. A significant burden in this context for 3 of the respondents was a too narrow living space.

Short-time work and unemployment of both parents were cited three times and unemployment of one parent was cited nine times as a stress factor for the family situation due to the Corona epidemic.

For 7 respondents, a worse financial situation resulted due to the epidemic. Eleven times it was stated that the Corona epidemic did not burden the family. (Table 59)

17. TO WHAT EXTENT HAS THE CORONA EPIDEMIC HAD A POSITIVE EFFECT ON THE FAMILY SITUATION? (Question support: Choose one or more answers)

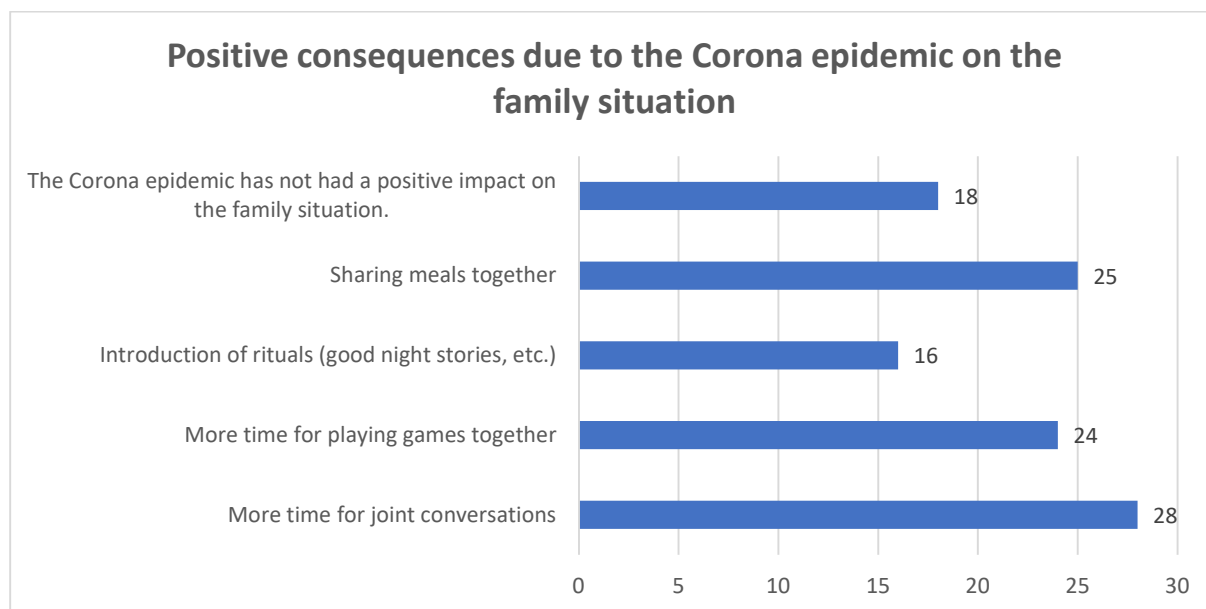


Table 60 Positive consequences due to the Corona epidemic on the family situation/Greece

When asked to what extent the corona epidemic has also had a positive impact on the family situation, respondents mentioned that they now have more time to talk together (mentioned 28 times), eat meals (mentioned 25 times), and play games (mentioned 24 times), followed by the introduction of rituals, such as reading a good night story aloud (mentioned 16 times).

18 of the respondents indicated that the Corona epidemic had not had a positive impact on the family situation. (Table 60)

GENERAL QUESTIONS

18. HOW MANY CHILDREN LIVE IN THE COMMON HOUSEHOLD? (Question support: Choose one answer)

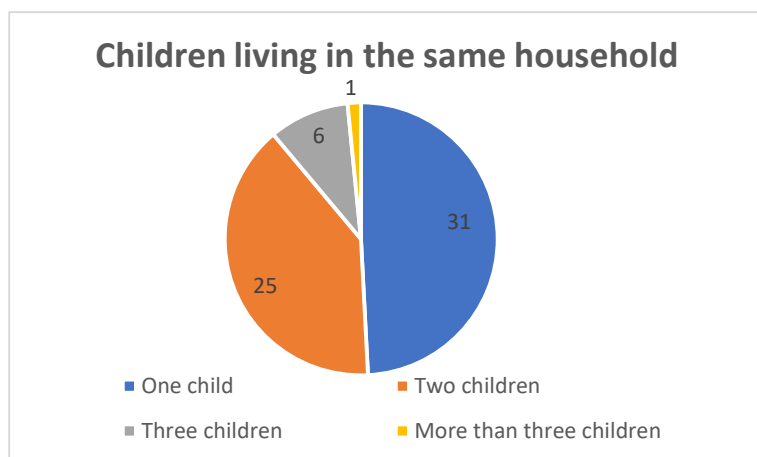


Table 61 Children living in the same household/Greece

Respondents included 31 households with one child each, 25 households with two children each, 6 households with three children each, and one household with more than three children. (Table 61)

19. HOW OLD ARE THE CHILDREN? (Question support: Choose one or more answers)

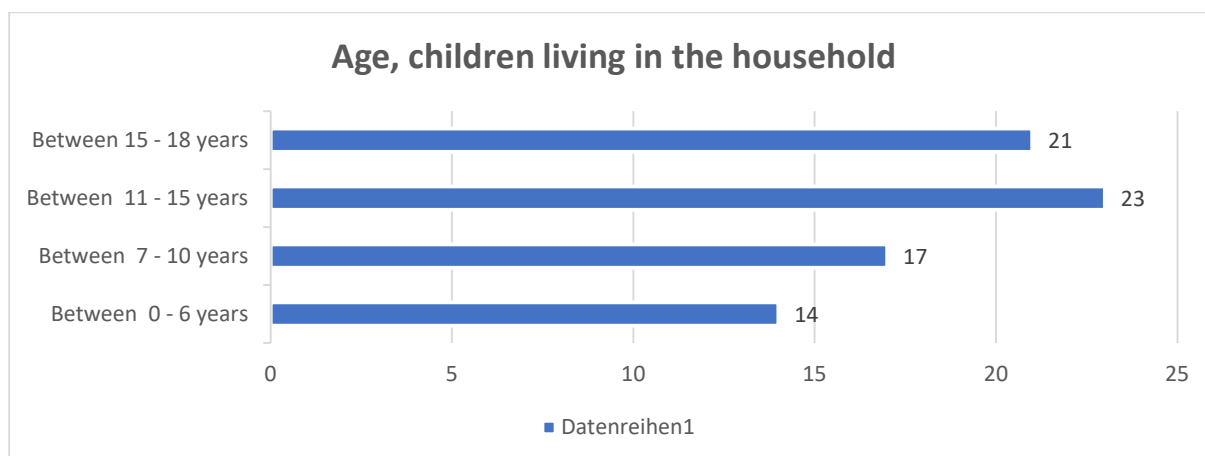


Table 62 Age, children living in the household/Greece

Overall, the age of the children living in the household was fairly balanced. 21 times it was stated that the children in the common household were between 15 -18 years old, 23 times that the children in the common household were between 11 - 14 years old, 17 times that the children in the common household were between 7 - 10 years old and 14 times that the children in the common household were between 0 - 6 years old. (Table 62)

20. ARE YOU A SINGLE PARENT? (Question support: Choose an answer)

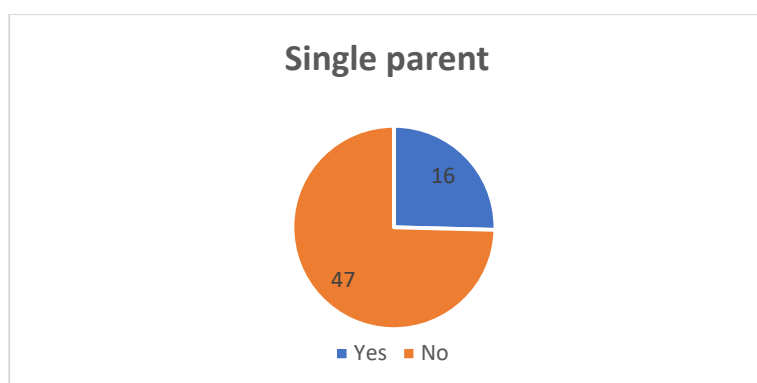


Table 63 Single parent/Greece

When asked if the respondents were single parents, 16 of the respondents answered in the affirmative and the rest (47) indicated that they were not single parents. (Table 63)

21 ARE THEY CO-PARENTING? (Question support: Choose one answer)

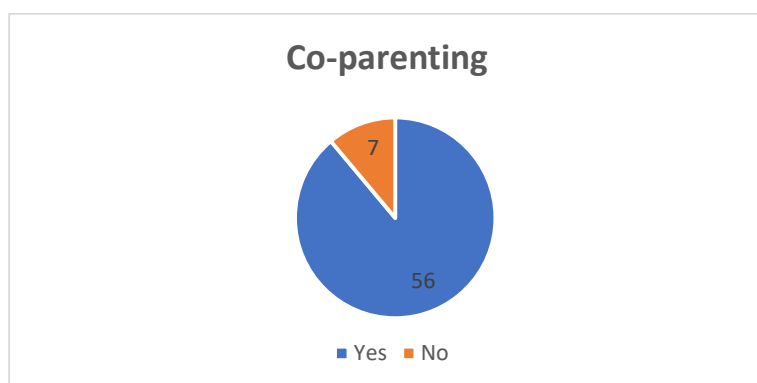


Table 64 Co-Parenting/Greece

When asked if the respondents were co-parenting, 56 of the respondents answered in the affirmative and the rest (7) indicated that they were not co-parenting. (Table 64)

22. ARE YOU PART OF A PATCHWORK FAMILY? (Question support: Choose an answer)

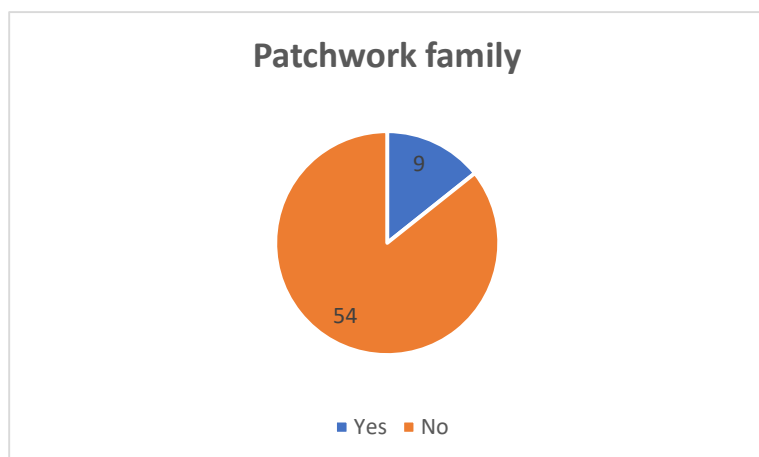


Table 65 Patchwork family/Greece

9 out of 63 respondents live in a patchwork family. (Table 65)

23. HOW DO YOU FEEL ABOUT YOUR CURRENT WEALTH/INCOME? (Question support: Choose one answer)

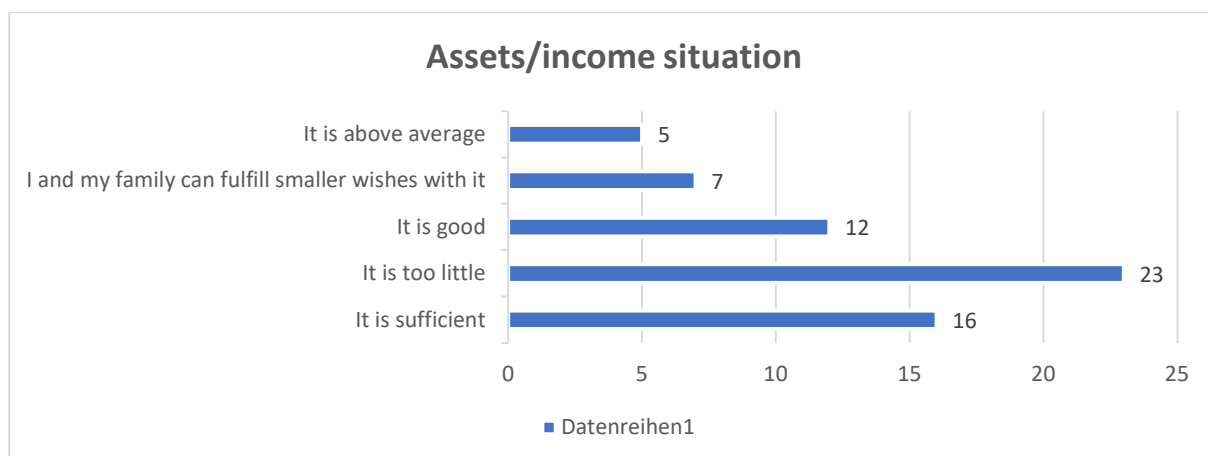


Table 66 Assets/income situation/Greece

When asked how do you feel about their current assets/income, 16 respondents answered that it is sufficient, 12 respondents that it is good and 7 respondents that they can fulfill smaller wishes for themselves and their family with it. 5 respondents stated that their wealth/income is above average and for 23 of the respondents it is too little. (Table 66)

24. WOULD YOU LIKE TO TELL US SOMETHING THAT MAY NOT HAVE BEEN ASKED BUT THAT YOU THINK MIGHT BE IMPORTANT?

- Mainly arguments about homework
- Is state support sufficient for work problems?
- The pandemic has a negative impact in the long term, because if a family already has problems, the crisis exacerbates them.



3.4 Evaluation of the survey (Austria)

3.4.1 Written summary of the evaluation

Citizens of Austria took part in this survey. A total of 80 people were surveyed. The analysis of the results is given in figures.

A particularly conflict-prone topic in Austria is the reconciliation of work and family, which has already led to conflicts for more than half of the respondents (named 45 times), closely followed by the conflict topic of education (named 43 times) and media consumption (named 38 times). (Table 1)

For almost a quarter of respondents (18 times mentioned), the issue of reconciling work and family is even a weekly trigger for an intra-family conflict, and for only 12 of the respondents it is never a conflict issue. (Table 2) Among those who stated that the topic of parenting was a conflict topic, more than a quarter (mentioned 23 times) stated that this triggered a dispute once a week. (Table 3)

It is striking that the conflict topic of media consumption is the daily trigger of an intra-family conflict for almost one fifth of the respondents (mentioned 15 times), followed by a good quarter of the respondents (mentioned 21 times), for whom it leads to disputes once a week. (Table 4) In contrast, the topic of gender equality rarely (31 times mentioned) or never (35 times mentioned) evokes conflicts. (Table 5) Similarly, the topic of dealing with money does not seem to be among the most conflict-prone topics. Thus, this topic is rarely a conflict topic for 33 of the respondents and never for 25 of the respondents. (Table 6) The different styles in communication and argument culture also rather rarely (mentioned 32 times) as well as never (mentioned 16 times) lead to intra-family disputes. (Table 7)

Many respondents (named 17 times) argue heatedly and loudly 100% of the time, and a good third (named 33 times) argue heatedly and loudly rather frequently. On the other hand, few respondents (named 4 times) argue soberly and objectively 100% of the time. Due to the quarrel, many respondents (32 times mentioned) do not engage in verbal insults, but physical violence is already an issue in some families. Thus, although 16 of the respondents said that physical violence is rather not true, 2 of the respondents said that physical violence is rather often true and 2 other respondents said that disputes end in physical violence 100% of the time. Hours of radio silence is rather frequent for 21 of the respondents and always for 4 of the respondents. (Table 8)

In order to be able to deal with conflicts in the family more constructively, 38 of the respondents were 100% of the opinion that one should consciously take time to play, read aloud, do sports, etc. for each other, and another 29 respondents thought that this was a possibility that could rather frequently lead



to conflicts being dealt with more constructively. According to 40 respondents, humor and a certain lightness of touch in particular could help resolve conflicts more constructively. It was also helpful to take a different perspective/viewpoint/understanding of the position of the other person(s). This statement was agreed with 100% by 44 of the respondents. On the other hand, only 17 of the respondents agreed 100% in favor of professional counseling. (Table 9)

In order to deal with conflicts within the family in a more constructive way, the respondents could give their own suggestions and named:

- Introduction of rituals that enable an exit from the conflict.
- Talking together (e.g.: during a car ride, a walk ...)
- Avoiding disagreements through better planning, joint conversations
- Compromise
- Do not always insist on your own point of view
- Questioning one's own opinion
- Discuss difficult topics more consciously and set times for it
- Cooking together
- Mediation, taking breaks (clearing the field) instead of reacting immediately
- Putting yourself in the shoes of others

According to the survey, intra-family conflicts have a particularly strong effect on the parents surveyed in the partnership (for 37 of the respondents this applies rather frequently and for 13 of the respondents 100%) and lead to an increased stress level for many. For 29 respondents, an increased stress level as a result of conflicts always applies. Rather frequently, respondents show psychological effects to a similar extent, followed by psychosomatic effects and effects on children. According to the parents (mentioned 34 times), intra-family conflicts also tend to have more frequent effects on the children and 12 parents stated that intra-family conflicts always have effects on the children. However, according to this survey, intra-family conflicts hardly show any impact on work. (Table 10)

When asked to what extent intra-family conflicts have an impact on the children, the majority of the parents surveyed (mentioned 37 times) said that this is rather often visible in an increased stress level. 20 respondents stated that this effect is 100% true for their children. According to the parents, such conflicts tend not to affect the psyche (mentioned 31 times) and health (mentioned 28 times) of the children. According to the survey, this is always true for psyche in only 9 cases and for health in only 10 cases. For more than half of the respondents, conflicts do not necessarily affect school performance. Also, as a result of intra-family conflicts, there is rarely a withdrawal from the circle of



friends or even a change in the children's habits. On the other hand, some parents stated that personal withdrawal of children as an effect of conflicts was rather frequent (mentioned 25 times) and always true for 13 of the respondents. (Table 11)

Although problems within the family also have social repercussions, half of those surveyed said that they did not feel disadvantaged or even excluded by society. Also, for more than a quarter of respondents, these problems do not result in a retreat to the nuclear family or that problems are not addressed, for example. Similarly, for more than a quarter, these problems do not automatically mean less social contact in general or with other families. On average, these effects always apply to only about 5 percent of respondents. (Table 12) There is also no withdrawal to the nuclear family or less social contact; on the contrary, many of the respondents (38 times mentioned) seek help and advice from friends and/or colleagues. Family therapy and educational counseling were also used (each mentioned 12 times). Church institutions and life counseling services were used less often. 34 of the respondents stated that they had never sought help in such matters. (Table 13) This is due to the fact that the majority of respondents (mentioned 19 times) have never thought of using extra-familial help or that not all family members agree to extra-familial help (mentioned 18 times). For almost a quarter of the respondents, the offer of psychotherapeutic help is too expensive. 10 percent of the respondents stated that they did not know where to turn to or that they would be ashamed to seek extra-familial help. 4 of the respondents confirmed that psychotherapeutic help is difficult to get because there is a limited number of places and bureaucracy is an obstacle. (Table 14)

Due to the Corona crisis, families will have to face further burdens in 2020/2021. In particular, the increased multiple burdens on women due to household management, the home office, and expanded child care responsibilities (cited 38 times) as a result of homeschooling are a concern for respondents. In addition to the presence of the corona virus issue, housing that is too cramped (cited 32 times) is a problem for many respondents. Due to homeschooling (mentioned 48 times), home office (mentioned 34 times), short-term work (mentioned 13 times), unemployment of both (mentioned 3 times) or one parent (mentioned 6 times), more family members than usual stayed at home all the time. Just 12 of the respondents indicated that the Corona epidemic had not burdened the family. (Table 15)

More than half of the respondents saw positive effects of the corona epidemic on the family situation in the fact that they now have more time for joint conversations (42 times) and games (37 times). Eating meals together was mentioned 39 times followed by the introduction of rituals, such as reading a bedtime story (15 times) as a positive effect of the Corona epidemic.



