



Interior Design's Social Contribution to Intentional Communal Living Arrangements: Perceptions of Residents

By

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ABSTRACT

The intended research study 'Interior Design's Social Contribution to Intentional Communal Living Arrangements: Perceptions of Residents' is an exploratory study that aims to understand the benefits that living in an Intentional Communal Living Arrangement can have on the single residents living in them. The study explores how these spaces designed for social interaction can have a positive impact on single residents' social well-being, mental health, and physical health.

Through the use of in-depth interviews, the researcher gains a deep understanding of how single residents living in Intentional Communal Living Arrangements use the spaces designed for social interaction, how they feel about these certain spaces, and how they feel that these spaces have had an impact on both their physical and mental health.

The results of this study have the potential to increase our understanding of the impact that social interaction and the spaces designed for social interaction has on single residents living in Intentional Communal Living Arrangements.

Key Words: Interior Design; Intentional Communal Living Arrangements (ICLA's); single residents; social interaction; social well-being; mental health; physical health

DECLARATION

I hereby declare that the research report submitted for the BA Interior Design Honours degree to The Independent Institute of Education (The IIE) is my own work and has not previously been submitted to another University or Higher Education Institution for a postgraduate qualification.

Signature:  Date: 18 November 2022

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CHAPTER ONE: INTRODUCTION

1.1 Introduction

In this chapter the researcher will clearly explain the intended research study's background and discuss the significance of the interior design of shared spaces. The researcher will explain the relevance, research problem, and purpose of the intended research study, 'Interior Design's Social Contribution to Intentional Communal Living Arrangements: Perceptions of Residents,' to help the reader understand the study. To aid in the development of the research, the significant research questions and research objectives have also been listed.

1.2 Contextualisation

The intended research study, 'Interior Design's Social Contribution to Intentional Communal Living Arrangements: Perceptions of Residents', aims to provide insight into how beneficial Intentional Communal Living Arrangements (ICLA's) are to the social experience, as well as to the physical and mental health, of people living on their own. The social interactions that one experiences on a daily basis plays a role in one's level of social competency (Brody, 2017). When living with others these social interactions are more frequent compared to that of individuals living alone where social isolation is more common. The amount of daily social experiences one has impacts one's physical and mental health. This can be linked to the perceived social value that ICLA's have on single residents along with the importance of these shared living spaces.

1.3 Rationale

I have lived at home with my family my whole life. Now, at the age of twenty-three, I am living alone in a new place where I know very few people. As a person living on their own, I am curious about the social value of communal spaces. Communal living practices have always been of interest to me as I feel it is a more quirky and socially valuable way to live. Intentional Communal Living Arrangements (ICLA's) are of interest to me in terms of interior design and functionality, coming from an interior design discipline. The benefits of living in ICLA's are also what interest me:

the mental health benefits, physical health benefits, as well as the benefits of the social experiences that are possible due to the communally shared spaces.

Little research has been conducted on ICLA's, specifically in a South African context. This intended research study aims to provide insight into how ICLA's are beneficial to the social experience, as well as to the mental and physical health, of people living on their own. This is a qualitative intended research study that aims to contribute to the existing body of knowledge and, therefore, could be beneficial to researchers and individuals into understanding the social benefits of living in an ICLA.

Along with academic value, this intended research study also aims to provide practical value. This intended research study aims to help individuals understand what ICLA's are, as well as to provide architects and interior designers, of accommodation properties, with the understanding behind the benefits of designing for the social experience of residents.

1.4 Problem Statement

The lack of communal spaces, in a residential setting for people living on their own in South Africa, influences their social well-being. Individuals living on their own, in non-communal living spaces, tend to experience more social isolation and less social interaction than those individuals living on their own in a communal living space. Minimal social interaction has a negative effect on one's physical health, mental health, and social competency (Brody, 2017). Little research has been conducted on the social well-being benefits stimulated by Intentional Communal Living Arrangements (ICLA's) in South Africa. Social interaction and social experiences are important in a residential setting as it positively impacts one's mental health, physical health, social competency, and daily-life experiences (Nguyen, van den Berg, Kemperman & Mohammadi, 2020).

1.5 Purpose Statement

The purpose of this intended research study is to gain an in-depth understanding of the perceived social value of Intentional Communal Living Arrangements (ICLA's) in South Africa. An in-depth understanding of this perceived social value

will provide insight into the mental and physical health benefits, as well as the social benefits, of living alone in an ICLA. The research behind this understanding is to be conducted through in-depth interviews with single residents living in ICLA's, as well as through case studies and precedent studies. Little research has been conducted on the social well-being benefits stimulated by ICLA's in South Africa and this is a driving factor for the intended research study.

1.6 Research Question

The following research questions address both the interior design elements of ICLA's as well as the perceived social benefits that come from these spaces.

Main Question: Do shared spaces in ICLA's create a sense of community for single residents?

The following sub-questions were derived from the main research question and in accordance with the research objectives:

- Sub-question 1: Are social interactions more easily formed in ICLA's?
- Sub-Question 2: Which shared areas, and the interior design elements in these areas, make social interactions easier?

1.7 Objectives

The research objectives stated below are in line with the intended research study:

- Objective 1: To analyse shared spaces in ICLA's and whether they have a positive impact on residents' social experience.
- Objective 2: To discover whether living in an ICLA beneficially contributes to residents' relationships and social interactions.
- Objective 3: To determine whether interior design elements in shared spaces have a beneficial effect on residents' social interactions.

1.8 Chapter One Summary

In summary, the researcher wants to explore the benefits of shared spaces in Intentional Communal Living Arrangements (ICLA's) on single residents' social

well-being, their mental health as well as their physical health. Single residents living in ICLA's can experience higher levels of loneliness and unsatisfactory experiences if the shared spaces are designed poorly. Little research has been conducted on the social well-being benefits stimulated by ICLA's in South Africa and this is a driving factor for the intended research study. The following chapter focusses on the theoretical foundation and the review of literature.

CHAPTER TWO: LITERATURE REVIEW

2.1 Introduction

In this intended research study, the aim is to explore and describe the perceived social value of interior designs contribution to Intentional Communal Living Arrangements (ICLA's) on single residents, through a methodological position of interpretivism. This intended research study aims to review and analyse the published literature on the South African context of ICLA's and housing availability Arrangements are, and Physical and Mental Health Benefits of ICLA's.