Thirty-one of the respondents indicated that the Corona epidemic had not had a positive effect on the family situation in any way. (Table 16)

When asked what else would like to be shared, since this could not be included in the survey, one respondent stated that the most difficult thing about the Corona situation was "not being able to expect support from friends or grandparents anymore."

One respondent believes that children should go back to school because they need social contact - "after all, there is compulsory education. Parents are not teachers!" Besides, most teachers "would take it pretty easy. The kids are already getting posture problems from sitting in front of the PC so much and the lack of sports. The kids are harder and harder to motivate to do something else."

General information about the family situation of the respondents

Most of the respondents (39) were part of a household with two children, followed by households with one child each (21) and households with three children each (19). Only one person indicated that there were more than three children in their household. (Table 17) The age distribution of the children of the parent respondents was very balanced and has ranged from infants to young adults. (Table 18) Of the parents surveyed, not quite 10 percent were single parents. (Table 19) Surprisingly, not all other respondents also reported being co-parenting. (Table 20) Thirteen of the 80 parents surveyed live in a patchwork family. (Table 21) Overall, most of the respondents feel that their current situation regarding their assets and income is good (mentioned 30 times) and that the family can fulfill smaller wishes with it (mentioned 30 times). For 9 respondents - still for more than 10 percent - it is too little. (Table 22)

Facit

Overall, the survey makes it clear that the topic of disputes as well as intra-family conflict is very much a present topic in Austrian families. Only one person stated that there are never any disputes within the family. Particular problem areas are disagreements about education, media consumption and the reconciliation of work and family life and affect families with children of all ages. Most feel that humor and levity, as well as a different perspective/viewpoint/understanding of the other person's position,



would help resolve conflict. And although many respondents suffer from the consequences of unresolved and/or constant conflict, about one-third have never thought of seeking help in this regard. Accordingly, it can be assumed that a game that facilitates, stimulates and low-threshold processing of communication on difficult topics in the family can certainly help to achieve initial constructive steps toward resolving intra-family conflicts.



3.4.2 Evaluation of all survey questions

1. WHICH OF THE FOLLOWING ISSUES HAVE CAUSED CONFLICT IN YOUR FAMILY? (Question support: Choose one or more answers)

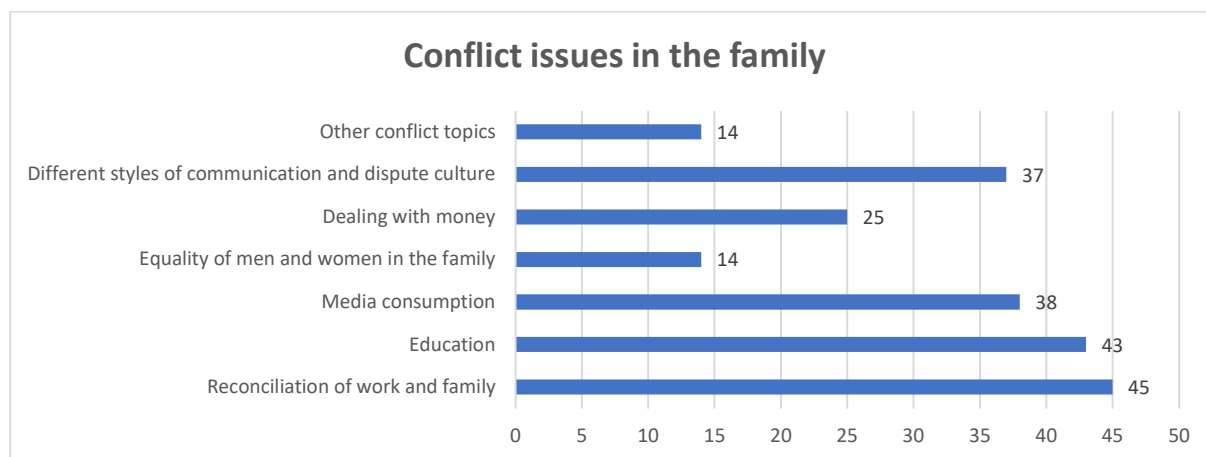


Table 67 Conflict issues in the family/Austria

When asked whether different styles of communication and dispute culture, dealing with money, gender equality in the family, media consumption, parenting, work-life balance and other conflict topics have already led to conflicts in your family, most of the respondents (45) stated that the topic of work-life balance in particular leads to conflicts, followed by conflicts over parenting (43), media consumption (38) and different styles of communication and dispute culture (37). Dealing with money leads to conflicts within the family for 25 of the respondents, and 14 times each it was noted that gender equality and other conflict issues put a strain on family life. (Table 67)

2. HOW OFTEN DOES THE ISSUE OF RECONCILING WORK AND FAMILY LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS? (Question support: Choose an answer)

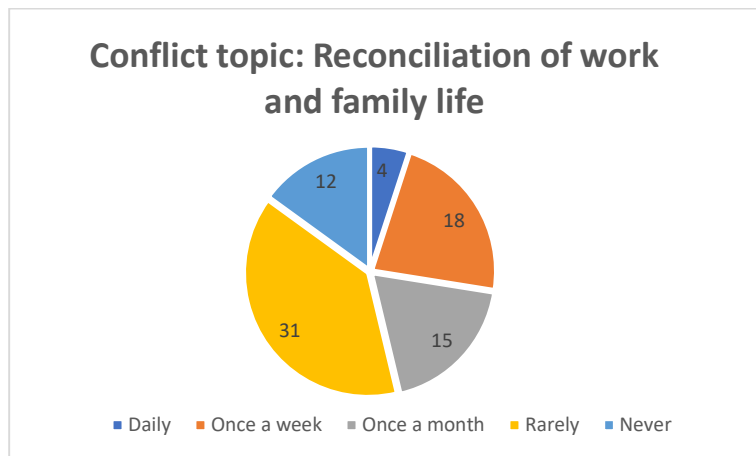


Table 68 Conflict topic: Reconciliation of work and family life/Austria

The conflict issue of work-family balance leads to intra-family conflicts daily for 4 of the respondents, once a week for 18 of the respondents, once a month for 15 of the respondents, rarely for 31 of the respondents, and never for 12 of the respondents. (Table 68)

3. HOW OFTEN DOES THE TOPIC OF PARENTING LEAD TO INTRA-FAMILY CONFLICT OR TENSION? (Question support: Choose one answer)

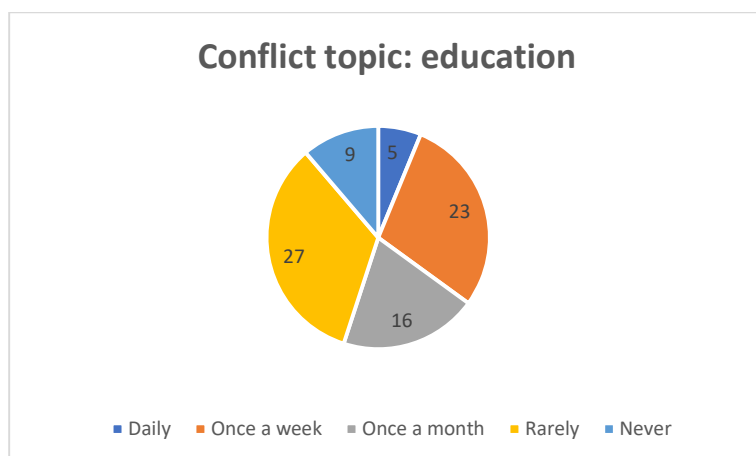


Table 69 Conflict topic: education/Austria

The conflict topic of parenting leads to intra-family conflicts daily for 5 of the respondents, once a week for 23 of the respondents, once a month for 16 of the respondents, rarely for 27 of the respondents, and never for 9 of the respondents. (Table 69)

4. HOW OFTEN DOES THE TOPIC OF MEDIA CONSUMPTION LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS? (Question support: Choose one answer)

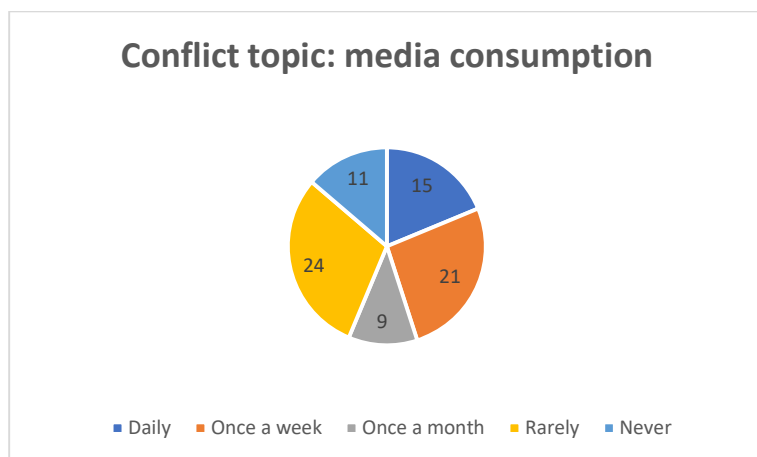


Table 70 Conflict topic: media consumption/Austria

The conflict topic of media consumption leads to intra-family conflicts daily for 15 of the respondents, once a week for 21 of the respondents, once a month for 9 of the respondents, rarely for 24 of the respondents and never for 11 of the respondents. (Table 70)

5. HOW OFTEN DOES THE ISSUE OF GENDER EQUALITY IN THE FAMILY LEAD TO INTRA-FAMILY CONFLICT OR TENSION? (Question support: Choose an answer)

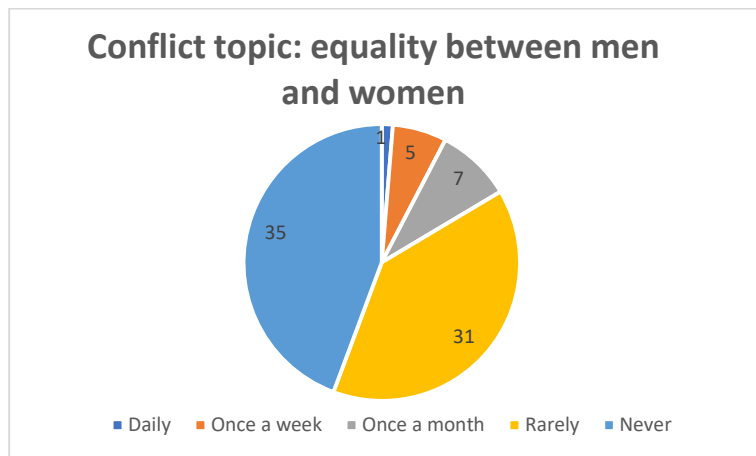


Table 71 Conflict topic: equality between men and women/Austria

The conflict topic of gender equality leads to intra-family conflicts daily for one of the respondents, once a week for 5 of the respondents, once a month for 7 of the respondents, rarely for 31 of the respondents and never for 35 of the respondents. (Table 71)

6. HOW OFTEN DOES THE TOPIC OF DEALING WITH MONEY LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS? (Question support: Choose an answer)



Table 72 Conflict topic: Dealing with money/Austria

The conflict topic of dealing with money leads to intra-family conflicts daily for 2 of the respondents, once a week and once a month for 10 of the respondents each, rarely for 33 of the respondents and never for 25 of the respondents. (Table 72)

7. HOW OFTEN DOES THE ISSUE OF DIFFERENT STYLES OF COMMUNICATION AND ARGUMENT CULTURE LEAD TO INTRA-FAMILY CONFLICT OR TENSION? (Question support: Choose an answer)

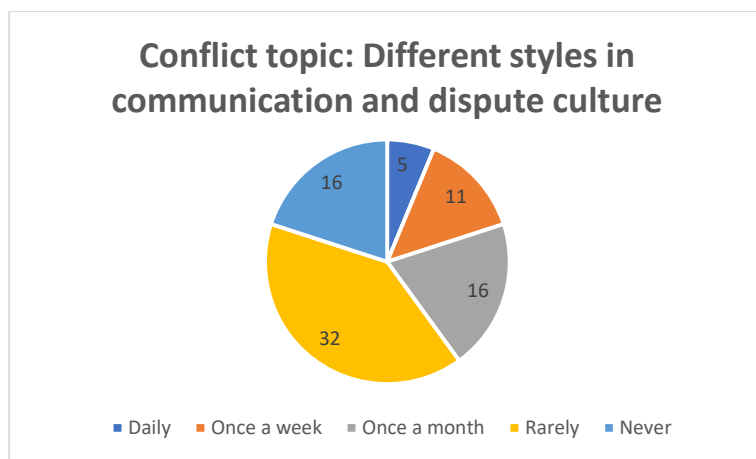


Table 73 Conflict topic: Different styles in communication and dispute culture/Austria

The conflict topic Different Styles in Communication and Argument Culture leads to intra-family conflicts daily for 5 of the respondents, once a week for 11 of the respondents, once a month for 16 of the respondents, rarely for 32 of the respondents and never for 16 of the respondents. (Table 73)

8. HOW DO YOU THINK THEY ARGUE? (Question support: Choose one answer in each line)

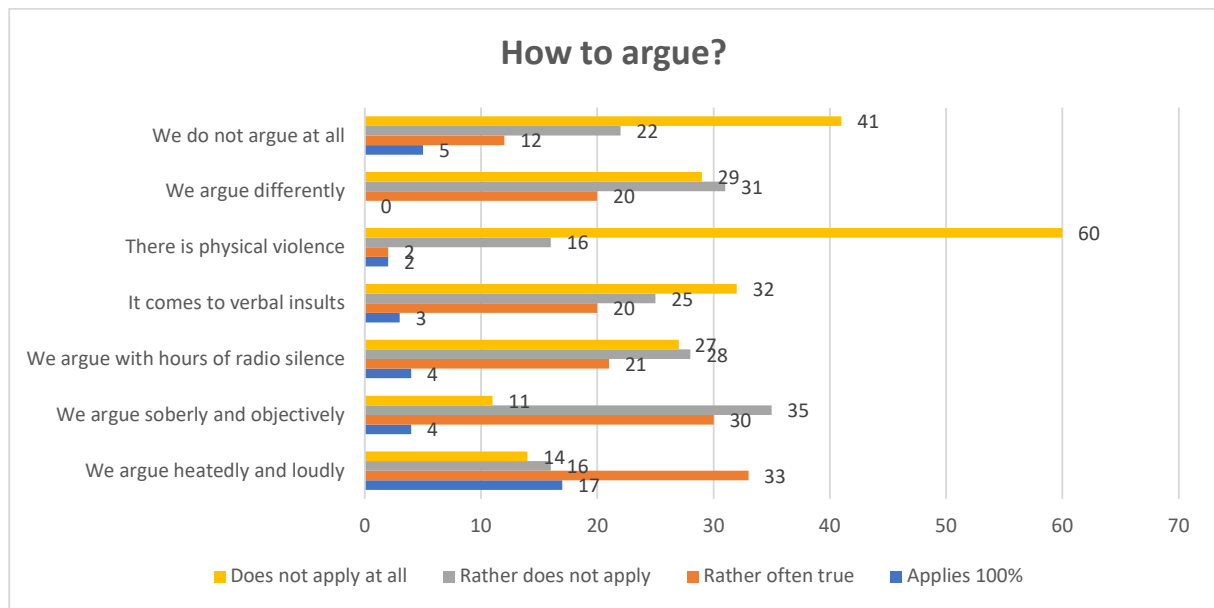


Table 74 How to argue?/Austria

The respondents were asked to indicate how they argue within the family.

The statement "We do not argue at all", is not true at all for 41 of the respondents, rather not true for 22 of the respondents, rather often true for 12 of the respondents and 100% true for 5 of the respondents.

The statement "We argue differently" is rather not true for 31 of the respondents, not at all true for 29 of the respondents and rather often true for 20 of the respondents.