This chapter of the intended research study provides the reader with a comprehensive understanding of the lack of research into the effects of living alone in an ICLA on single residents, as well as the relationship between shared spaces and the user's experiences of both their physical and mental health. The experience that a single resident has in an ICLA is largely dependent on the interior design of the shared spaces in their ICLA. The purpose of this intended research study's findings is to increase our understanding of how interior design influences the experience of a single resident in an ICLA. Sequentially, this can assist both architects and interior designers in considering how to design shared spaces and communal areas of an ICLA or accommodation building that will result in a more positive experience for single residents.

2.2 Conceptualisation

Co-housing/Co-living

Definition: "an accommodation model that combines privacy with a full, enhanced social experience," (Hossam, 2021).

Operationalisation: To assist in categorising the case studies and precedent studies.

Shared housing

Definition: A regular home or flat shared by a group of people that was not intentionally built for the purpose of co-living (Hossam, 2021).

Operationalisation: To assist in categorising the case studies and precedent studies.

Communal/shared spaces (also collision spaces)

Definition: Spaces such as kitchens, lounges, dining areas, relaxation areas, workspaces, exercise areas, and outdoor communal spaces that residents share (Kluger, 2017).

Operationalisation: To give participants a better understanding in the interviews so that they are able to differentiate between the different areas in their ICLA building.

Low-cost housing

Definition: Adequate housing that is affordable to the low-income bracket of the population (Maratulle, 2021).

Operationalisation: To better understand what this term means throughout the review of previous literature.

Intentional Communal Living Arrangements (ICLA's)

Definition: Group dwellings typically characterised by five or more unrelated individuals who live together with their own private rooms, but with shared communal areas and who intentionally combine their efforts in a self-governed manner (Hilder, Charles-Edwards, Sigler & Metcalf, 2018: 1).

Operationalisation: To assist in categorising the case studies and precedent studies. To better understand what this term means throughout the intended research study. To give participants a better understanding in the interviews so that they are able to fully understand the intended research study topic.

Single residents

Definition: People living on their own in a residential setting without fixed housemates or living mates.

Operationalisation: To assist in the screening questions so that only relevant residents partake in the intended research study.

Social isolation

Definition: The lack of social contact with others that can lead to loneliness. It is a state of being cut off from normal social networks, or self-isolation which is the cutting off of social interactions for oneself by oneself. (No Isolation, 2021).

Operationalisation: To give participants a better understanding in the interviews so that they are able to explain their feelings when in relation to this term.

Social well-being

Definition: The developing, sharing, and sustaining of meaningful relationships (Sinclair, 2021).

Operationalisation: To give participants a better understanding in the interviews so that they are able to explain their feelings when in relation to this term.

2.3 Theoretical Foundation

This section of the intended research study provides an overview of the theoretical foundation upon which the study is based and structured. Two key theories have been identified and are being used in the theoretical foundation: Intentional Communities Theory and the Social Psychology Theory of Loneliness.

Intentional Communities Theory by Angela Sanguinetti (2012: 7) explains that considering human social behaviour should play a role in the approach of designing, as well as analysing, intentional communities. According to Sanguinetti (2012: 5-6), intentional communities, or IC's as they are referred to in this paper, can be defined as an intentional attempt to realise a common, different way of life and daily living that exists outside of mainstream society.

In relation to the intended research study's problem, the Intentional Communities Theory realises that IC's support both the behavioural features of healthy human development as well as sociality (Sanguinetti, 2012: 10). Intentional Communal Living Arrangements (ICLA's) are designed with these behavioural features in mind, and these are part of the purpose of ICLA's. According to Sanguinetti (2012: 11), residents of co-housing benefit from social support, a sense of belonging, and self-esteem which are made more achievable to residents of co-housing environments due to their design and purpose. "The frequency and diversity of

community activities in co-housing is positively related to the amount of social interaction,” (Sanguinetti, 2012: 11).

The Intentional Communities Theory supports the idea that ICLA’s result in better health along with a greater sense of community and sense of place (Sanguinetti, 2012: 8). Within co-housing the Social Contact Design strategy is used which features community gardens, open space, shared pathways, shared parking areas, communal cooking and dining areas, shared workspaces, and communal lounge and relaxation areas (Sanguinetti, 2012: 9). All of these mentioned design features are part of ICLA designs and these are what promote social interaction.

The Social Psychology Theory of Loneliness by Daniel Perlman and Letitia Anne Peplau (2009) explains that loneliness is a subjective circumstance. It can be understood from this paper that spending an extended amount, or a majority, of time alone affects one’s social relationships (Perlman & Peplau, 2009: 38). Social interactions have a direct impact on one’s level of loneliness and this can be dependent on the set of conditions one is in that can produce loneliness or one’s need and desire to have social interactions. “Loneliness results from deficiencies in the person’s social relations,” (Perlman & Peplau, 2009: 32).

In relation to the intended research study’s problem, the Social Psychology Theory of Loneliness realises the negative effect that loneliness can have on one’s mental and physical health as well as their social well-being. With the design of Intentional Communal Living Arrangements having communal spaces, it allows for social interaction to take place more frequently which results in a positive effect on one’s social well-being.

The Social Psychology Theory of Loneliness realises the need for intimacy and interaction along with the behavioural psychology behind this (Perlman & Peplau, 2009: 32). As it can be understood from this paper, as well as in a general sense, the feeling of loneliness is an unpleasant one and is indeed a widespread experience (Perlman & Peplau, 2009: 56). The design of Intentional Communal Living Arrangements, in some ways, forces social interactions to take place but also provides more opportunities for social interactions, which results in residents having fewer feelings and experiences of loneliness and social isolation.

The Intentional Communities Theory and the Social Psychology Theory of Loneliness create a theoretical foundation that allows for a greater understanding of Intentional Communal Living Arrangements, their benefits to individuals and communities as a whole, the reasoning for the design behind them, as well as the social well-being benefits and physical and mental health benefits they encourage.

2.4 Review of Literature

This section of the intended research study provides an overview of the literature upon which the study, and data collection to follow, is based. Three main themes have been identified and are being used in the literature review: South African Context, Intentional Communal Living Arrangements (ICLA's) and the Physical and Mental health benefits of ICLA's.

2.4.1. Research Problem

The aim of this intended research study is to explore and understand the perceived social value of interior design in Intentional Communal Living Arrangements on single residents in South Africa, through the use of a phenomenological qualitative approach. The research problem outlines that the lack of communal spaces, in a residential setting for people living on their own in South Africa, influences their social well-being. Individuals living on their own, in non-communal living spaces, tend to experience more social isolation and less social interaction than those individuals living on their own in a communal living space. The current literature that has been analysed below shows that minimal social interaction does have a negative impact on one's social well-being and that the South African housing audience is looking for more communal accommodation options.

2.4.2. Purpose of Research

The purpose of this intended research study is to gain an in-depth understanding of the perceived social value of Intentional Communal Living Arrangements (ICLA's) in South Africa. An in-depth understanding of this perceived social value will provide insight into the mental and physical health benefits, as well as the social benefits, of living alone in an ICLA. This intended research study has the

potential to allow for a deeper understanding of the impact that interior design has on single residents living in ICLA's. There is limited research of the impact that interior design in an ICLA can have on an individual, thus, giving this intended research study the opportunity to allow for a more in-depth understanding as well as contribute to the existing research.

2.4.3. Key Theories

The key theories spoken about in the Theoretical Foundation play a crucial role in the research development and understanding. The key theories that have been identified in this intended research study are: Intentional Communities Theory and the Social Psychology Theory of Loneliness. These key theories gave the researcher a better understanding of where to place focus in the literature review process and what may potentially be key ideas and concepts to research further.

2.4.4. Research Findings and Literature

The research articles and papers that are explored in the review of literature below have proven to be significantly beneficial to the intended research study as well as the researcher as these research articles and papers provided the researcher with a better understanding of the South African context, Intentional Communal Living Arrangements as well as both the physical and mental health benefits of ICLA's for single residents. This allowed the researcher to gain a more in-depth understanding of the intended research study topic and its significance.

Below is the review of current literature regarding the South African context, Intentional Communal Living Arrangements (ICLA's) as well as the Physical and Mental Health Benefits of ICLA's.

2.4.5. South African Context

The intended research study addresses the current South African context with regards to the housing availability, as well as the housing in relation to the audience of the study.

According to Maratulle (2021: 1), housing inadequacy in South Africa (SA) can be the cause of health challenges, violence, informal settlements and more. All South Africans have the right to adequate housing. Inadequate housing puts added pressure onto the already battling education and health systems. Maratulle (2021: 14) explains that adequate housing is a fundamental component of productive, healthy, and meaningful lives and that it is a key factor for one's health and well-being.

In a South African context, the affordability of homes plays a major role in the housing market. SA is currently in a housing crisis (Ntombela & Jili, 2020). According to Ntombela and Jili (2020: 84), the different types of low-cost housing possible in SA need to consider locations, access to basic services and the various types of housing required such as single resident housing and family housing. Therefore, for the enhancement of the quality of the standard of living, social needs are essential in the evaluation as the opportunities to be social are crucial to low-cost housing designs. This directly links back to the intended research study's problem which outlines the lack of communal living spaces in current living arrangements in SA.

The intended research study focusses on participants that are between the ages of 18-35 years old. This age range is majority millennials (24-39 years-old) which in 2020 were equal to 30% of the total population in SA (BusinessTech, 2020). According to BusinessTech (2020), millennials are looking for flexibility along with accessibility, affordability, and aesthetics. In general, millennial buyers, especially single residents, are looking at smaller spaces of about 20m² to rent, but where there are shared communal living spaces in the building for all tenants to use (BusinessTech, 2020).

According to Schehr (1997: 9-14), Intentional Communities (IC's) embody the social movement potential, and that sociologist should recognise it as such. IC's attempt to imitate normal life activities in order to redefine, for themselves, a shared social space that allows for a re-expression of community self-sufficiency and individual self-identity (Schehr, 1997: 7-8). As expressed by Schehr (1997: 11), IC's allow for self-improvement, success, community activism, and fulfilling

social relationships as well as one's ability to create for themselves a meaningful, healthy, and satisfying life.

According to Jarvis (2017: 3), co-housing, or ICLA's, is an example of socio-spatial sharing. Co-housing communities can be defined as the clustering of homes, which can be owned, rented or room-rented, that all share communal outdoor spaces and common indoor areas such as communal kitchens and lounge spaces (Jarvis, 2017: 3). Jarvis (2017: 17-19) explains that co-housing creates a proximity that promotes interaction and promotes the formation of meaningful interactions, sharing, and multiplicity. These specific shared spaces of co-housing, as described by Jarvis (2017), relates back to the intended research study with regards to the lack of communal spaces in living arrangements and shows the importance of these shared social spaces.

Corfe (2019: 4) suggests that co-living is a potential solution to the global housing crisis and housing unaffordability, specifically amongst the younger generations. Co-living allows for residents to pay much lower rates compared to homeowners, allows residents to build up financial savings through household shared items, and reduces their levels of loneliness which is more typical of younger generations. Co-living assists people in making new connections and improves mental and physical well-being (Corfe, 2019: 5-6, 22). With the intended research study having participants between the ages of 18-35 years-old, this article by Corfe (2019) outlines and supports the importance of shared spaces on the younger generations' health as well as their level of affordability for housing.

2.4.6. Intentional Communal Living Arrangements (ICLA's)

The intended research study addresses the current literature about ICLA's, and similar housing models in relation to the audience of the study, and also looks at the history of ICLA's.

According to Tina (2022), the first intentional community emerged in southern Italy in 6th century BCE, named Homakoeion, and was founded by Pythagoras. Following this in the 4th century BE the first Christian living communities were

established and in 1774 the still existing Shakers communal groups were founded. As Tina (2022) outlines the dense and variable intentional communities throughout history, it can be seen that since the start of the 1900s intentional communities have been increasing in number and now include eco-villages, co-housing, and communes.

ICLA's are different from other types of communal housing in both a social and spatial sense (Hilder et al., 2018: 6). According to Hilder et al. (2018: 1), ICLA's in Australia can be defined as group living spaces where there are generally five, or more, unrelated individuals who, with intention, combine their efforts and share various aspects of living for a communal benefit to all. From the years 2001-2016 there was a 42.2% increase of people choosing to live communally, which was nearly 5 million people of the Australian population (Hilder et al., 2018: 1). This indicates that the appeal to live in intentional communities is growing in many other parts of the world. This can be a result of the fact that ICLA's have many positive features including improved affordability, increased individual happiness, better social cohesion, improved sustainability, and by facilitating people in such a way to be more socially connected to one another. This paper pointed out the difference between ICLA's and shared housing, however, both have the common feature of private dwellings and housing more than 2 people (Hilder et al., 2018: 6-10). While co-living is also defined differently to ICLA's and shared housing, all three aim to achieve the goal of social connection (Hossam, 2021).

In a study conducted by Fair, Burkett, Smith-Sherwood, Dennison, and Teng (2020: 1-4), Living Learning Community Certificate Programs (LLC-CPs) at a Pennsylvania university resulted in students feeling both a sense of purpose and a sense of belonging. By getting involved and engaged in extra-curricular and co-curricular community-building activities, students' social interaction levels increased, and these activities created a sense of community amongst them. These results relate back to the research problem of the intended research study to understand if social interaction results in a sense of community and improved social cohesion, something that can be seen in the results of Fair et al. (2020) paper.