The statement "Physical violence occurs" is 100% true for 60 of the respondents not at all, for 16 of the respondents rather not at all, for 2 of the respondents rather often and for 2 other respondents.

The statement "Verbal insults occur" is not true at all for 32 of the respondents, rather not true for 25 of the respondents, rather frequently true for 20 of the respondents and 100% true for 3 of the respondents.

The statement "We argue with hours of radio silence" is not true at all for 28 of the respondents, not at all for 27 of the respondents, rather often for 21 of the respondents, and 100% for 4 of the respondents.

The statement "We argue soberly and factually" is not true at all for 11 of the respondents, rather not true for 35 of the respondents, rather frequently true for 30 of the respondents, and 100% true for 4 of the respondents.

The statement "We argue heatedly and loudly is true for 33 of the respondents rather often, for 17 of the respondents 100%, for 16 of the respondents rather not and for 14 of the respondents not at all. (Table 74)

9. WHAT COULD HELP RESOLVE CONFLICTS IN THE FAMILY MORE CONSTRUCTIVELY? (Question support: Choose one answer in each row)

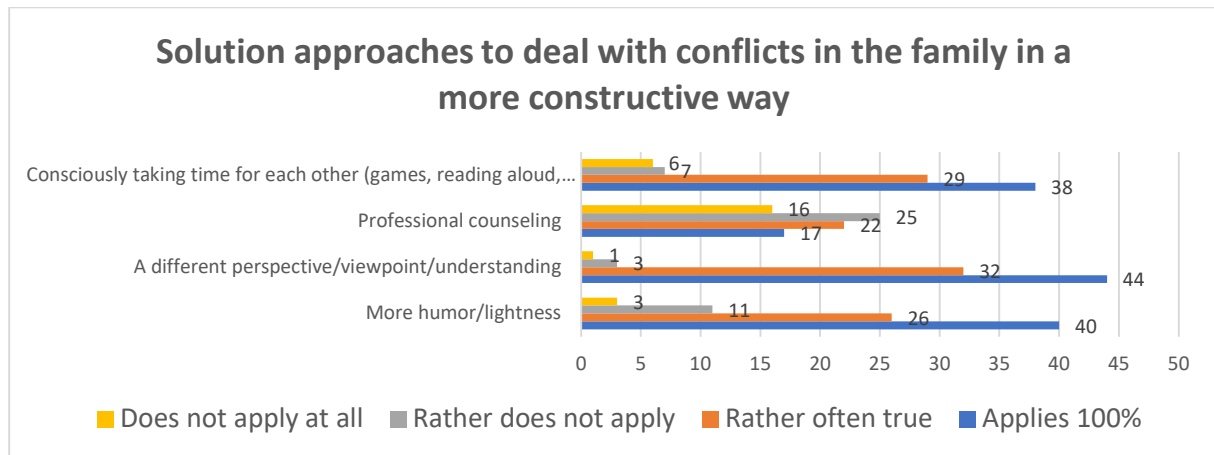


Table 75 Solution approaches to deal with conflicts in the family in a more constructive way/Austria

In order to be able to deal with conflicts in the family more constructively, people should consciously make time for each other to play, read to each other, do sports, etc. This is not the case for 6 respondents at all and for 7 respondents not at all. This does not apply at all for 6 of the respondents and rather not for 7 of the respondents. 29 of the respondents stated that this statement applies to them rather frequently and for 38 this even applies 100%.

In order to be able to deal with conflicts in the family more constructively, professional counseling is needed. This is not true for 25 of the respondents, for 22 of the respondents it is true rather often and for 17 of the respondents it is true 100%. 16 of the respondents do not agree with this statement at all.

In order to be able to deal with conflicts in the family more constructively, it would be helpful to adopt a different perspective/viewpoint/understanding of the position of the other person(s). For 44 of the respondents this is 100% true, for 32 of the respondents rather often and for 3 of the respondents rather not true. One person was of the opinion that this was not true at all.

In order to be able to deal with conflicts in the family more constructively, more humor/lightness is needed. This is not true at all for 3 respondents, rather not true for 11 of the respondents, rather often true for 26 of the respondents and 100% true for 40 of the respondents. (Table 75)

10. ARE THERE OTHER WAYS FOR YOU TO DEAL WITH CONFLICTS IN THE FAMILY IN A MORE CONSTRUCTIVE WAY?

When asked what ways there were to deal with conflicts in the family in a more constructive way, respondents cited the following suggestions:

- Introduction of rituals that enable an exit from the conflict.
- Talking together (e.g.: during a car ride, a walk ...).
- Avoiding disagreements through better planning, joint conversations.
- Seeking compromises and not always insisting on one's own point of view
- Questioning one's own opinion
- Discuss difficult topics more consciously and set times for it
- Cooking together
- Mediation, taking breaks instead of reacting immediately
- Empathize with other people



11. TO WHAT EXTENT DO THESE CONFLICTS STRESS THE PARENT(S)? (Question support: Choose one answer in each row)

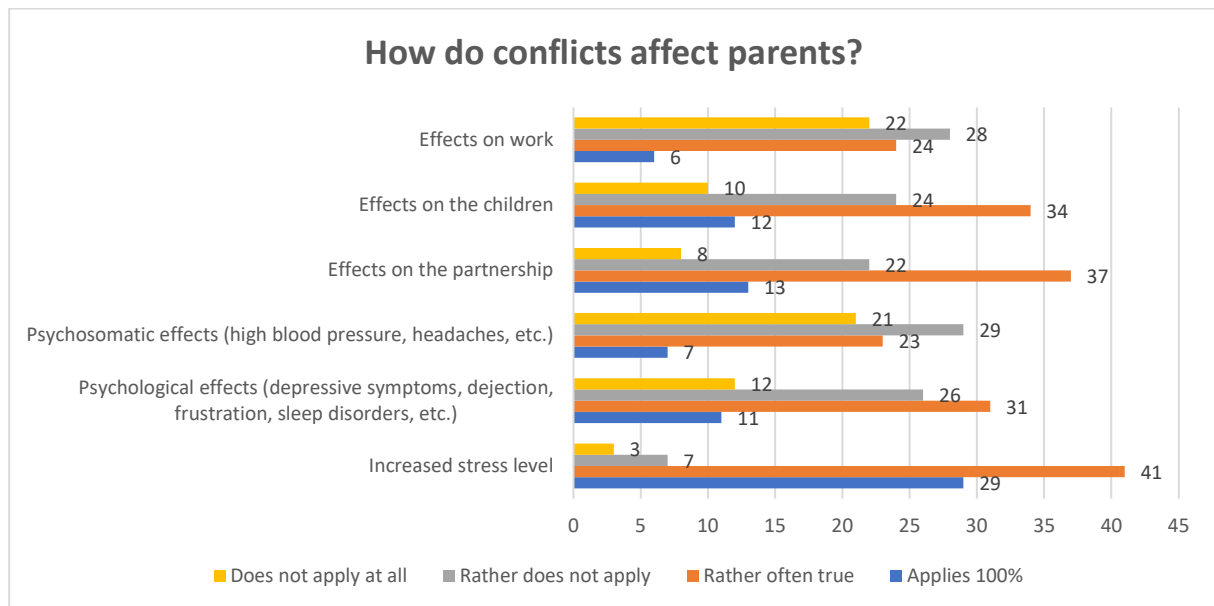


Table 76 How do conflicts affect parents?/Austria

The respondents were asked to indicate how the intra-family conflicts affect the parents.

The statement "the conflicts have an impact on work" is not true at all for 22 of the respondents, rather not true for 28 of the respondents and rather often true for 24 of the respondents. For 6 of the respondents this is 100% true.

The statement "the conflicts have an impact on the children" is not true at all for 10 of the respondents, rather not true for 24 of the respondents, rather often true for 34 of the respondents and 100% true for 12 of the respondents.

The statement "Conflicts have an impact on the partnership" is not true at all for 8 of the respondents, rather not true for 22 of the respondents and rather often true for 37 of the respondents. For 13 of the respondents this is 100% true.

The statement "Conflicts have psychosomatic effects" is not true at all for 21 of the respondents, rather not true for 29 of the respondents and rather often true for 23 of the respondents. 7 of the respondents stated that the statement is 100% true.

The statement "Conflicts have psychological effects" is not true at all for 12 of the respondents, rather not true for 26 of the respondents and rather often true for 31 of the respondents. For 11 of the respondents this statement is 100% true.

The statement "Conflicts evoke an increased stress level" is not true at all for 3 of the respondents, rather not true for 7, rather frequently true for 41, and 100% true for 29 of the respondents. (Table 76)

12. TO WHAT EXTENT DO THESE CONFLICTS STRESS THE CHILDREN? (Question support: Choose one answer in each line)

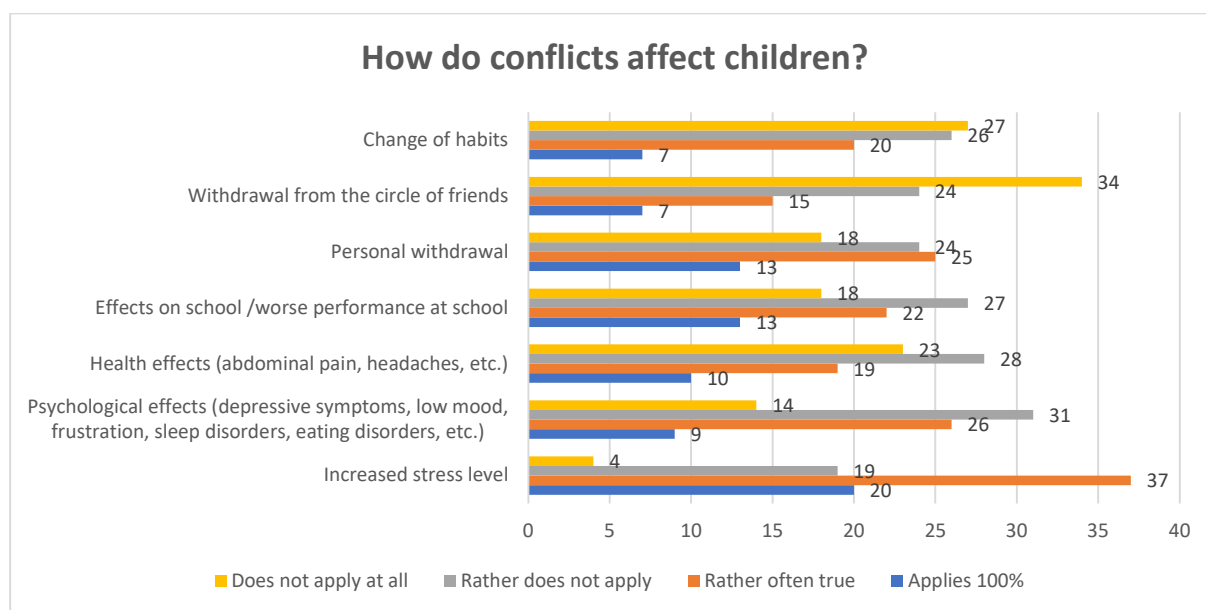


Table 77 How do conflicts affect children?/Austria

The respondents were asked to indicate how the intra-family conflicts affect the children.

The statement "the conflicts result in changes of habits" is not true at all for 27 of the respondents, rather not true for 26 of the respondents, rather often true for 20 of the respondents and 100% true for 7 of the respondents.

The statement "Conflicts lead to withdrawal from the circle of friends" is not true at all for 34 of the respondents, rather not true for 24 of the respondents, rather often true for 15 of the respondents and 100% true for 7 of the respondents.

The statement "Conflicts lead to personal withdrawal" is not true at all for 18 of the respondents, rather not true for 24 of the respondents, rather often true for 25 of the respondents, and 100% true for 13 of the respondents.

The statement "Conflicts have an impact on school/worse performance in school" is not true at all for 18 of the respondents, rather not true for 27 of the respondents, rather often true for 22 of the respondents, and 100% true for 13 of the respondents.

The statement "Conflicts result in health effects" is not true at all for 23 of the respondents, rather not true for 28 of the respondents, rather often true for 19 of the respondents, and 100% true for 10 of the respondents.

The statement "Conflicts result in psychological effects" is not true at all for 14 of the respondents, rather not true for 31 of the respondents, rather often true for 26 of the respondents, and 100% true for 9 of the respondents.

The statement "Conflicts evoke increased stress levels" is not true at all for 4 respondents, rather not true for 19 respondents, rather frequently true for 37 respondents, and 100% true for 20 respondents.
(Table 77)

13. WHAT IS THE SOCIAL IMPACT OF THESE PROBLEMS ON THE FAMILY AS A WHOLE? (Question support: Choose one answer in each row)

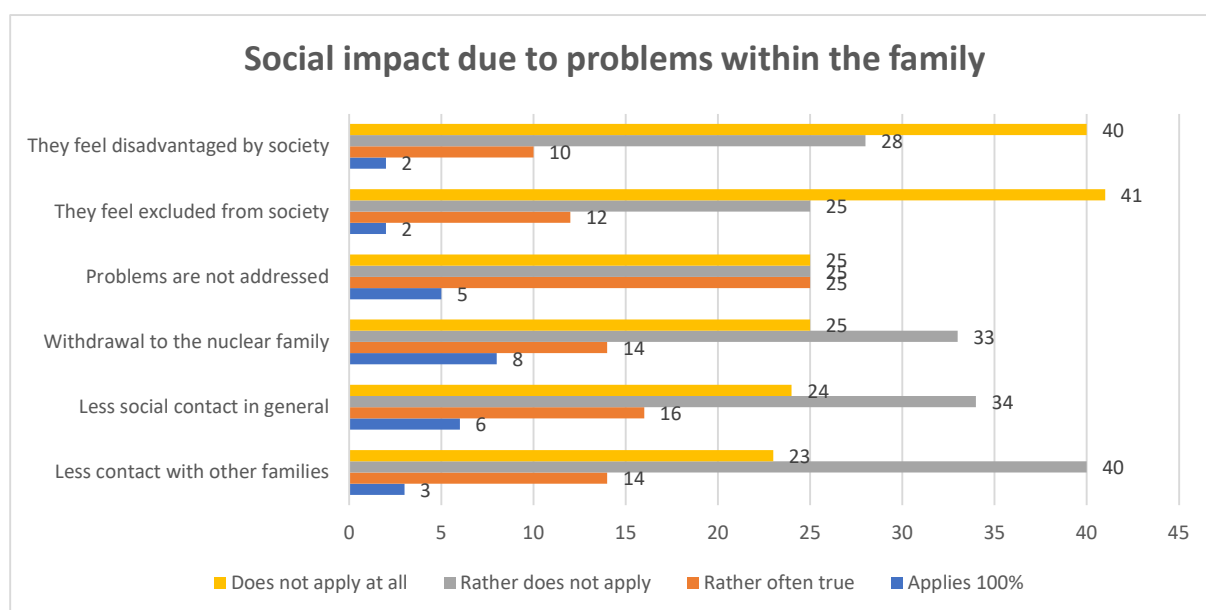


Table 78 Social impact due to problems within the family/Austria

The respondents were asked to indicate what social effects intra-family problems result in.

The statement "You feel disadvantaged by society" is not true at all for 40 of the respondents, rather not true for 28 respondents, rather often true for 10 respondents and 100% true for 2 respondents.

The statement "You feel excluded by society" is not true at all for 41 of the respondents, rather not true for 25 of the respondents, rather often true for 12 of the respondents and 100% true for 2 of the respondents.

The statement "Problems are not discussed" is not at all true for 25 respondents, not at all true for 25 respondents and rather often true for 25 respondents. For 5 of the respondents this statement is 100% true.

The statement "problems result in a withdrawal to the nuclear family" does not apply at all for 25 respondents, rather not for 33 respondents, rather frequently for 14 respondents and 100% for 8 respondents.

The statement "problems result in fewer social contacts in general" is not true at all for 24 respondents, rather not true for 34 respondents and rather often true for 16 respondents. For 6 respondents the statement is 100% true.