The literature currently available also mentions on numerous occasions the effect of intentional communities and co-housing on the elderly. According to Glass and Lawlor (2020: 1-2), elderly people in the United States have limited housing choices as they age; they either continue to live independently or they move into designated elder housing or assisted living. The elderly tend to dislike change and prefer to continue living in the home they have had for most of their lives, however, aging in place can have its challenges in terms of structural stability of a home, location, living alone, emergency care facilities, and housing affordability. However, co-housing is an emerging option for the elderly as it facilitates aging with mutual support and still a healthy amount of interdependence (Glass & Lawlor, 2020: 1). This paper does, however, outline the negatives of co-housing for the elderly which include financing, accessibility, and conflict.

On another side of the world, in Stockholm, Sweden views communal living as highly individualised (Törnqvist, 2019: 900). According to Törnqvist (2019: 911), communal housing should be marked as an individualised form of collectivism. Communal living in Sweden is understood as the sharing of a house between people who are not related but want to live in an intimately organised way with both private spaces for the individual and communal spaces for social interaction (Törnqvist, 2019: 900). In this study, budget did not appear to be one of the deciding factors in communal living, which contrasts the other articles relating to ICLA's. Rather, the formation of companionship to lessen loneliness was the main factor Swedish residents considered in their decision to live communally.

2.4.7. Physical and Mental Health Benefits of ICLA's

The intended research study addresses the current literature regarding the physical and mental health benefits of ICLA's, the effects of social isolation, and the benefits of co-housing for the mentally ill.

According to Kluger (2017), intentional communities are about fostering companionship and have become popular as they lessen loneliness. A worrisome 40% of American adults suffer from loneliness which is dangerous to one's physical health as it can increase risk of diabetes, cancer, cardiovascular

disease and more. Kluger (2017) explains that humans have evolved to depend on social connections so much so that when we are feeling socially isolated, we can go into a state of physiologic stress. In a recent study conducted by Julianne Holt-Lunstad, loneliness and social isolation can be seen to lead to a 30% increase of mortality on average for American adults. This loneliness and social isolation can be combatted through forced interaction spaces. In co-housing arrangements there are a lot of these forced interaction spaces, or better referred to as collision spaces, which are something lonely individuals long for in their daily life (Kluger, 2017).

Loneliness can become a risk factor for antisocial behaviour, those suffering with depression, and suicide (Victoria State Government Department of Health, 2022). However, according to the Victoria State Government Department of Health (2022), social connections are proven to lower rates of depression and anxiety, and result in higher self-esteem, increased empathy, and a strengthened immune system. Social interaction and connection can in fact generate a positive feedback loop of emotional, physical, and social well-being.

According to Carrere, Reyes, Oliveras, Fernández, Peralta, Novoa, Pérez and Borrell (2020: 2), housing can be understood as a social determinant of health. This study shows there is a positive correlation between co-housing and: social support, sense of community, physical and economic security, quality of life, well-being, and physical and mental health. Social interactions can improve good health through a positive influence on people's everyday living habits (Brody, 2017). In contrast, according to Brody (2017), stress and inflammation are more common in people who are lacking social connection. Both of these sources show that living with others, or communal living, can improve one's social well-being and health, and can lessen the negative effects of loneliness.

The literature currently available refers to, on numerous occasions, the benefits of co-housing for mentally ill persons. According to Palacios-Ceña, Martín-Tejedor, Elías-Elispuru, Garate-Samaniego, Pérez-Corrales and García-García (2018: 2), co-housing promotes social integration for individuals suffering with schizophrenia. This article outlines how co-housing and the social experiences that come with it constitutes as a type of recovery-oriented practice that

promotes health in a therapeutic way, reduces discrimination, and helps individuals with schizophrenia in decision-making. In another article by Watson, Fossey and Harvey (2018: 546), supported housing allows for individuals dealing with mental illness to live in their preferred communities but to also recover. It is found in this article that supported housing, or shared housing, for mentally ill individuals provide privacy and stability, help in finding meaning in life, and facilitate reconnection to family, friends, and community (Watson et al., 2018: 546).

A study conducted by Grinde, Nes, MacDonald and Wilson (2017) addressed the validity of identity fusion, meaning of life, social support, religious activity, and community satisfaction and life change to determine the quality of life in intentional communities. The findings show that social support and meaning of life are the most important values that people look for in intentional communities. Communal spaces in ICLA's facilitate this social support structure. As described by Sinclair (2021), social connection is such a crucial and integrated part of the human experience. This is also linked to our brains limbic system which is responsible for our feelings of desire to be surrounded by others and feel connected to others (Sinclair, 2021). Cohut (2018) explains that person-to-person contact triggers parts of our brain and nervous system to release a combination of neurotransmitters that regulate natural responses to anxiety and stress. These medical facts show that social interaction is crucial to one's social well-being, and physical and mental health.

Lastly, a study by Hughes and Gove (1981), acts as an outlier. This study shows that social integration can have negative effects. Socially integrated relationships do provide direct social rewards, for example meaning in life, but also the factors of social integration such as social constraint, obligation, and responsibility can have negative effects on mental health. If the rewards and decrements are not balanced it can result in psychological distress (Hughes & Gove, 1981). However, this study is outdated and no current literature, from what was available to find, showed similar results.

2.5 Chapter Two Summary

In summary, this chapter outlines the key concepts of this intended research study which are crucial in helping the reader understand the literature review as well as the intended research study overall. This chapter demonstrates the review of current literature that forms the basis of understanding the depth of knowledge on the research topic and what can potentially be explored further. The research paradigm, which is an interpretivist paradigm, will allow for the data gathered to describe both human nature and the human experience of these single residents with open-ended questions allowing for in-depth answers.

CHAPTER THREE: RESEARCH DESIGN AND METHODOLOGY

3.1 Introduction

In this chapter the researcher will describe the chosen paradigm interpretivism and its significance, clearly explain the research design, outline both the population and sampling, as well as describe the data collection and the data analysis methods used in this intended research study. These topics will help the reader to understand the findings of the intended research study, 'Interior Design's Social Contribution to Intentional Communal Living Arrangements: Perceptions of Residents.' Both the data collection and the data analysis methods aid the development and the process of the research significantly.

3.2 Paradigm/Tradition

The interpretivist paradigm is one of subjectivity. According to Creswell, Ebersöh, Eloff, Ferreira, Ivankova, Jansen, Niewenhuis, Pietersen and Plano Clark (2019: 67), interpretivists are of the opinion that reality is socially constructed rather than objectively determined. This means that an individual's understanding of their reality is determined through the social constructs they experience. From this it can be concluded that through the interpretivist paradigm intersubjective meanings are critical to reaching understanding as well as meaning (Creswell et al., 2019: 23).

The chosen paradigm is interpretivism with an interpretivist epistemology, a constructivist ontology, and an axiological approach perceiving the value of the human experience. Creswell et al. (2019: 67) suggest that the ontological presumptions, within an overall interpretivist paradigm, are that social reality is represented by a multiplicity. Thus, with an emic approach, the reality of individuals is determined by their own experiences and can differ.

Interpretivism has been selected as the intended research study is aiming to understand and describe human nature and the human experience. This paradigm is relevant to the intended research study as the data collected is

through a subjective lens focussing on the human social experience and social well-being when living in Intentional Communal Living Arrangements.

In relation to the research problem, an interpretivist paradigm aligns well with the intended research study which allows for an in-depth understanding of the social well-being experienced by the participants in the study. Thus, the reality that each participant experiences allows for a subjective and varied understanding of their personal experiences in relation to social isolation, social interactions, along with their physical and mental health experiences, with living in an ICLA in comparison to living alone.

The research approach follows a qualitative methodology as it is subjective, which aligns with the interpretivist paradigm (Creswell et al., 2019: 23). A qualitative methodology can potentially allow for an in-depth subjective understanding of the participants' experiences with ICLA's and the realities they experience surrounding this. An interpretivist paradigm compliments this subjective lens and focusses the study into understanding the social constructs that a participant experiences in their reality on a daily basis.

3.3 Research Design

One of interpretivism's key beliefs is that people are distinct from objects. Humans are continually changing, and the environment in which they find themselves has a strong influence on them. Interpretivism is influenced by phenomenology, which holds that human behaviour has meaning, and that people attach meaning to both their own and other people's actions. The goal of interpretivist research is to gain an in-depth understanding of human behaviour (du Plooy Cilliers, Davis, & Bezuidenhout, 2014: 27-29). In the epistemological position of interpretivism, interpretivists challenge the concept of objective knowledge and objective truth. Facts, according to interpretivists, are changeable and are embedded within a meaning system. People may only ascribe appropriate meaning to an act if they consider the social environment in which it occurs, according to interpretivist epistemology (du Plooy Cilliers et al, 2014: 27-29). From the perspective of the ontological position of interpretivism, reality is a social construct, shaped by the meanings people assign to their own experiences and relationships with others.

According to interpretivism, the social world and reality is perceived differently by each person as it is fluid and delicate, and it shifts as people's perspectives shift. This suggests that people have an internalised perception of reality, and that reality is not experienced in the same way (du Plooy Cilliaris et al., 2014: 27-29). All of the above aligns with the intended research study as the study is aiming to understand the perceived social value that different individuals place on shared spaces within ICLA's and how these spaces make them feel.

The intended research study is a qualitative study as qualitative research aims to understand, explore, describe human behaviour and human feelings, and to be able to better understand relationships between people. Qualitative research also involves in-depth interviews with participants, participant observation, and textual analysis (du Plooy Cilliaris et al., 2014: 14-15). The intended research study aligns with these objectives of qualitative research as it is aiming to understand the perceived social value put onto shared and communal spaces in ICLA's by single residents. One of the aims is to understand how these spaces make them feel, effect their relationships, and whether or not they have a perceived beneficial effect on their social lives. According to du Plooy Cilliaris et al. (2014: 30), inductive reasoning is more likely to be used in relation to interpretivist research because interpretivists prefer to gather data, analyse it, and then build a theory based on what they've learned and gathered. An inductive research approach is applicable to the intended research study as it aims to gather information based on context, and then analyse this information to come to a better understanding of human behaviour in a specific context.

According to du Plooy Cilliaris et al. (2014: 80), exploratory research aims to obtain new insights, identify key concepts, and to prioritise social needs. Because the research design must be flexible in order to facilitate an understanding of an unknown topic of research, data reliability and validity are usually not requirements in exploratory studies. In exploratory investigations, qualitative approaches such as personal and focus group interviews, questionnaires, and case studies are commonly used (du Plooy Cilliaris et al., 2014: 75). The methods of exploratory research and the aims of exploratory research align with the intended research study research questions and objectives; to gain an in-depth understanding of a more unknown topic of research that is relevant to today's society. Due to the time

constraints of the intended research study, the research design follows a cross-sectional approach. According to du Plooy Cilliars et al. (2014: 149), a cross-sectional research design is used to get a broad picture of a phenomenon at a specific point in time, meaning that data will only be collected from participants once.

3.4 Population

The aim of this intended research study is to understand the social value of Intentional Communal Living Arrangements (ICLA's). The chosen unit of analysis is both people who have either lived or are currently living in ICLA's, or other shared accommodation, of the same quality and standard. The target population for this intended research study is single residents (people who live on their own) living in ICLA's or other shared accommodations in South Africa who are within the age range of 18-35 years old. Due to the intended research study being a short-term study the accessible population are residents living in Intentional Community accommodations in Pretoria or are residents living in other ICLA/shared accommodations in Pretoria. Out of the five participants, four of them all live in the same Intentional Communal Living Arrangement in Brooklyn, Pretoria. The other one participant lives in a shared accommodation arrangement. All of the participants of the intended research study share characteristics including, but not limited to, their age range, style of accommodation, living status, their social amenities available at their place of accommodation, as well as the types of daily interactions they would have whilst living in an ICLA.

The population that being used to conduct the intended research study are five single residents living in either an ICLA or other shared accommodation, who fall within the age range of 18-35 years old. These individuals were asked, with their consent, to answer a set of interview questions that the researcher set out that was voice recorded by the researcher. These participants responded to the interview questions based on their perceived social value that they place on interior design in ICLA's and shared spaces in South Africa.

3.5 Sampling

This intended research study utilised a non-probability sampling method, specifically a purposive sampling method as the study requires a specific group of individuals in order for the study to be conducted successfully. This method requires 4-5 single ICLA residents who specifically live in a specific (not to be named) intentional community in Brooklyn, Pretoria (participants 1-4), and who live in other Intentional Communal Living Arrangements/shared accommodations in Pretoria (participant 5). A non-probability sampling method has been chosen for the convenience of the intended research study and also because this intended research study is an exploratory study and aims to develop an understanding of human experience rather than to test a hypothesis (du Plooy Cilliers, Davis, & Bezuidenhout, 2014: 137). Furthermore, a purposive sampling method is being utilised as the target population has clear criteria in order to be included as participants of the study (McCombes, 2022).