The statement "problems result in fewer contacts with other families" is not true at all for 23 respondents, rather not true for 40 respondents, rather often true for 14 respondents and 100% true for 3 respondents. (Table 78)

14. HAVE YOU EVER SOUGHT HELP IN THIS REGARD? (Question support: Choose one or more answers)

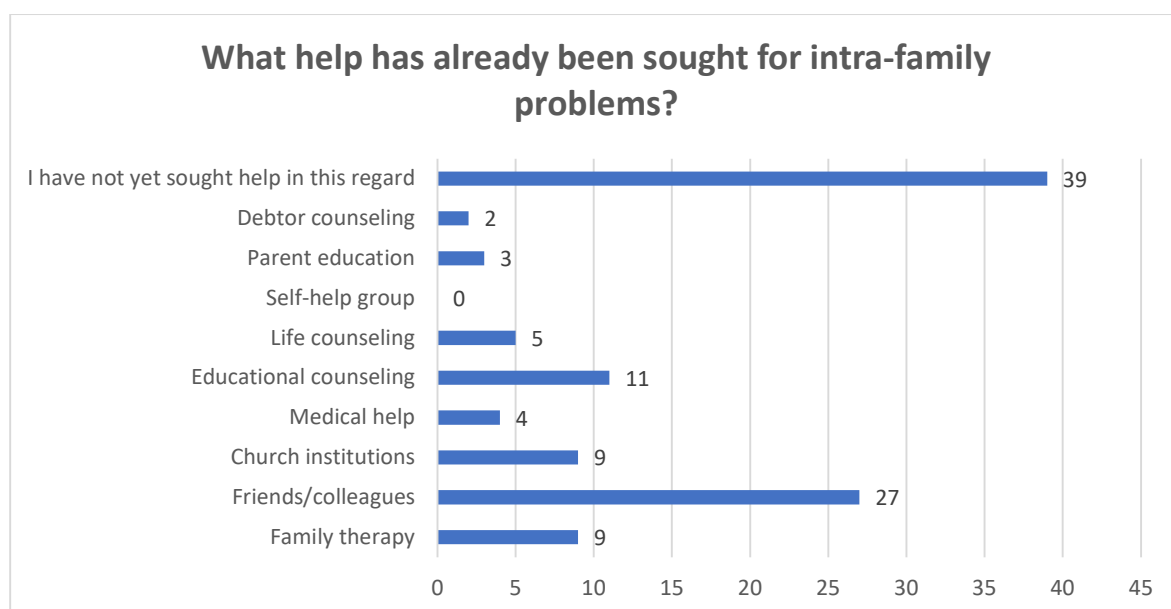


Table 79 What help has already been sought for intra-family problems?/Austria

Respondents were asked to indicate what help they had already sought for problems within the family. Most respondents (38) stated that they seek advice from friends and colleagues with their problems, among other things. 34 respondents stated that they had never sought help in this regard. Family therapy and educational counseling were sought by only 12 of the respondents, counseling in church institutions by 10 of the respondents, medical help by 7 of the respondents, life counseling by 6 of the respondents, and debt counseling by 3 of the respondents in order to seek help. Only 9 of the respondents stated that they had attended a parenting training course and only once, it was stated that a self-help group had been used in this regard. (Table 79)

15. WOULD YOU LIKE TO RECEIVE HELP? IF SO, WHY HAVE YOU NEVER DONE SO? (Question support: Choose one or more answers)

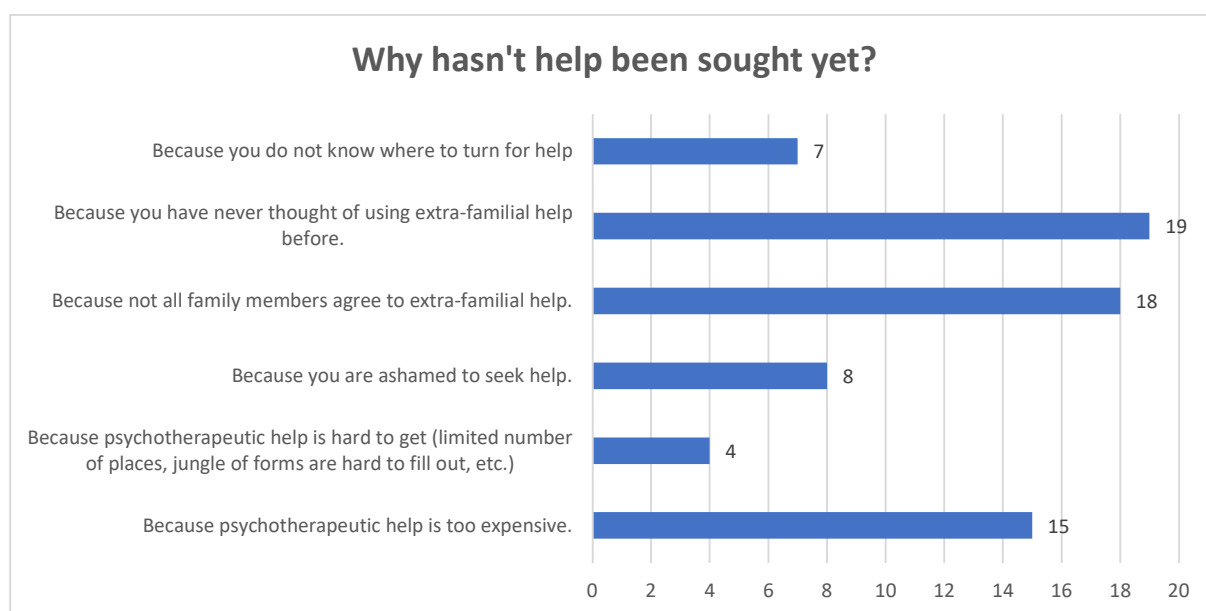


Table 80 Why hasn't help been sought yet?/Austria

When asked why help had not yet been sought, the majority of respondents (19) stated that they had never thought of seeking extra-familial help and 18 that not all family members agreed to extra-familial help. As many as 15 times confirmed that psychotherapeutic help is too expensive. 7 of the respondents do not know where to turn and 8 times were told to feel ashamed when seeking extra-familial help. 4 of the respondents confirmed that psychotherapeutic help is difficult to get because there is a limited number of places and bureaucracy is an obstacle. (Table 80)

16. TO WHAT EXTENT HAS THE CORONA EPIDEMIC ADDED TO THE STRESS ON THE FAMILY SITUATION? (Question support: Choose one or more answers)

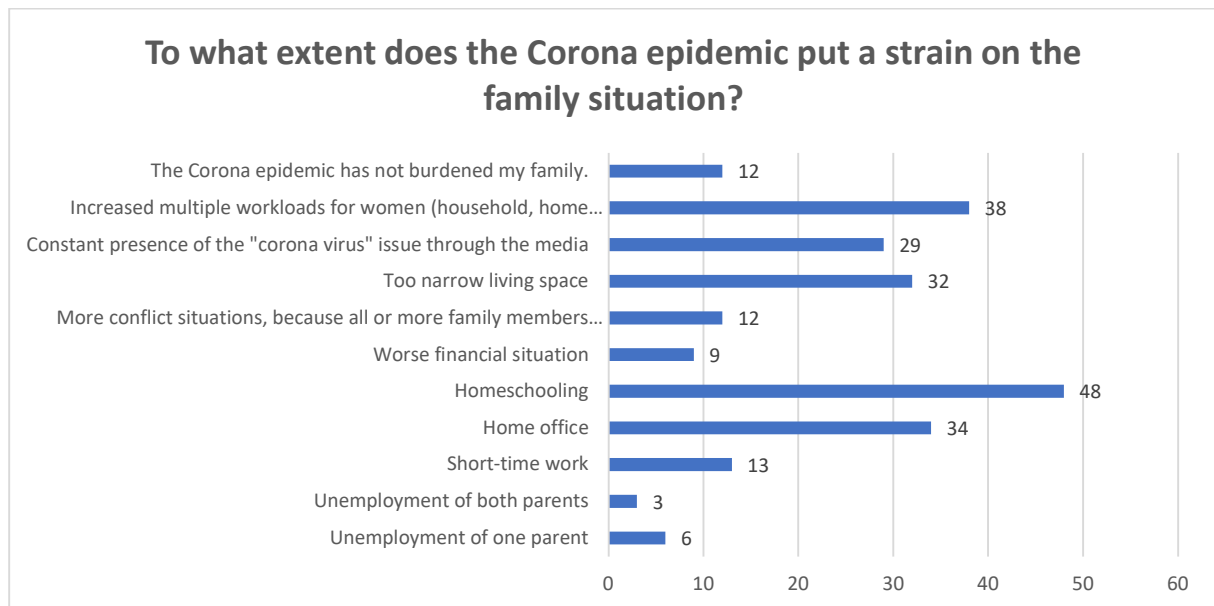


Table 81 To what extent does the Corona epidemic put a strain on the family situation?/Austria

When asked to what extent the Corona epidemic put a strain on the family situation, the main factors mentioned were the increased multiple burdens on women (due to household management, home office, and childcare responsibilities) (38 times), homeschooling (48 times), home office (34 times), and the presence of the "Corona virus" issue through the media (29 times). A significant burden for 32 of the respondents is housing that is too cramped. Short-time work was mentioned 13 times as a burdening factor for the family situation due to the Corona epidemic and 9 times the, resulting, worse financial situation. 3 of the respondents stated that both parents had lost their jobs and 6 of the respondents that one parent was unemployed.

For 12 of the respondents, more conflict situations occurred because all or more family members than usual were constantly at home. 12 times it was stated that the Corona epidemic did not affect the family. (Table 81)

17. TO WHAT EXTENT HAS THE CORONA EPIDEMIC HAD A POSITIVE EFFECT ON THE FAMILY SITUATION? (Question support: Choose one or more answers)

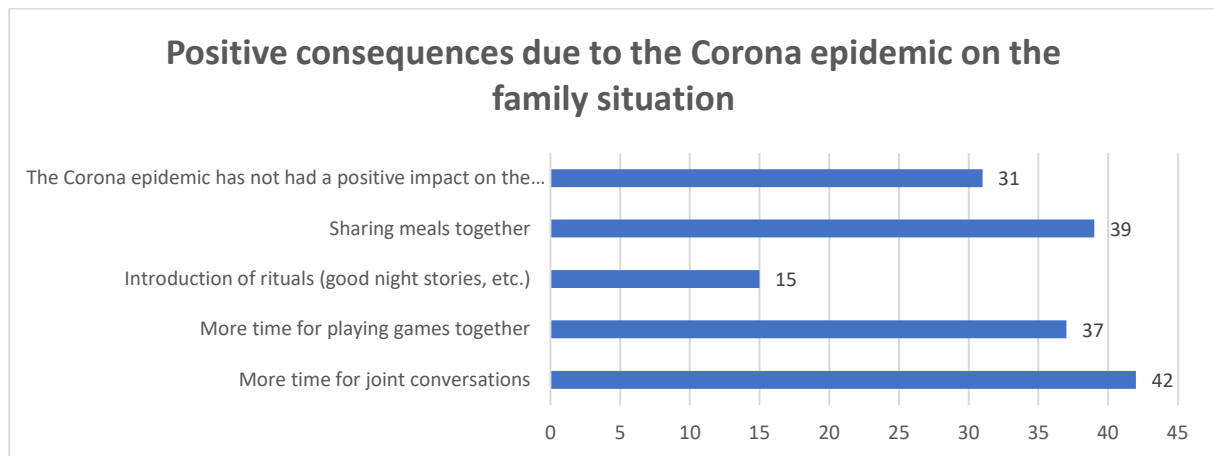


Table 82 Positive consequences due to the Corona epidemic on the family situation/Austria

Pandemic had also had a positive impact on the family situation, respondents mentioned that they now have more time to talk together (42 times) as well as to play together (37 times). Eating meals together was mentioned 39 times, followed by the introduction of rituals, such as reading a good night story (15 times).

Thirty-one of the respondents indicated that the Corona epidemic had not had a positive effect on the family situation. (Table 82)

GENERAL QUESTIONS

18. HOW MANY CHILDREN LIVE IN THE COMMON HOUSEHOLD? (Question support: Choose one answer)

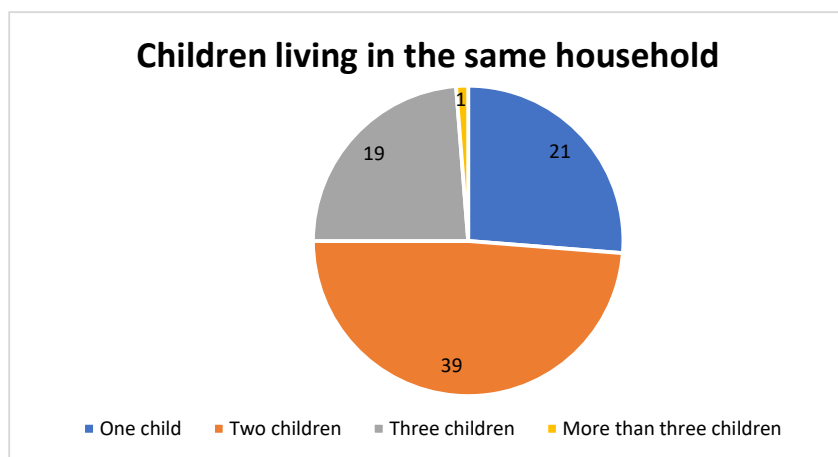


Table 83 Children living in the same household/Austria

Respondents included 21 households with one child each, 39 households with two children each, 19 households with three children each, and one household with more than three children. (Table 83)

19. HOW OLD ARE THE CHILDREN? (Question support: Choose one or more answers)

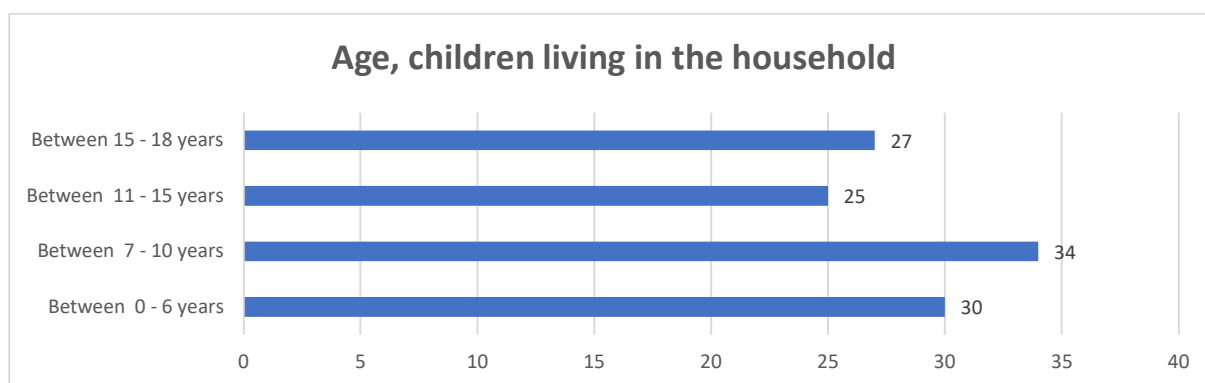


Table 84 Age, children living in the household/Austria

Overall, the age of the children living in the household was fairly balanced. Twenty-seven times it was reported that the children in the joint household were between 15 -18 years old, 25 times that the children in the joint household were between 11 - 14 years old, 30 times that the children in the joint

household were between 0 - 6 years old, and 34 times that the children in the joint household were between 7 - 10 years old. (Table 84)

20. ARE YOU A SINGLE PARENT? (Question support: Choose one answer)

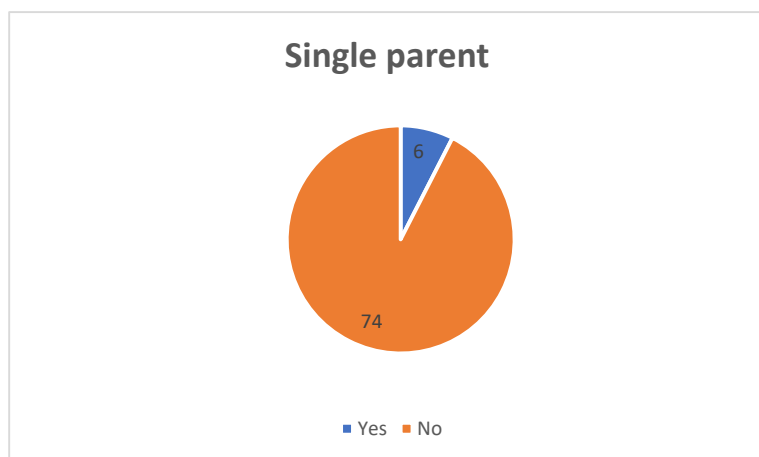


Table 85 Single parent/Austria

When asked if the respondents were single parents, 6 of the respondents answered in the affirmative and the rest (74) indicated that they were not single parents. (Table 85)

21. ARE THEY CO-PARENTING? (Question support: Choose one answer)

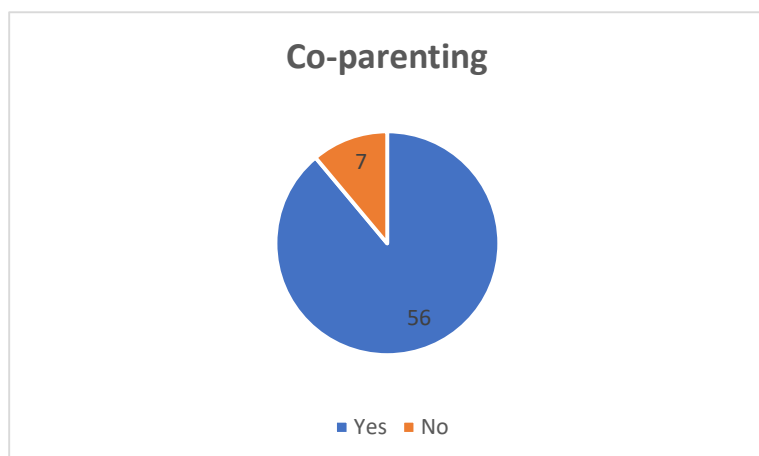


Table 86 Co-parenting/Austria

When asked if the respondents were co-parenting, 73 of the respondents answered in the affirmative and the rest (7) indicated that they were not co-parenting. (Table 86)

22. ARE YOU PART OF A PATCHWORK FAMILY? (Question support: Choose an answer)

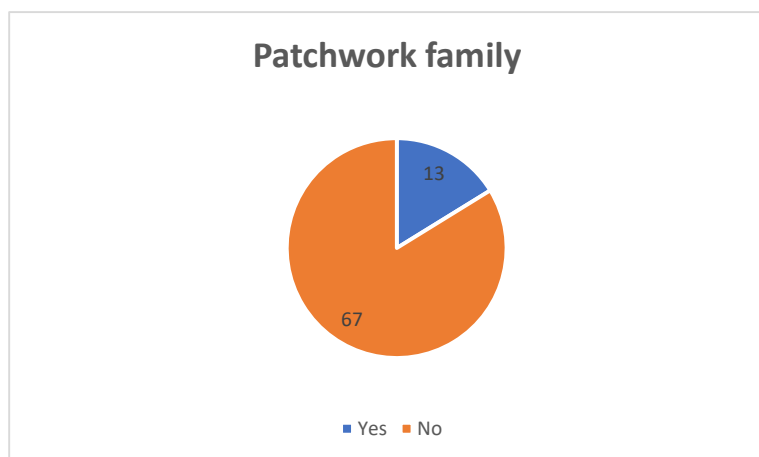


Table 87 Patchwork family/Austria

13 out of 80 respondents live in a patchwork family. (Table 87)

23. HOW DO YOU FEEL ABOUT YOUR CURRENT WEALTH/INCOME? (Question support: Choose one answer)

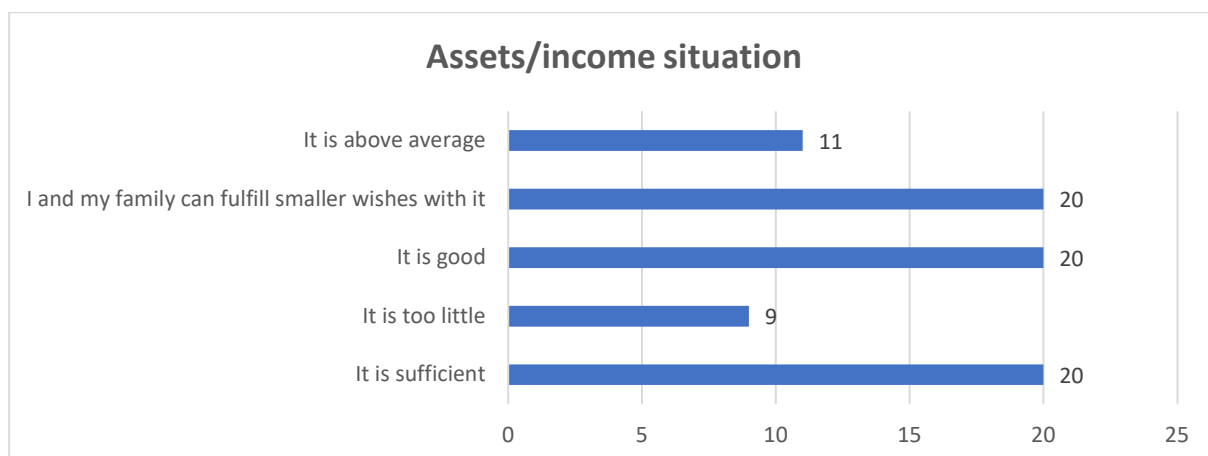


Table 88 Assets/income situation/Austria

When asked how you feel about your current assets/income, 30 of the respondents each stated that it is sufficient or good, or that the respondent and his/her family can use it to fulfill minor wishes. 11 indicated that your assets/income are above average and for 9 of the respondents it is too little. (Table 88)

24. WOULD YOU LIKE TO TELL US SOMETHING THAT MAY NOT HAVE BEEN ASKED BUT THAT YOU THINK MIGHT BE IMPORTANT?

When asked what else they would like to share, as this could not be included in the survey, one respondent stated that the most difficult thing about the Corona situation was "no longer being able to expect support from friends or grandparents".

More "air" for everyone was missing, because often it was enough in everyday life just to talk shit with a friend.

One participant in the survey called for more respectful interaction.

One respondent stated that he/she was missing a question about the dimension of the conflicts, because small tensions are one thing, recurring topics of dispute are another. And then, for the first question, there would be extra-familial stress, which is taken home as a "backpack" and there turns small tensions into big ones.

One respondent thinks that children should go back to school because they need social contacts - after all, school is compulsory. Parents are not teachers! Besides, most teachers would take it pretty easy. The children already get posture problems from sitting in front of the PC and the lack of sports. The children are more and more difficult to motivate to do something else.



3.5 Evaluation of the survey (Spain)

3.5.1 Written summary of the evaluation

Citizens of Spain were able to participate in the survey. A total of 81 people were surveyed. The analysis of the results is given in figures.

In addition to other conflict topics (mentioned 22 times), which were not listed in particular, the topic of reconciling work and family is a particularly conflict-prone topic in Spain (mentioned 15 times). Media consumption (mentioned 12 times) and education and money management (each mentioned 10 times) lead to conflicts within the family with roughly equal frequency. (Table 1)

The topic of reconciling work and family is very often the trigger of an intra-family conflict among the respondents, for some once a week (mentioned 12 times) and for 26 of the respondents even once a month. (Table 2) For more than half of the respondents, the topic of parenting rarely or never leads to conflict. Nevertheless, for 8 respondents, the topic of parenting triggers conflict on a daily basis, as many as 10 percent. (Table 3)

Just as often, the topic of media consumption (mentioned 9 times) is the daily trigger of an intra-family conflict. Overall, however, this topic rarely leads to conflicts (32 times mentioned). (Table 4) By contrast, the topic of gender equality is never or rarely a cause of dispute for more than two-thirds of respondents (30 times each) (Table 5). And likewise, the topic of dealing with money is rarely (mentioned 33 times) to never (mentioned 26 times) a driver of conflict for more than two-thirds of respondents. (Table 6) The different styles of communication and argument culture also rarely (mentioned 36 times) to never (mentioned 18 times) lead to intra-family disputes. (Table 7)

When conflicts do occur, about the same number of respondents either always (mentioned 29 times) or rather not (mentioned 27 times) argue heatedly and loudly. And although a good half of respondents said they argue in a sober and objective manner, as many as 55 of those surveyed tend to have physical violence and verbal insults (mentioned 33 times) or radio silence for hours on end (mentioned 39 times). Overall, it can be assumed that most families experience intra-family conflicts that lead to quarrels, as only 8 respondents stated that they do not quarrel at all. (Table 8)



By far the majority of respondents said that it would be beneficial to adopt a different perspective/viewpoint/understanding of the other person's position (mentioned 47 times) or to display more humor and lightness (mentioned 31 times).

Furthermore, many rated the idea of consciously taking time to play, read aloud, do sports, etc. for each other in order to be able to resolve intra-family conflicts as an extremely constructive approach to solving problems. The least helpful approach seemed to be the use of professional counseling. (Table 9)

In order to resolve conflicts within the family in a more constructive way, the respondents also made other suggestions:

- Empathize with another person
- Increase empathy
- Intensify communication with each other

According to the respondents, intra-family conflicts among parents particularly often lead to an increased stress level. In such conflict situations, 20 respondents always have to deal with an increased stress level and 36 respondents rather often.

Accordingly, some always (12 times mentioned) or rather often (28 times mentioned) show psychological effects as well as psychosomatic effects and effects on the children. Although the majority of the parents interviewed stated that conflicts tend not to affect the children, the number of those for whom they tend to affect them frequently is nevertheless very high (mentioned 25 times). However, according to this survey, intra-family conflicts hardly show any impact on work. (Table 10)

When asked to what extent the intra-family conflicts affect the children, the majority of the interviewed parents (mentioned 30 times) said that this rather often becomes visible in an increased stress level. For children of 13 interviewed parents, an increased stress level as a result of intra-family conflicts is evident. Rather frequently, according to the respondents, psychological effects are also evident (mentioned 27 times). For more than 10 percent of the respondents, this is always the case. Health effects always occur only in 4 respondents and are overall rather less frequent (39 times mentioned). Likewise, as a result of intra-family conflicts, withdrawal from the circle of friends or even a change in the children's habits rarely occurs. According to the majority of respondents (54 times), personal withdrawal as a result of a conflict does not occur at all or tends not to occur (Table 11).



Although problems within the family also have social repercussions, more than half of the respondents stated that they do not feel excluded from society at all (mentioned 27 times) or rather not (mentioned 29 times). Nevertheless, many respondents indicated that they feel disadvantaged by society rather frequently (mentioned 44 times). Although, overall, intrafamily problems tend not to result in withdrawal to the nuclear family or less contact with other families and less social contact in general for more than half of respondents, in this context again about one-third of respondents said that intrafamily problems tend to apply more frequently in precisely these areas mentioned. One factor favoring these effects could be due to the fact that the majority of respondents tend not to address problems. (Table 12) A large proportion of respondents (mentioned 38 times) have never sought help for intra-family problems. Family therapy and educational counseling were also rarely used (9 times each). Church institutions or life counseling services were sought out even less frequently. Rather, respondents sought advice from friends and/or colleagues (30 times mentioned). (Table 13)

This is possibly due to the fact that the majority of respondents (43 times mentioned) have never thought of seeking help outside the family because they do not know where to turn (9 times mentioned) or because not all family members agree to help outside the family (9 times mentioned). Quite a few respondents are ashamed to seek help outside the family (mentioned 12 times) or think that psychotherapeutic help is too expensive (mentioned 14 times).

(Table 14)

Due to the Corona crisis, families will have to face further burdens in 2020/2021. In particular, the increased presence of the Corona virus issue (mentioned 32 times) and home office (mentioned 31 times) put a strain on the family situation. A particular burden for almost half of the respondents is the worsening financial situation (mentioned 29 times) - as a result of short-time working and the unemployment of one or both parents. As many as 9 of the respondents, i.e. a good 10 percent, stated that the Corona epidemic does not burden the family. (Table 15)

Positive effects of the Corona epidemic on the family situation were seen by more than half of the respondents in now having more time for playing games together (mentioned 46 times) as well as more time for eating meals together (mentioned 37 times). About a quarter of respondents said they now found more time to talk together. 10 of the respondents indicated that the Corona epidemic had not positively affected the family situation in any way. (Table 16)



When asked what else would like to be shared, since this could not be included in the survey, one respondent stated that people should "empathize more with others."

One respondent feels that there needs to be more "training, education and willingness to engage in dialogue" when it comes to communication. "People would need to be more empathetic and conflict-ready."

General information about the family situation of the respondents

Most of the respondents (39) were part of a household with one child each, followed by households with two children each (34) and 4 households each with three children and more than three children. (Table 17)

The age distribution of the children of the parents surveyed was most represented among those whose children were between 0 - 6 years old (mentioned 31 times) and between 15 - and 18 years old (mentioned 29 times). (Table 18)

Of the parents surveyed, just over 10 percent were single parents. (Table 19)

Surprisingly, not all other respondents indicated they were also co-parenting. (Table 20) 11 of the 81 parents surveyed live in a patchwork family. (Table 21) Overall, most of the respondents feel that their current situation regarding their assets and income is good (mentioned 20 times) and that the family can fulfill smaller wishes with it (mentioned 19 times). For 17 respondents - still for almost a quarter of the respondents - it is too little. (Table 22)

FACIT

In general, it was found that there are intra-family conflicts between respondents in areas such as child rearing and media consumption, but most conflicts arise from the fact that work and family are not so easy to reconcile.

The most striking thing is that more than half of the respondents state that conflicts lead to physical and verbal violence. Despite this, only a minority believe that outside help is necessary to resolve conflicts within the family, and only one-third have ever sought outside help. Most respondents would prefer to solve problems in a relaxed and humorous atmosphere.



As a result of numerous conflicts, a large proportion of respondents suffer from the psychological consequences and increased stress levels. Almost half of them seek refuge and advice from friends. It is interesting to note that the current pandemic has also provided families with "quality time" as they now spend more time together.

The survey is an attempt to make families aware of intra-family conflicts and to integrate the game, which deals with these conflicts in a low-threshold way, into their everyday family life in order to prevent conflicts.



3.5.2 Evaluation of all survey questions

1. WHICH OF THE FOLLOWING ISSUES HAVE CAUSED CONFLICT IN YOUR FAMILY? (Question support: Choose one or more answers)

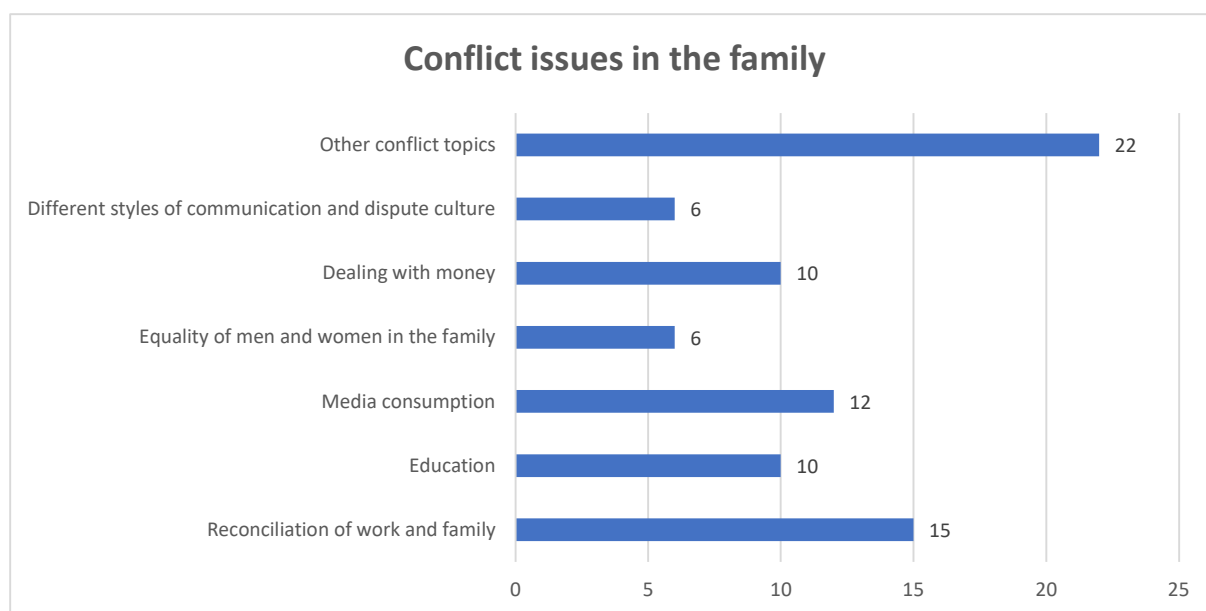


Table 89 Conflict issues in the family/Spain

When asked whether different styles of communication and dispute culture, dealing with money, gender equality in the family, media consumption, parenting, work-life balance and other conflict topics have already led to conflicts in your family, most of the respondents (15) stated that work-life balance leads to conflicts, followed by conflicts over parenting (10), media consumption (12) and different styles of communication and dispute culture (6). The handling of money leads to conflicts within the family for 10 respondents, and 6 times each it was noted that gender equality and other conflict issues put a strain on family life. (Table 89)

2. HOW OFTEN DOES THE ISSUE OF RECONCILING WORK AND FAMILY LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS? (Question support: Choose an answer)

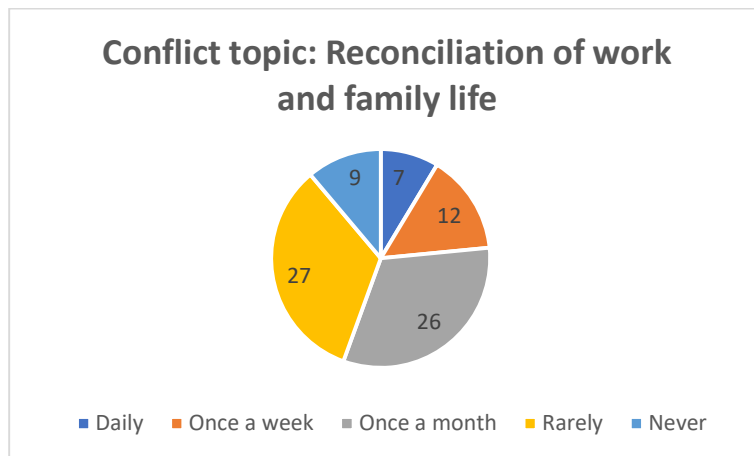


Table 90 Conflict topic: Reconciliation of work and family life/Spain

The conflict issue of reconciling work and family life leads to intra-family conflicts daily for 7 of the respondents, once a week for 12 of the respondents, once a month for 26 of the respondents, rarely for 27 of the respondents and never for 9 of the respondents. (Table 90)

3. HOW OFTEN DOES THE TOPIC OF PARENTING LEAD TO INTRA-FAMILY CONFLICT OR TENSION? (Question support: Choose one answer)

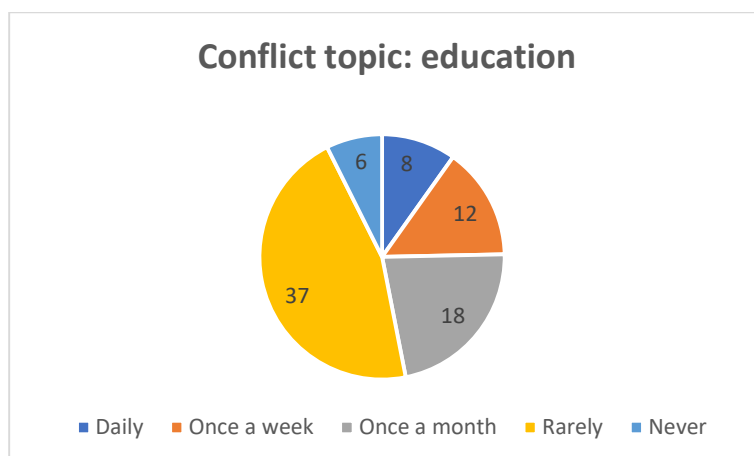


Table 91 Conflict topic: education/Spain

The conflict topic of parenting leads to intra-family conflicts daily for 8 of the respondents, once a week for 12 of the respondents, once a month for 18 of the respondents, rarely for 37 of the respondents and never for 6 of the respondents. (Table 91)

4. HOW OFTEN DOES THE TOPIC OF MEDIA CONSUMPTION LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS? (Question support: Choose one answer)

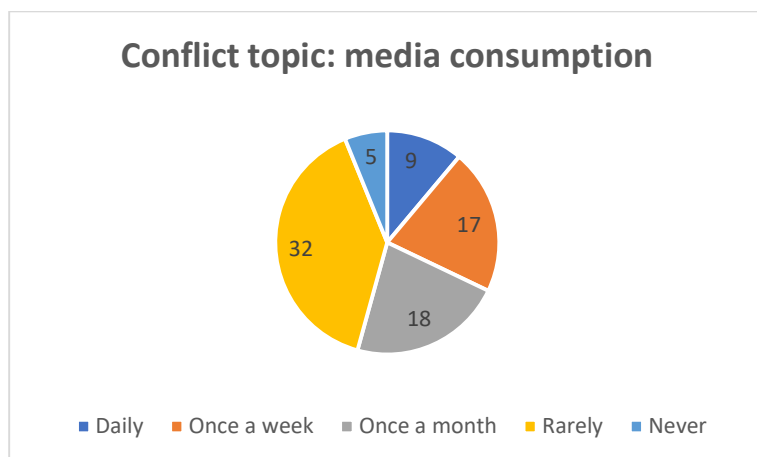


Table 92 Conflict topic: media consumption/Spain

The conflict topic of media consumption leads to intra-family conflicts daily for 9 of the respondents, once a week for 17 of the respondents, once a month for 18 of the respondents, rarely for 32 of the respondents and never for 5 of the respondents. (Table 92)