Before the interviews are conducted a list of screening questions are to be sent out to potential participants/residents. This is done in order to ensure that only residents relevant to the study become participants. These screening questions are to be sent out via WhatsApp messages to potential participants. The screening questions are as follows:

1. Are you between the ages of 18-35 years old?
2. Do you live on your own with no partners or relatives?
3. Are you enrolled in any tertiary education degree where you go to an in-person campus?
4. Do you live in the same town, or nearby your family members?

The purpose of these screening questions is to assist the researcher in finding participants that are relevant to the study 'Interior Design's Social Contribution to Intentional Communal Living Arrangements: Perceptions of Residents.' The researcher wants the residents to be between the age range of 18-35 as this can include students, people who are new to the working world, and who more than likely have not started families of their own. The intention behind the second question of the sampling questions is to ensure that participants included are only

single residents as it is that group of people (single individuals) the study is aiming to understand. The third question is aiming to determine if the participant does have social interaction on a daily basis with friends outside of their living arrangement. And lastly, the fourth question is to give the researcher insight as to whether or not that participant has access to social interaction with relatives. Only the first and second question need to have 'yes' answers. The third and fourth question are preferably no, but if the participant answers yes to these questions, they can still be included as participants of the study.

3.6 Data Collection Method

This intended research study follows a cross-sectional approach that employs a monomethod approach to data collection through the use of in-depth interviews. The primary data collection tool is in-depth interviews with between 4-5 participants living in ICLA's or shared accommodations in the Pretoria vicinity. These interviews are conducted in a setting that each participant feels comfortable in as well as what is convenient for the participant. Interviews are being chosen as they allow the participants of the intended research study to individually answer questions with no time limit and they are able to give as in-depth answers as they choose to. Interviews are also a tool that allows the participants to communicate their feelings and emotions verbally rather than in a measured generic scale (du Plooy Cilliers et al., 2014: 188-190).

The instrument that is being utilised to collect information is interviews with the use of open ended questions. These interviews are recorded using a voice recorder, with the signed consent of the participants. Before any interviews commence the participants are given a 'Key Concepts and Terms' page in order to familiarise themselves with certain definitions in order to understand the interview questions better. The interview consists of 12 questions all aimed at providing insight into understanding the research objectives: 1. To analyse shared spaces in ICLA's and whether they have a positive impact on residents' social experience, 2. To discover whether living in an ICLA beneficially contributes to residents' relationships and social interactions, and 3. To determine whether interior design elements in shared spaces have a beneficial effect on residents'

social interactions. Refer to Annexure A for a copy of the interview questions. Refer to Annexure D for a copy of the 'Key Concepts and Terms'.

The in-depth interview questions are developed by creating three categories: Motivation, Health, and Interior Design. The 12 questions stem from these three categories and align with the research objectives. In order to find participants that are relevant to the study the researcher contacted an individual that the researcher knew lived in an Intentional Communal Living Arrangement. The researcher explained, in a WhatsApp message, what the study was aiming to understand and that participants were required. This individual put the researcher in contact with the manager of the intentional community and a message was sent via WhatsApp to residents explaining the intended research study. From this message various people responded and contacted the researcher about being involved. The potential participants were then sent the sampling questions and all four who responded qualified to be participants of the intended research study. The researcher found it necessary to include a fifth participant and then contacted an individual who lives in a shared accommodation arrangement. The individual was also sent the sampling questions and qualified to participate in the intended research study.

The five interviews, one with each participant, were done between the 30th of August 2022 and the 2nd of September 2022. Each interview begins with the researcher explaining to the participant what the consent forms are for, that the interview would be voice recorded with their signed consent, and what the aim of the intended research study is. Then the researcher gave the participants the Key Concepts and Terms list for the participant to familiarise themselves with. The researcher begins the voice recording by asking the participant to state their name and the fact that they had signed the consent forms. The interviews were completed, and the voice recording was stopped.

In order to ensure privacy of the participants, as well as the names and locations of the accommodations, all information has been kept private. No names were included in the research documents. Names in the transcribed documents were blacked out to ensure the privacy, anonymity, and safety of the participants.

Although the researcher knew some of the participants personally, there was no bias in these interviews whatsoever.

3.7 Data Analysis Method

With the data-collection method being in-depth interviews there is one data-analysis method in order to sufficiently analyse the data. Thematic analysis is being used to categorize and interpret the data collected. Once the interviews are complete, they are then transcribed, and this analysis method is used to analyse this data. This form of analysis potentially allows for an understanding of the social value that single residents feel living in ICLA's and how ICLA's contribute beneficially to the overall social experience of single residents. A thematic analysis is appropriate here as it is inductive, qualitative, and allows for general themes in the data to be communicated and to be understood. The analysis method is chosen to analyse the data collected as it is suitable for a qualitative study that involves in-depth interviews. This analysis method is also a useful method for learning more about participant's beliefs, knowledge, experiences, and values. A thematic analysis, with an inductive approach, allows for the data to determine the themes (Caulfield, 2019).

In-depth interviews and then a thematic analysis is chosen as it aligns with the research design: interpretivism. Interpretivism is chosen as the intended research study is aiming to understand and describe human nature and the human experience. This analysis method aligns with interpretivism as well because the aim of the intended research study is to understand the role that interior design plays on the human social experience and their social well-being when living in an Intentional Communal Living Arrangement. The research approach follows a qualitative methodology as it is subjective, which aligns with the interpretivist paradigm (Creswell, Ebersöh, Eloff, Ferreira, Ivankova, Jansen, Nieuwenhuis, Pietersen, & Plano Clark, 2019: 23).

The research problem identifies that a lack of communal spaces, in a residential setting for people living on their own in South Africa, influences their social well-being. Social interaction and social experiences are important in a residential setting as it positively impacts one's mental health, physical health, social

competency, and daily-life experiences (Nguyen, van den Berg, Kemperman, & Mohammadi, 2020). A thematic analysis allows for these themes of motivation, health, and the role interior design plays to be explored. The research questions are phrased in such a way as to determine the link between interior design and social interactions. The chosen analysis method allows for the connection between these themes to be explored and understood. The analysis method also allows for the objectives of the intended research study to be addressed as all three objectives are referred to when the interview questions were created.

The researcher implements the thematic analysis by first conducting the interviews with the participants with the use of a voice recorder. Once the interviews are complete the researcher then transcribes the interviews using an online transcribing tool. The transcriptions are then triple checked that the interviews have been transcribed correctly, along with some editing to spelling and grammar. Following this, the researcher then analyses each question and its answer separately through the use of different coloured pens, using the same colours for similar answers. With this information the researcher is then able to determine emerging themes of the interview answers.

3.8 Chapter Three Summary

In summary, this chapter outlines the Interpretivist paradigm of this intended research study which is a crucial component in directing the research and describing the human experience of the research. Along with this, this chapter explains the qualitative research design and the inductive research approach. This chapter describes both the population and sampling methods of this intended research study which forms the basis of the data collection and the data findings to follow. The data analysis sets up the findings, and interpretation of such, in such a way as to be understood thematically and easily by the reader.

CHAPTER FOUR: FINDINGS AND INTERPRETATION OF FINDINGS

4.1 Introduction

In this chapter the analysis, presentation, and interpretation of the intended research study's findings will be discussed. In accordance with the research approach discussed in the previous chapter, the data was collected, and the analyses is given in this chapter. The aim of this intended research study is to better understand the impact of interior design in shared spaces of ICLA's as well as other interior design or architectural elements that may contribute to a more positive and beneficial experience to single residents. The participants were asked a number of questions about their personal experiences in Intentional Communal Living Arrangements and how they feel interior design impacts their experience. In this chapter the findings of the data collected has been presented with summaries of each question asked which is then followed by the interpretation of these findings.

4.2 Findings

In order for the presentation of findings to be easily understood by both the researcher as well as the reader, the format of tables is being used. This allows the reader to easily compare participant answers whilst still clearly understanding the data collected. All of the participant's answers to each question are analysed. The researcher printed out the transcribed documents (Annexure G). Similar answers were coded with the same colours and overall meaning. Then the findings were tabulated for easy comparison and a summary for each question has been written below each table.

Question 1: Why did you choose to move into an ICLA?					
Theme: Motivation					
	Participant 1	Participant 2	Participant 3	Participant 4	Participant 5
Participant Response	To make friends.	Specific to location. Feelings of	A calmer environment. For social	Specific to location.	Cost reasons – cheaper to share costs in a dual arrangement.

		calmness and homeliness.	interaction and to be part of a community.		
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Table 1: Motivation for moving into an ICLA (Torry, 2022).

The participants all have slightly different answers regarding their motivation as to why they chose to move into an ICLA. Friendship and social interaction are common amongst two of the participants (participant 1 and 3). The specific intentional community they are living in is a motivating factor for two of the participants (participant 2 and 4). A calming environment is a motivating factor for two of the participants (participant 2 and 3). Cost is only a factor for participant 5. Participants 1 and 3 are both students, however only participant 3 relies on their parents to fund their housing. Cost as a motivating factor is an outlier compared to the rest of the answers given for this question.

Question 2: Can you please describe if your expectations of what it would be like living in an ICLA have been met, exceeded, or if you have been disappointed?					
Theme: Motivation					
	Participant 1	Participant 2	Participant 3	Participant 4	Participant 5
Participant Response	Exceeded. "Super happy." Social aspects (socialising) and safety of a community.	Exceeded. Social aspects of meeting like-minded, thoughtful people.	Initial disappointment, but then exceeded. Social aspects (socialising) in day-to-day life. Being surrounded by people is "lekker".	No specific answer: "been quite nice" – a positive experience.	Met – mixed feelings. Overall happy; nice to always have someone there. Challenges of living with other people.

Table 2: Expectation of living in an ICLA (Torry, 2022).

Out of the five participants, four express a positive experience or that their expectations have been exceeded when moving into an ICLA (participants 1-4). Participant five expresses mixed feelings about their expectations of living in a shared accommodation. This participant feels happy overall regarding their experience, however, expresses that there are challenges living with different

people and getting used to how others live and do things. Nearly all of the participants express that social aspects play a part in their experience.

Question 3: Do you interact with other residents in the communal areas? If yes, how, and where?					
Theme: Motivation					
	Participant 1	Participant 2	Participant 3	Participant 4	Participant 5
Participant Response	Yes. Areas: braai area and gym.	Yes. All communal areas. Activity: Kitchen is where they do group dinners.	Yes. Areas: greenhouse, kitchen. Activity: working together, chatting, and cooking dinner together.	Yes. Areas: greenhouse, kitchen, braai area. Activity: group dinners.	Yes. Areas: kitchen, lounge, and dining area. Not with other residents of the complex.

Table 3: Interaction in Communal Areas (Torry, 2022).

All of the participants express that they interact with other residents in the communal areas. The areas that are most common include braai areas, the greenhouse (specific to participant 1, 2, 3 and 4's ICLA), kitchens, and other communal spaces such as lounges. Only participant 1 feels that the gym is a space where they socialize. Common activities that take place in these communal areas include group dinners and working together. Only participant 5 expresses that they do not interact with other residents of the complex, but that they do use the communal spaces.

Question 4: Why would you, or would you not, recommend living in an ICLA as a single resident?					
Theme: Motivation					
	Participant 1	Participant 2	Participant 3	Participant 4	Participant 5
Participant Response	Yes. Reason: meet new people.	Yes. Reason: sense of community.	Yes. Reason: living alone is isolating,	Both (but gives no reason for no).	Yes. Reason: personal growth,

		It's an intimate setting, not commercial.	here you see more people, it's a community.	Reason: interaction after COVID. Quick interactions.	understand people better, and freedom.
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Table 4: Participant Recommendations of living in an ICLA (Torry, 2022).

All of the participants recommend living in an ICLA to someone. Participant 4 gives the answer “I think both” but does not express a reason that they wouldn’t recommend living in an ICLA. Participants 1-3 all give social reasons such as meeting new people and feeling a sense of community. Participant 5 gives the reason that it helps them with personal growth and their social competency, along with a new sense of freedom. Participant 4 expresses that after COVID-19, living in an ICLA makes it more accessible to have social interactions, even just quick interactions such as making coffee with another resident.

Question 5: Do you feel feelings of social isolation or loneliness living in an ICLA? If yes, elaborate.					
Theme: Health (mental and physical health)					
	Participant 1	Participant 2	Participant 3	Participant 4	Participant 5
Participant Response	No. Reason: safety, and there's always people around.	“Not at all.”	Sometimes. Reason: if you don't go to a communal area then you will have no interaction.	No. Reason: use of communal areas, and more social aspects than normal flat buildings.	Sometimes. Reason: if flat mate is gone or we have different schedules, then it gets a bit lonely.

Table 5: Social Isolation and Loneliness (Torry, 2022).

Three out of the five participants express that they do not feel any feelings of social isolation or loneliness (participant 1, 2, and 4). Their reasons for this are that there are always people there, they feel safe, and that there are more social aspects to living in an ICLA than other accommodation options. Participant 3 expresses that they have these feelings “sometimes” but only if they do not go to the communal areas, not in general living in an ICLA. Participant 5 also says sometimes, but this is only when their flat mate is gone for a long while and when both of their schedules are very busy.