5. HOW OFTEN DOES THE ISSUE OF GENDER EQUALITY IN THE FAMILY LEAD TO INTRA-FAMILY CONFLICT OR TENSION? (Question support: Choose an answer)

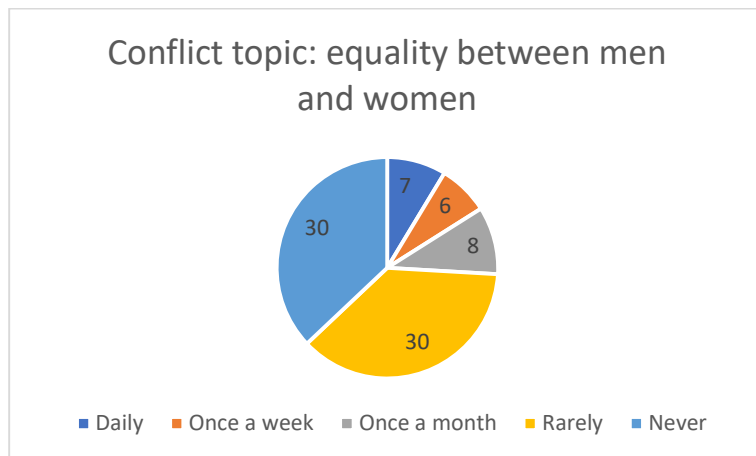


Table 93 Conflict topic: equality between men and women/Spain

The conflict topic of gender equality leads to intra-family conflicts daily for 7 of the respondents, once a week for 6 of the respondents, once a month for 8 of the respondents, rarely for 30 of the respondents and never for 30 of the respondents. (Table 93)

6. HOW OFTEN DOES THE TOPIC OF DEALING WITH MONEY LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS? (Question support: Choose an answer)



Table 94 Conflict topic: Dealing with money/Spain

The conflict topic of dealing with money leads to intra-family conflicts daily for 7 of the respondents, once a week for 7 of the respondents, once a month for 8 of the respondents, rarely for 33 of the respondents and never for 26 of the respondents. (Table 94)

7. HOW OFTEN DOES THE ISSUE OF DIFFERENT STYLES OF COMMUNICATION AND ARGUMENT CULTURE LEAD TO INTRA-FAMILY CONFLICT OR TENSION? (Question support: Choose one answer)

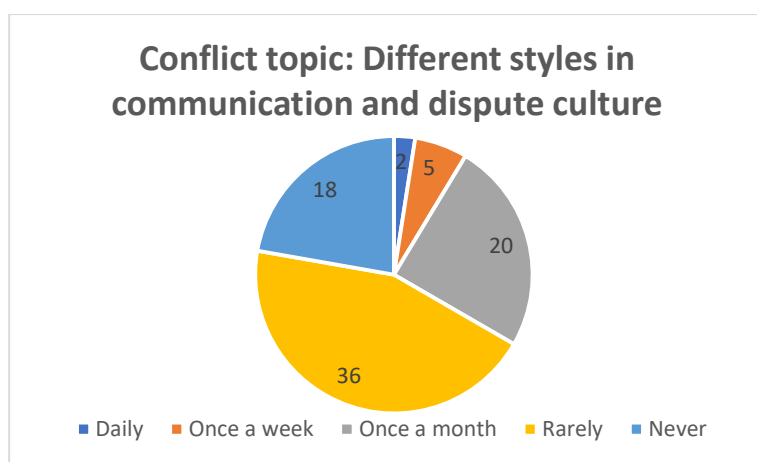


Table 95 Conflict topic: Different styles in communication and dispute culture/Spain

The conflict topic of different styles in communication and argument culture leads to intra-family conflicts in 2 of the respondents daily, in 5 of the respondents once a week, in 20 of the respondents once a month, in 36 of the respondents rarely and in 18 of the respondents never. (Table 95)

8. HOW DO YOU THINK THEY ARGUE? (Question support: Choose one answer in each line)

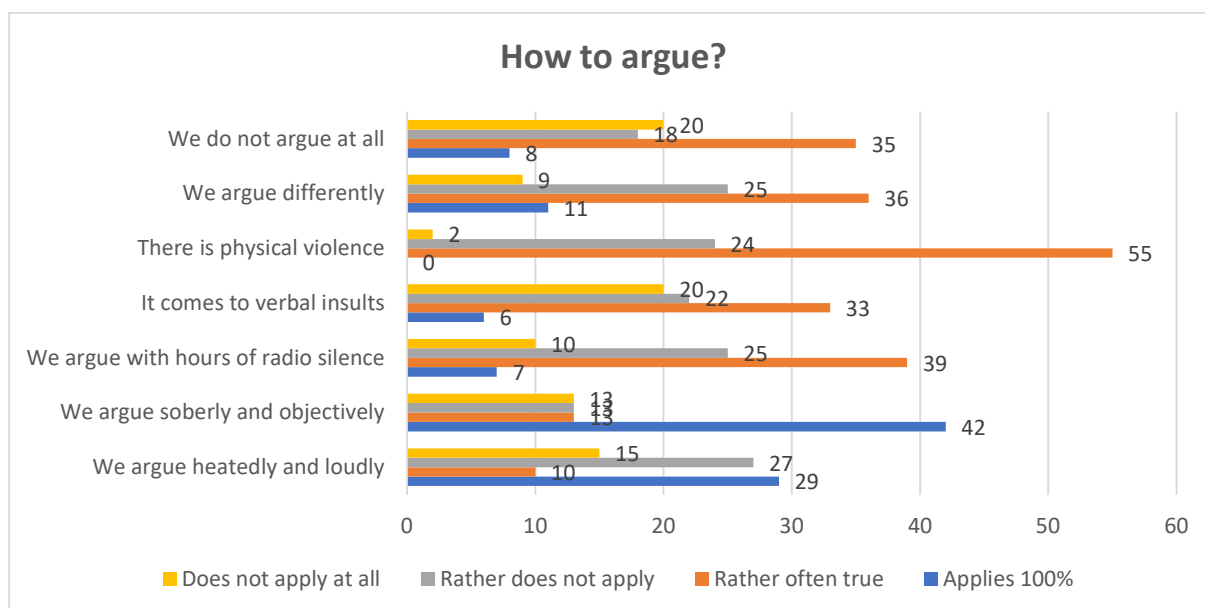


Table 96 How to argue?/Spain

The respondents were asked to indicate how they argue within the family. The statement "We do not argue at all", does not apply to 20 of the respondents at all, to 18 of the respondents rather not at all, to 35 of the respondents rather often and to 8 of the respondents 100%.

The statement "We argue differently" is rather not true on 25 of the respondents, not at all true on 9 of the respondents, rather often true on 36 of the respondents. It is 100% true for 11 of the respondents.

The statement "Physical violence occurs" does not apply to 2 of the respondents at all, to 24 of the respondents rather not at all, to 55 of the respondents rather often and to no other respondents it applies to 100%.

The statement "Verbal insults occur" does not apply at all to 20 of the respondents, rather not to 22 of the respondents, rather frequently to 33 of the respondents and to 6 of the respondents it applies to 100%.

The statement "We argue with hours of radio silence" does not apply at all to 10 of the respondents, rather not to 25 of the respondents, rather often to 39 of the respondents, and 100% to 7 of the respondents.

The statement "We argue soberly and factually" does not apply at all to 13 of the respondents, rather does not apply to 13 of the respondents, rather frequently applies to 13 of the respondents and to 42 of the respondents to 100%.

The statement "We argue heatedly and loudly does not apply at all to 29 of the respondents, rather not apply to 27 of the respondents, rather frequently apply to 10 of the respondents, and 100% apply to 29 of the respondents, and. (Table 96)

9. WHAT COULD HELP RESOLVE CONFLICTS IN THE FAMILY MORE CONSTRUCTIVELY? (Question support: Choose one answer in each row)



Table 97 Spanien Solution approaches to deal with conflicts in the family in a more constructive way/Spain

In order to be able to deal with conflicts in the family more constructively, people should consciously make time for each other to play, read to each other, do sports, etc. This is not the case for 6 respondents at all and for 23 respondents it is not the case at all. This does not apply to 6 of the respondents at all and to 23 of the respondents rather not. 23 of the respondents stated that this statement applies to them rather often and to 29 this applies 100%.

In order to be able to deal with conflicts in the family more constructively, professional counseling is needed. This applies to 16 of the respondents rather not, to 27 of the respondents however rather frequently and to 17 of the respondents this applies to 100%. This does not apply at all to 21 of the respondents.

In order to be able to deal with conflicts in the family more constructively, it would be helpful to adopt a different perspective/viewpoint/understanding of the position of the other person(s). For 47 of the respondents this is 100% true, for 10 of the respondents rather often true and for 15 of the respondents rather not true. 9 respondents were of the opinion that this is not true at all.

In order to be able to deal with conflicts in the family more constructively, more humor/lightness is needed. This is not true at all for 9 respondents, rather not true for 21 of the respondents, rather often true for 20 of the respondents and 100% true for 31 of the respondents. (Table 97)

10. ARE THERE OTHER WAYS FOR YOU TO DEAL WITH CONFLICTS IN THE FAMILY IN A MORE CONSTRUCTIVE WAY?

- better communication through training, education, politeness, willingness to dialogue
- People should be more capable of empathy and conflict resolution

11. TO WHAT EXTENT DO THESE CONFLICTS BURDEN THE PARENTS? (Question support: Choose one answer in each row)

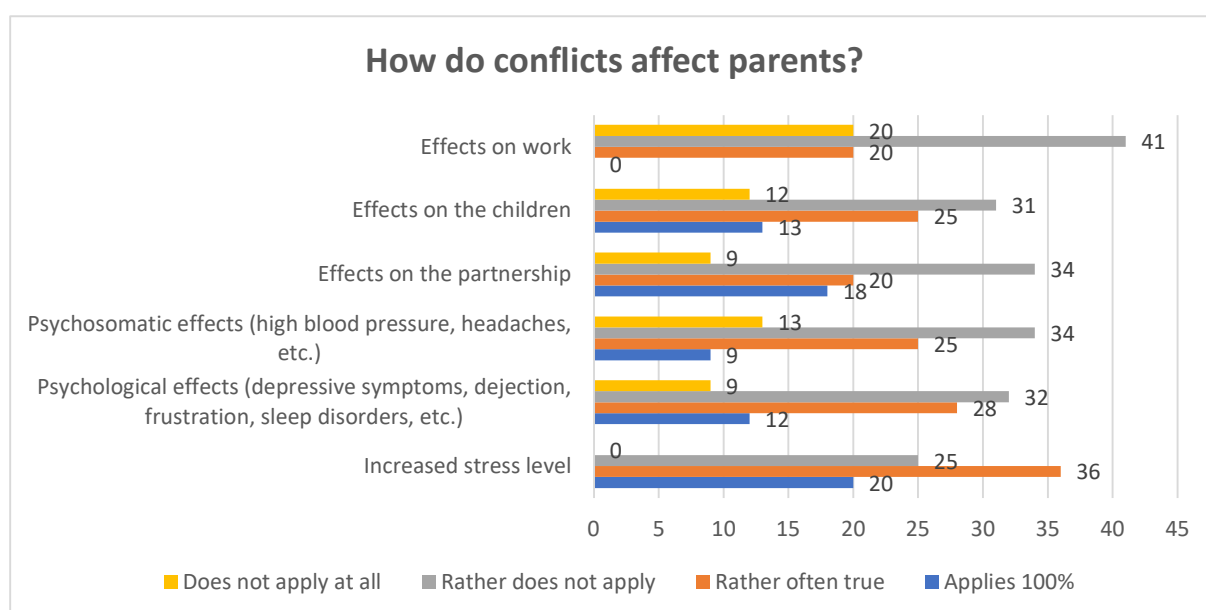


Table 98 How do conflicts affect parents?/Spain

The respondents were asked to indicate how the intra-family conflicts affect the parents.

The statement "the conflicts have an impact on work" does not apply at all to 20 of the respondents, does not apply rather often to 41 of the respondents and applies rather often to 20 of the respondents. To no person does this apply 100%.

The statement "the conflicts have an impact on the children" is not true at all for 12 of the respondents, rather not true for 31 of the respondents, rather often true for 25 of the respondents and 100% true for 13 of the respondents.

The statement "Conflicts have an impact on the partnership" is not true at all for 9 of the respondents, rather not true for 34 of the respondents and rather often true for 20 of the respondents. This is 100% true for 18 of the respondents.

The statement "Conflicts have psychosomatic effects" is not true at all for 13 of the respondents, rather not true for 34 of the respondents and rather often true for 25 of the respondents. 9 of the respondents stated that the statement is true to 100%.

The statement "Conflicts have psychological effects" is not true at all for 9 of the respondents, rather not true for 32 of the respondents and rather often true for 28 of the respondents. This statement is 100% true for 12 of the respondents.

The statement "Conflicts evoke an increased stress level" does not apply to any person at all, to 25 rather not at all, to 36 rather often and to 20 of the respondents this applies to 100%. (Table 98)



12. TO WHAT EXTENT DO THESE CONFLICTS BURDEN THE CHILDREN? (Question support: Choose one answer in each row)

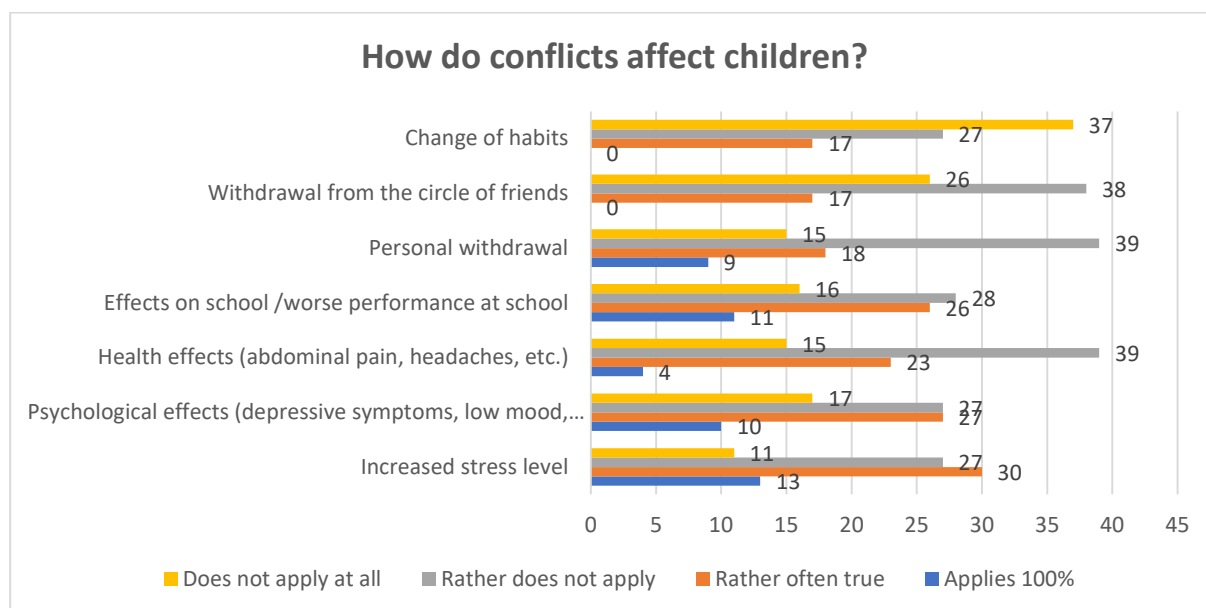


Table 99 How do conflicts affect children?/Spain

The respondents were asked to indicate how the intra-family conflicts affect the children.

The statement "the conflicts result in changes of habits" does not apply at all to 37 of the respondents, does not apply rather often to 27 of the respondents, applies rather often to 17 of the respondents and does not apply 100% to any person.

The statement "Conflicts lead to withdrawal from the circle of friends" is not true at all for 26 of the respondents, rather true for 38 of the respondents, rather often true for 17 of the respondents, and 100% true for no person.

The statement "Conflicts lead to personal withdrawal" is not at all true for 15 of the respondents, rather not true for 39 of the respondents, rather often true for 18 of the respondents, and 100% true for 9 of the respondents.

The statement "Conflicts have an impact on school/worse performance in school" is not true at all for 16 of the respondents, rather not true for 28 of the respondents, rather often true for 26 of the respondents, and 100% true for 11 of the respondents.

The statement "Conflicts result in health effects" is not true at all for 15 of the respondents, rather not true for 39 of the respondents, rather often true for 23 of the respondents and 100% true for 4 of the respondents.

The statement "Conflicts result in psychological effects" does not apply at all to 17 of the respondents, does not apply rather often to 27 of the respondents, applies rather often to 27 of the respondents and applies 100% to 10 of the respondents.

The statement "Conflicts evoke increased stress levels" is not at all true for 11 respondents, somewhat not true for 27 respondents, somewhat frequently true for 30 respondents, and 100% true for 13 respondents. (Table 99)

13. WHAT SOCIAL IMPACT DO THESE PROBLEMS HAVE ON THE FAMILY AS A WHOLE? (Question support: Choose one answer in each row)

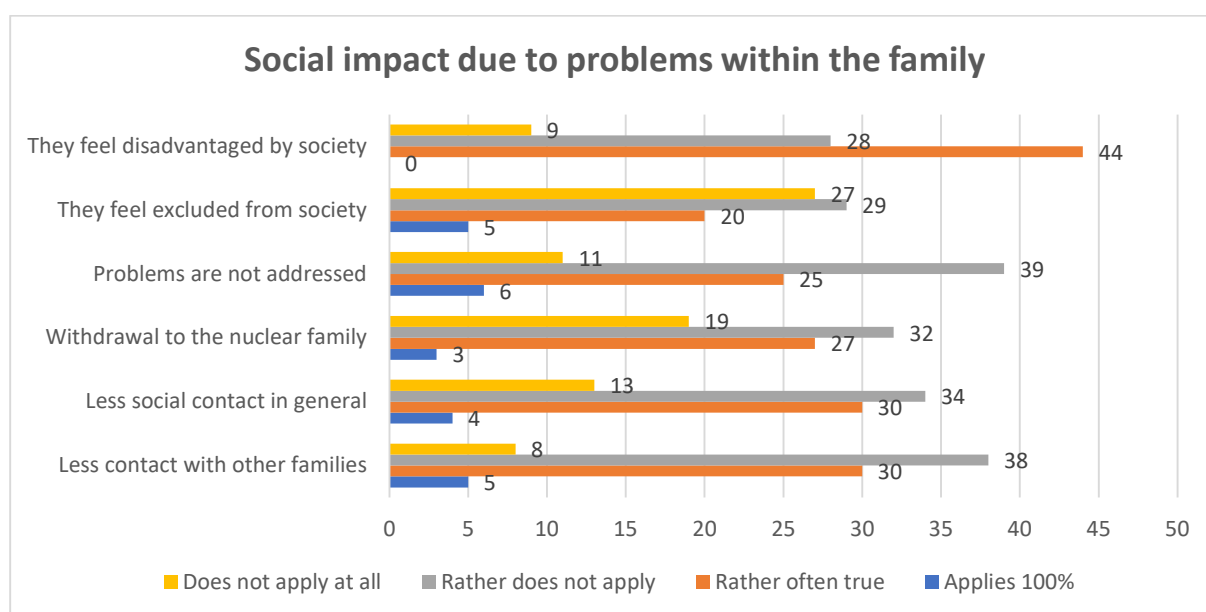


Table 100 Spanien Social impact due to problems within the family/Spain

Respondents were asked to indicate what social impact intra-family problems result in.

The statement "They feel disadvantaged by society" does not apply at all to 9 of the respondents, does not apply rather often to 28 respondents, applies rather often to 44 respondents and does not apply 100% to any person.

The statement "You feel excluded from society" does not apply at all to 27 of the respondents, does not apply rather often to 29 of the respondents, applies rather often to 20 of the respondents and to 5 of the respondents at 100%.

The statement "Problems are not addressed" does not apply at all to 11 respondents, does not apply rather often to 39 respondents and applies rather often to 25 respondents. This statement is 100% true for 6 of the respondents.

The statement "problems result in withdrawal to the nuclear family" is not true at all for 19 respondents, rather not true for 32 respondents, rather often true for 27 respondents and 100% true for 3 respondents.

The statement "problems result in fewer social contacts in general" is not true at all for 13 respondents, rather not true for 34 respondents and rather often true for 30 respondents. The statement is 100% true for 4 respondents.

The statement "problems result in fewer contacts with other families" does not apply at all to 8 respondents, rather not to 38 respondents, rather often to 30 respondents and to 5 respondents the statement applies to 100%. (Table 100)

14. HAVE YOU EVER SOUGHT HELP IN THIS REGARD? (Question support: Choose one or more answers)

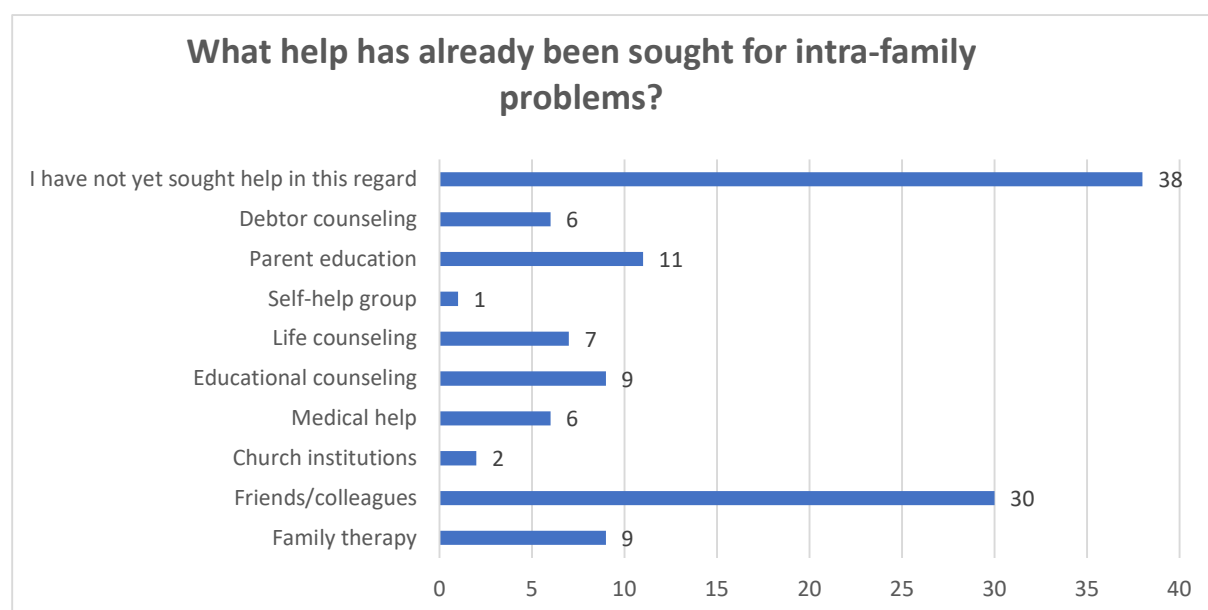


Table 101 What help has already been sought for intra-family problems?/Spain

Respondents were asked to indicate what help they had already sought for problems within the family. Most of the respondents (30 times) stated that they seek advice from friends and colleagues about their problems, among other things. 38 times it was stated that no help had ever been sought in this

regard. Family therapy and educational counseling were consulted by 9 respondents each. Counseling in church institutions was sought by 2 of the respondents, medical help as well as debt counseling by 6 of the respondents each, and life counseling by 7 of the respondents. Only 11 of the respondents reported having attended a parenting education program. And even only once, it was reported that a self-help group was used in this regard. (Table 101)

15. WOULD YOU LIKE TO GET HELP? IF SO, WHY HAVE YOU NEVER DONE SO? (Question support: Choose one or more answers)

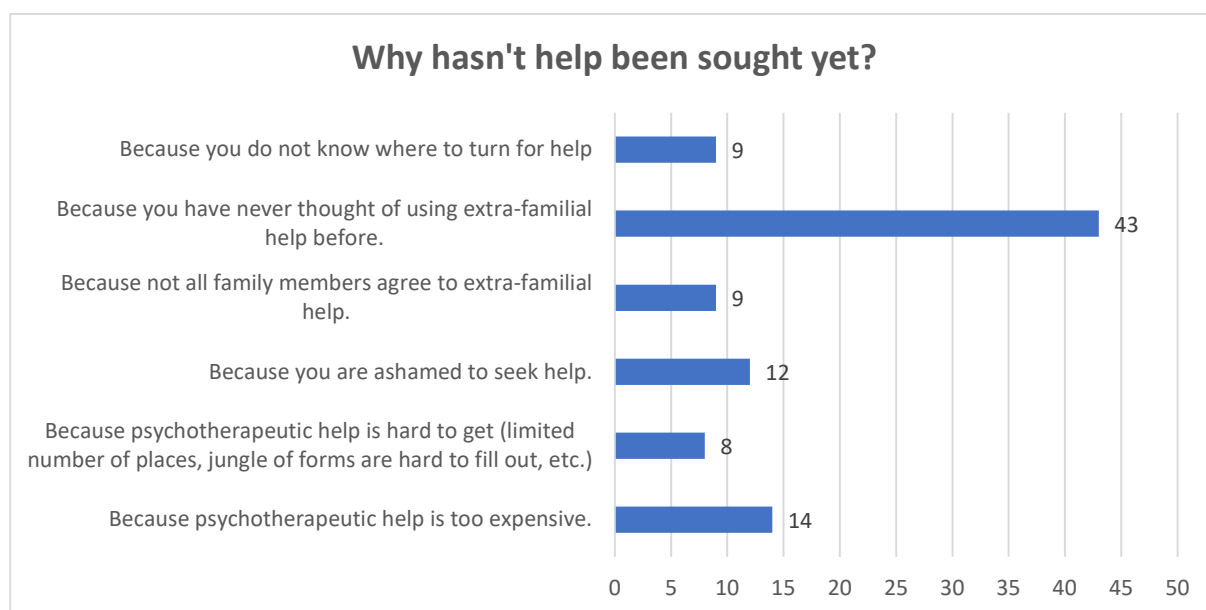


Table 102 Why hasn't help been sought yet?/Spain

When asked why they had not yet sought help, the majority of respondents (mentioned 43 times) said that they had not yet thought about seeking extra-familial help and 9 of the respondents feared that not all family members would agree to extra-familial help. As many as 14 times psychotherapeutic help was stated to be too expensive. Some respondents (mentioned 9 times) do not know where to turn and 12 respondents affirmed to feel ashamed when seeking extra-familial help. 8 of the respondents affirmed that psychotherapeutic help is difficult to get because there is a limited number of places and bureaucracy is an obstacle. (Table 102)

16. TO WHAT EXTENT HAS THE CORONA EPIDEMIC ADDED TO THE STRESS ON THE FAMILY SITUATION? (Question support: Choose one or more answers)

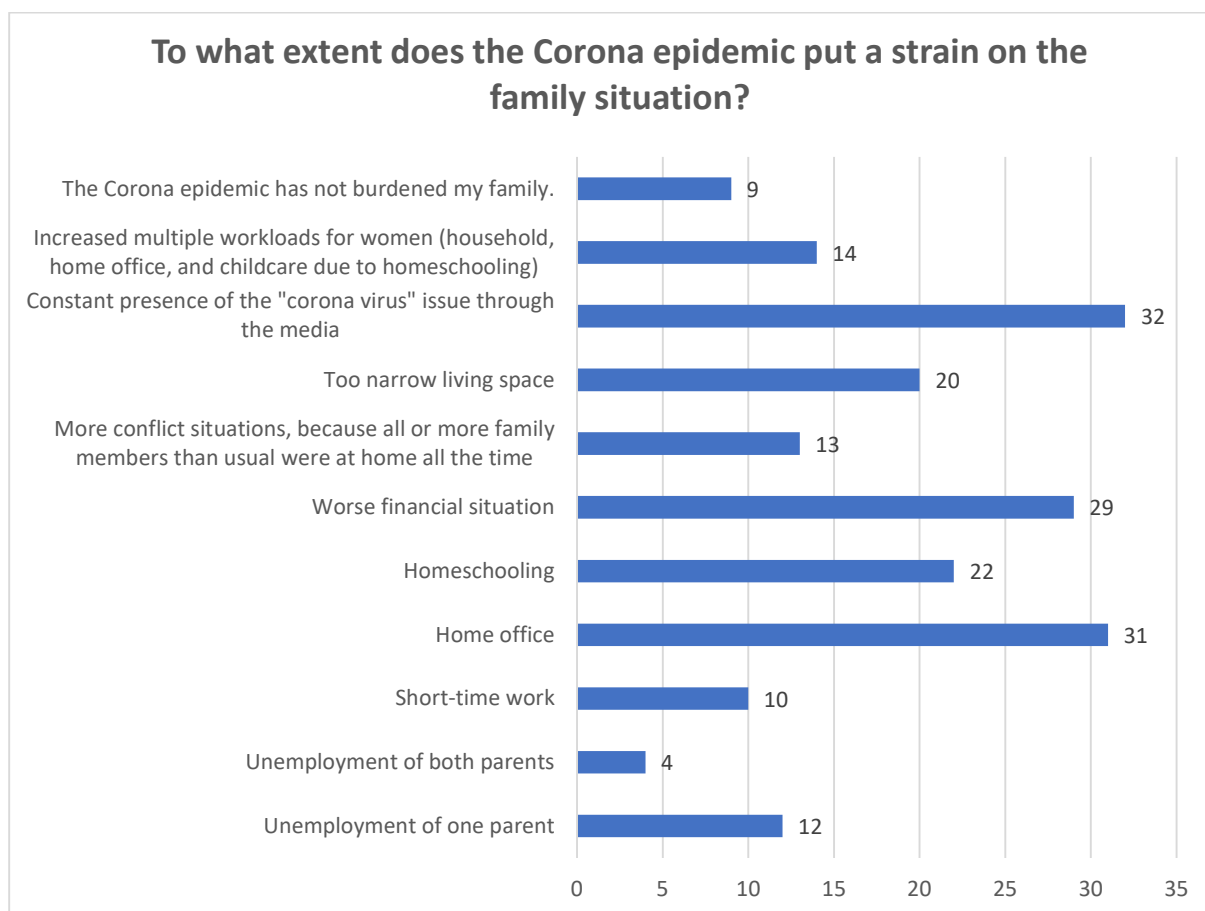


Table 103 To what extent does the Corona epidemic put a strain on the family situation?/Spain

In response to the question about the extent to which the Corona epidemic puts a strain on the family situation, the main factors selected were the presence of the "Corona virus" issue through the media (mentioned 32 times), home office (mentioned 31 times), homeschooling (mentioned 22 times), and the increased multiple burdens on women (due to household management, home office, and childcare responsibilities) (mentioned 14 times). Another burden for 20 of the respondents is housing that is too cramped. For 13 of the respondents, there are more conflict situations because all or more family members than usual are constantly at home. Short-time work was cited 10 times as a stress factor for the family situation due to the Corona epidemic, and 29 times the poorer financial situation, which partly results from it. 12 of the respondents stated that one parent is unemployed and 4 of the respondents that both parents have lost their jobs.

For 9 respondents, the Corona epidemic does not represent a burden on the family. (Table 103)

17. TO WHAT EXTENT HAS THE CORONA EPIDEMIC HAD A POSITIVE EFFECT ON THE FAMILY SITUATION? (Question support: Choose one or more answers)

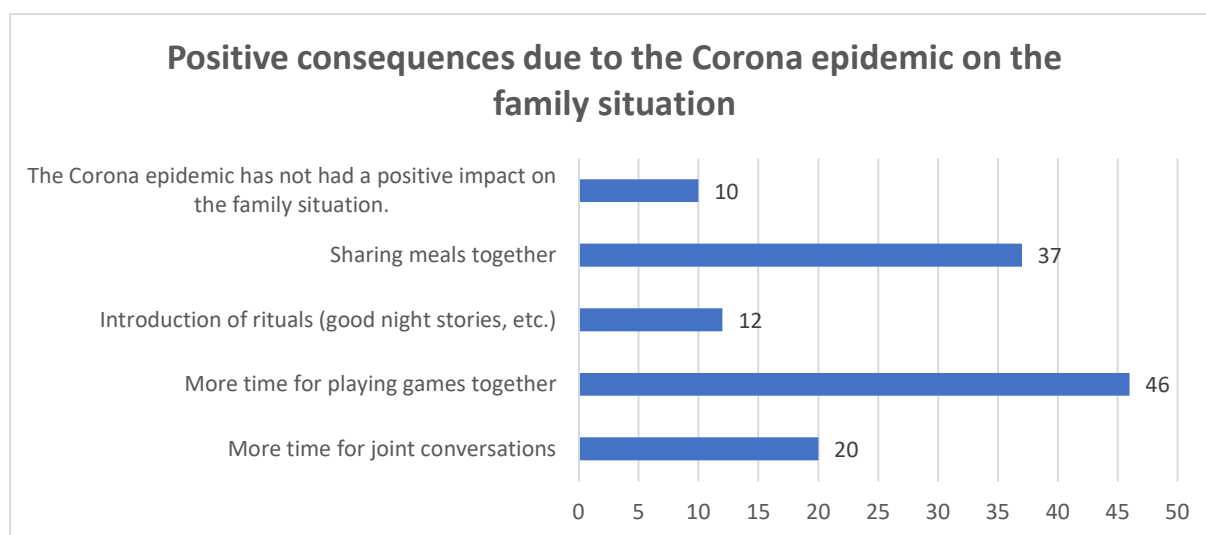


Table 104 Positive consequences due to the Corona epidemic on the family situation/Spain

When asked to what extent the Corona epidemic has also had a positive impact on the family situation, respondents mentioned that they now have more time to play games together (mentioned 46 times), eat meals (mentioned 37 times), and talk (mentioned 20 times), followed by the introduction of rituals, such as reading a good night story aloud (12 times).

10 of the respondents indicated that the Corona epidemic had not positively affected the family situation in any way. (Table 104)

GENERAL QUESTIONS

18. HOW MANY CHILDREN LIVE IN THE COMMON HOUSEHOLD? (Question support: Choose one answer)

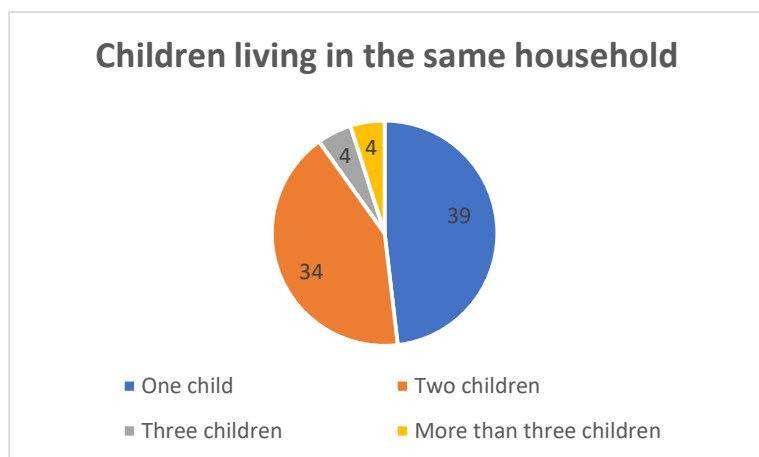


Table 105 Children living in the same household/Spain

Respondents included 39 households with one child each, 34 households with two children each, and 4 households each with three and more than three children. (Table 105)

19. HOW OLD ARE THE CHILDREN? (Question support: Choose one or more answers)

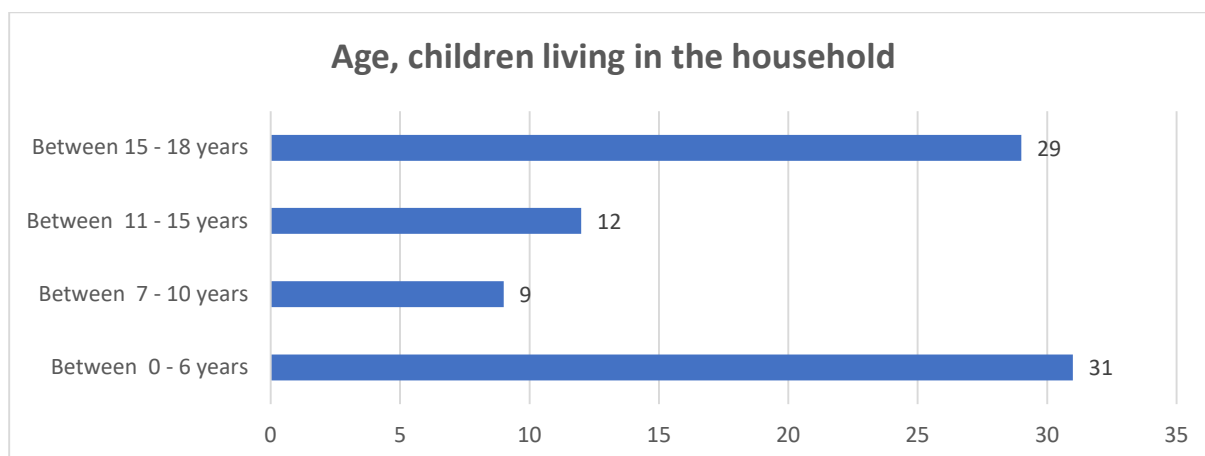


Table 106 Age, children living in the household/Spain

Overall, the age of children living in the household was fairly balanced between the dominant age groups of 15 - 18 years and 0 - 6 years, and between the more underrepresented age groups of 11 - 14 and 7 - 10 years. 29 times it was indicated that the children in the joint household were between 15 - 18 years old, 12 times that the children in the joint household were between 11 - 14 years old, 9 times that the children in the joint household were between 7 - 10 years old, and 31 times that the children in the joint household were between 0 - 6 years old. (Table 106)

20. ARE YOU A SINGLE PARENT? (Question support: Choose one answer)

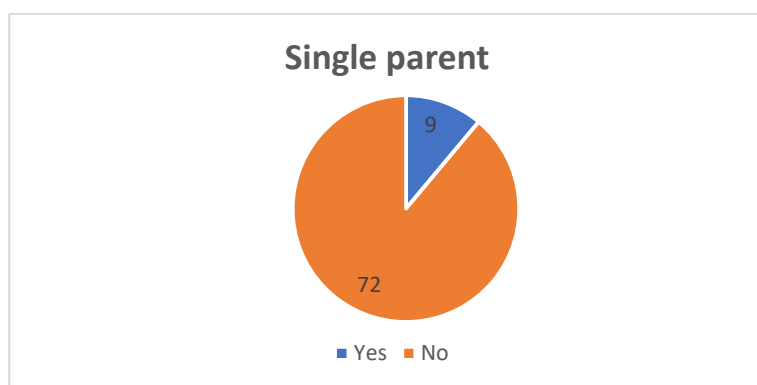


Table 107 Single parent/Spain

When asked if the respondents were single parents, 9 of the respondents answered in the affirmative and the rest (72) indicated that they were not single parents. (Table 107)

21. ARE THEY CO-PARENTING? (Question support: Choose one answer)

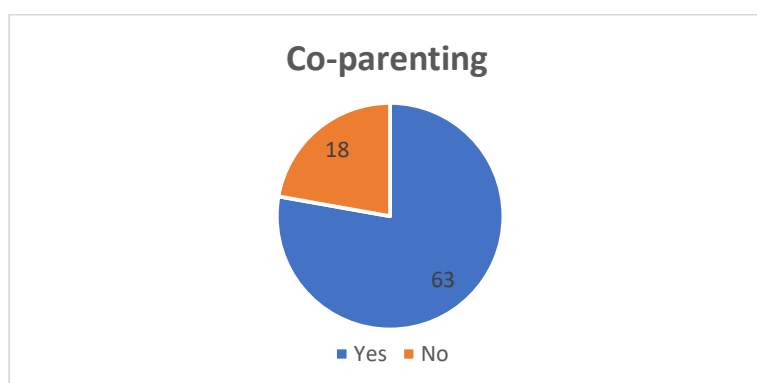


Table 108 Co-parenting/Spain

When asked if the respondents were co-parenting, 18 of the respondents answered in the affirmative and the rest (63) indicated that they were not co-parenting. (Table 108)

22. ARE YOU PART OF A PATCHWORK FAMILY? (Question support: Choose an answer)

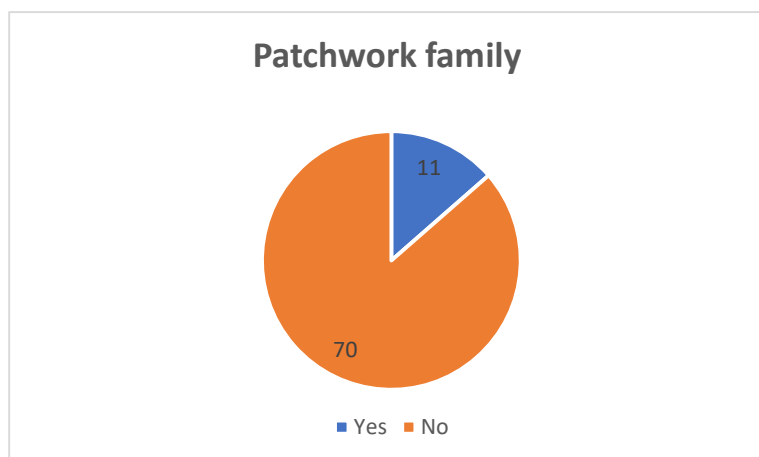


Table 109 Patchwork family/Spain

11 out of 81 respondents live in a patchwork family. (Table 109)

23. HOW DO YOU FEEL ABOUT YOUR CURRENT WEALTH/INCOME? (Question support: Choose one answer)

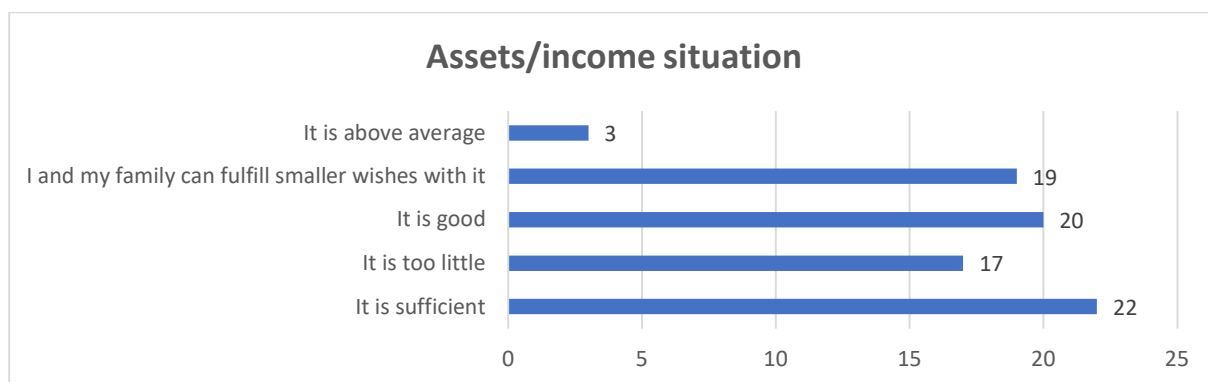


Table 110 Assets/income situation/Spain

When asked how you feel about your current assets/income, 22 of the respondents answered that it is sufficient, 20 of the respondents that it is good and 19 of the respondents that they can fulfill smaller

wishes for themselves and the family with it. 3 of the respondents stated that your wealth/income is above average and for 17 of the respondents it is too little. (Table 110)

24. WOULD YOU LIKE TO TELL US SOMETHING THAT MAY NOT HAVE BEEN ASKED BUT THAT YOU THINK MIGHT BE IMPORTANT?

No mentions



4 ANNEX I

English version of the survey

EUROPARENTS 2020

This survey is part of the Europarents 2020 project, funded by the European Commission through the Erasmus+ project.

The family is the smallest system in European society, the starting point for democracy building and social change, and therefore deserves special support. We know from our previous project that families across Europe come into conflict on similar issues, that almost all of them are "stuck" in the same places. In "Europarents 2020" we want to build on these results: A survey should help us to orient our further approach exactly to the needs of the parents. Based on this, we want to develop a game that facilitates, stimulates and low-thresholds communication about difficult topics in the family.

The answers you give are anonymous. The survey and its results may be used and published within the framework of the Europarents 2020 project.

You can request the game developed from it at the end of the project at info@pb-akademie.at.

We would like to thank you in advance for the time you spent answering the survey.

1. WHICH OF THE FOLLOWING TOPICS HAVE ALREADY LED TO CONFLICTS IN YOUR FAMILY? (multiple mentions are possible)

- ☐ a) Reconciliation of work and family
- ☐ b) Education
- ☐ c) Media consumption
- ☐ d) Equality of men and women in the family
- ☐ e) Dealing with money
- ☐ f) Different styles of communication and dispute culture

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☐ g) Other conflict topics:

2. HOW OFTEN DOES THE ISSUE OF RECONCILING WORK AND FAMILY LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS?

- ☐ a) Daily
- ☐ b) Once a week
- ☐ c) Once a month
- ☐ d) Rarely
- ☐ e) Never

3. HOW OFTEN DOES THE TOPIC OF EDUCATION LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS?

- ☐ a) Daily
- ☐ b) Once a week
- ☐ c) Once a month
- ☐ d) Rarely
- ☐ e) Never

4. HOW OFTEN DOES THE TOPIC OF MEDIA CONSUMPTION LEAD TO CONFLICTS OR TENSIONS WITHIN THE FAMILY?

- ☐ a) Daily
- ☐ b) Once a week
- ☐ c) Once a month



- ☐ d) Rarely
- ☐ e) Never

5. HOW OFTEN DOES THE ISSUE OF GENDER EQUALITY IN THE FAMILY LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS?

- ☐ a) Daily
- ☐ b) Once a week
- ☐ c) Once a month
- ☐ d) Rarely
- ☐ e) Never

6. HOW OFTEN DOES THE ISSUE OF MONEY MANAGEMENT LEAD TO INTRA-FAMILY CONFLICTS OR TENSIONS?

- ☐ a) Daily
- ☐ b) Once a week
- ☐ c) Once a month
- ☐ d) Rarely
- ☐ e) Never

7. HOW OFTEN DOES THE ISSUE OF DIFFERENT STYLES OF COMMUNICATION AND ARGUMENT CULTURE LEAD TO INTRA-FAMILY CONFLICT OR TENSION?

- ☐ a) Daily
- ☐ b) Once a week



- ☐ c) Once a month
- ☐ d) Rarely
- ☐ e) Never

8. HOW OFTEN DOES THE ISSUE OF DIFFERENT COMMUNICATION STYLES AND ARGUMENT CULTURE LEAD TO INTRA-FAMILY CONFLICT OR TENSION?

	Applies 100%	Rather often true	Rather does not apply	Does not apply at all
a) We argue heatedly and loudly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) We argue soberly and objectively	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) We argue with hours of radio silence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) It comes to verbal insults	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) There is physical violence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) We argue differently	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) We do not argue at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. HAT COULD HELP TO DEAL WITH CONFLICTS IN THE FAMILY IN A MORE CONSTRUCTIVE WAY?

	Applies 100%	Rather often true	Rather does not apply	Does not apply at all
a) More humor/lightness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) A different perspective/viewpoint/understanding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) Professional counseling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



- d) Consciously taking time for each other (games, reading aloud, sports...) ☐ ☐ ☐ ☐

10. ARE THERE OTHER WAYS FOR YOU TO DEAL WITH CONFLICTS IN THE FAMILY IN A MORE CONSTRUCTIVE WAY?

11. INWIEFERN BELASTEN DIESE KONFLIKTE DIE ELTERNTEILE?

	Applies 100%	Rather often true	Rather does not apply	Does not apply at all
a) Increased stress level	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Psychological effects (depressive symptoms, dejection, frustration, sleep disorders, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) Psychosomatic effects (high blood pressure, headaches, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) Effects on the partnership	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) Effects on the children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) Effects on work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. HOW DO THESE CONFLICTS AFFECT THE CHILDREN?

	Applies 100%	Rather often true	Rather does not apply	Does not apply at all
a) Increased stress level	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



- b) Psychological effects (depressive symptoms, low mood, frustration, sleep disorders, eating disorders, etc.) ☐ ☐ ☐ ☐
- c) Health effects (abdominal pain, headaches, etc.) ☐ ☐ ☐ ☐
- d) Effects on school /worse performance at school ☐ ☐ ☐ ☐
- e) Personal withdrawal ☐ ☐ ☐ ☐
- f) Withdrawal from the circle of friends ☐ ☐ ☐ ☐
- g) Change of habits ☐ ☐ ☐ ☐

13. WHAT SOCIAL IMPACT DO THESE PROBLEMS HAVE ON THE FAMILY AS A WHOLE?

- | | Applies
100% | Rather
often
true | Rather
does not
apply | Does not
apply at
all |
|---------------------------------------|-----------------------|-------------------------|-----------------------------|-----------------------------|
| a) Less contact with other families | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b) Less social contact in general | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c) Withdrawal to the nuclear family | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d) Problems are not addressed | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e) They feel excluded from society | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f) They feel disadvantaged by society | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

14. HAVE YOU EVER SOUGHT HELP IN THIS REGARD? (multiple mentions are possible)

- ☐ a) Family therapy
- ☐ b) Friends/colleagues



- ☐ c) Church institutions
- ☐ d) Medical help
- ☐ e) Educational counseling
- ☐ f) Life counseling
- ☐ g) Self-help group
- ☐ h) Parent education
- ☐ i) Debtor counseling
- ☐ j) I have not yet sought help in this regard

15. WOULD YOU LIKE TO RECEIVE HELP? IF YES, WHY HAVE YOU NEVER DONE SO? (multiple mentions are possible)

- ☐ a) Because psychotherapeutic help is too expensive.
- ☐ b) Because psychotherapeutic help is hard to get (limited number of places, jungle of forms are hard to fill out, etc.)
- ☐ c) Because you are ashamed to seek help.
- ☐ d) Because not all family members agree to extra-familial help.
- ☐ e) Because you have never thought of using extra-familial help before.
- ☐ f) Because you do not know where to turn for help

16. TO WHAT EXTENT HAS THE CORONA EPIDEMIC PUT MORE STRAIN ON THE FAMILY SITUATION? (multiple mentions are possible)



- ☐ a) Unemployment of one parent
- ☐ b) Unemployment of both parents
- ☐ c) Short-time work
- ☐ d) Home office
- ☐ e) Homeschooling
- ☐ f) Worse financial situation
- ☐ g) Too narrow living space
- ☐ h) More conflict situations, because all or more family members than usual were at home all the time
- ☐ i) Constant presence of the "corona virus" issue through the media
- ☐ j) Increased multiple workloads for women (household, home office, and childcare due to homeschooling)
- ☐ k) The Corona epidemic has not burdened my family.

17. TO WHAT EXTENT HAS THE CORONA EPIDEMIC HAD A POSITIVE IMPACT ON THE FAMILY SITUATION? (multiple mentions are possible)

- ☐ a) More time for joint conversations
- ☐ b) More time for playing games together
- ☐ c) Introduction of rituals (good night stories, etc.)
- ☐ d) Sharing meals together
- ☐ e) The Corona epidemic has not had a positive impact on the family situation.



General questions

18. HOW MANY CHILDREN LIVE IN THE COMMON HOUSEHOLD?

- ☐ a) 1
- ☐ b) 2
- ☐ c) 3
- ☐ d) More than three children

19. ARE YOU A SINGLE PARENT?

- ☐ a) Between 0 - 6 years
- ☐ b) Between 7 - 10 years
- ☐ c) Between 11 - 14 years
- ☐ d) Between 15 - 18 years

20. ARE YOU A SINGLE PARENT?

- ☐ a) Yes
- ☐ b) No

21. ARE YOU A JOINT PARENT?

- ☐ a) Yes
- ☐ b) NO

22. ARE YOU PART OF A PATCHWORK FAMILY?

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- ☐ a) Yes
- ☐ b) No

23. HOW DO YOU FEEL ABOUT YOUR CURRENT ASSETS/INCOME?

- ☐ a) It is sufficient
- ☐ b) It is too little
- ☐ c) It is good
- ☐ d) I and my family can fulfill smaller wishes with it
- ☐ e) It is above average

24. WOULD YOU LIKE TO TELL US SOMETHING THAT MAY NOT HAVE BEEN ASKED BUT THAT YOU THINK MIGHT BE IMPORTANT?

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