Question 6: How do you feel that living in an ICLA has had a beneficial impact on your relationships and social interactions?					
Theme: Health (mental and physical health).					
	Participant 1	Participant 2	Participant 3	Participant 4	Participant 5
Participant Response	Beneficial. Reason: socialise with different people and make new friendships.	Beneficial. Reason: new friendships, meet people, and "grow my circle."	Beneficial. Reason: new friendships, interaction with community residents, easiness due to location, and it's like a family now.	Mixed feelings. Reason (positive): friendly terms with other residents, and social interaction. Reason (negative): no very close connections.	Beneficial. Reason: personal growth, understanding yourself and others better, build other connections.

Table 6: Impact on Relationships and Social Interactions (Torry, 2022).

Nearly all of the participants feel that living in an ICLA has a beneficial impact on their relationships and social interactions (participants 1, 2, 3, and 5). The most common reasons for this are that they are able to make friendships and build connections. Participant 4's response is an outlier of this data. They feel both positively and negatively about the impact that their ICLA has on their relationships and social interactions. This participant expresses that living in an ICLA allows for social interaction and being on friendly terms with the other residents, however, that no close connections are formed there.

Question 7: Do you feel a sense of community living in an ICLA? What gives you this feeling?					
Theme: Health (mental and physical health).					
	Participant 1	Participant 2	Participant 3	Participant 4	Participant 5
Participant Response	Yes. Reason: students going through the	Definitely. Reason: spend time together, and a good	Definitely. Reason: someone is always there if you	Definitely. Reason: based on the people you share	Yes, to an extent. Reason: only one flat mate. Someone you can rely on and talk

	same study process.	crowd of people that get along.	need them, and we're all in the same place.	the space with.	to. Better than living alone.
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Table 7: Sense of Community (Torry, 2022).

All of the participants express that they do feel a sense of community living in an ICLA. Their reasons for feeling this way all differ somewhat. Participant 1 expresses that the people they live with are all going through the same process of being a student. Participant 2 expresses that they are able to spend time with other residents and that their ICLA has attracted a good crowd of people. Participants 3 and 5 both express that there are people you can rely on if you need them while living in an ICLA or shared accommodation arrangement, with participant 5 expressing that "It's nice. It's better than living by yourself." Participant 2 and 4 express that it comes down to the people they share the space with: participant 2 saying "it attracted like a good crowd of people" whilst participant 4 expresses that "it's 99% based on the people you share that place with."

Question 8: How has living in an ICLA had a positive, or negative, impact on your social well-being? Question 8a: Why would you describe it as positive or negative?					
Theme: Health (mental and physical health).					
	Participant 1	Participant 2	Participant 3	Participant 4	Participant 5
Participant Response	Positive. Reason 8: someone to speak to/always someone there so you don't feel isolated. Reason 8a: fun environment, great for friendships and connections.	Really good impact. Reason 8: I blended right in. I was really happy. Reason 8a: more mindful people; people that "have to care".	Positive. Reason: I know the people are here (doesn't go looking for people). We want our own space (bedrooms) but don't want to be alone.	Positive. Reason: very relaxed. Comfortable relationships and after COVID it forces you to interact. Just people you share spaces with. Opportunity to meet people.	Positive. Reason: more social, you have the other person there. You all interact together, and it encourages being more social.

Table 8: Social Well-Being (Torry, 2022).

All of the participants express that living in an ICLA has a positive impact on their social well-being. Participants 1, 3, 4, and 5 all have social reasons for feeling this way which include having another person there to interact with, not feeling alone or isolated, and having comfortable relationships with other residents. Participant 2 expresses that they are really happy and that they blend in with the other residents of their ICLA. Participant 1 expresses that living in an ICLA is a fun environment that is great for friendships and forming connections with other residents. Participant 2 expresses that the other residents living in their ICLA are mindful and that by living in an ICLA it attracts individuals that “have to care.” Participant 4 speaks again about how living in an ICLA, after COVID-19, forces residents to interact with one another in a positive way.

Question 9: How would you describe the impact that living in an ICLA has had to your mental and physical health? Do you feel that it has been beneficial?					
Theme: Health (mental and physical health).					
	Participant 1	Participant 2	Participant 3	Participant 4	Participant 5
Participant Response	Mental Health - Beneficial. Reason: bounce ideas off others. Physical health – not beneficial. Reason: laziness and comfortable (no need to exercise).	Both - Beneficial. Reason: living here gives me an inner peace. I'm not all over the place.	Both - Beneficial. Reason: beautiful space helps your mental health. Do physical activities together (frisbee and running) that I wouldn't do if I lived on my own.	Both - Beneficial. Reason: big connection between physical and mental health. Helps to have the option of being social and helps you to not feel isolated. “No man is an island.”	Beneficial. Reason: you have people there and you can support each other. If you don't have that, it would be tough, but it could also make you stronger to go through that.

Table 9: Impact on Mental and Physical Health (Torry, 2022).

Nearly all of the participants feel that living in an ICLA has a beneficial impact on both their mental health and their physical health. However, their reasons for feeling this way differ. Participant 2 expresses that living in their ICLA gave them a feeling of “inner peace.” Participant 3 feels that living in a beautiful space (specific to their ICLA) helps with mental health. This participant also mentions

that since living in their ICLA they have become involved in physical activity which they would not have done if they lived alone. Participant 4 feels that having the option to be social helps them to not feel isolated and participant 5 expresses that the support they get from their flat mate is beneficial.

Question 10: Which interior design elements and/or architectural elements in the communal areas do you feel facilitate social interaction/activity?					
Theme: Interior Design.					
	Participant 1	Participant 2	Participant 3	Participant 4	Participant 5
Participant Response	Areas: lounge area and braai area. Reason: have lots of people and feel connected in the same space. It was super bright; inviting.	Areas: greenhouse, kitchen, and braai and pool area. Reason: the layout (kitchen) is massive and there are tables and chairs.	Areas: main house, kitchen, swimming pool, braai area, greenhouse. Reason: the elements facilitate social interaction in a positive way.	Areas: greenhouse, kitchen, and pool area. Reason: big tables help because you work and socialize. Kitchen is big and makes it easy to socialize. Easier to spend time with other people.	Areas: living areas. Reason: pretty space and quite modern. It's very open and there's lots of light. Clean crisp lines and a very aesthetic appeal.

Table 10: Interior Design and how it facilitates Social Interaction (Torry, 2022).

The participants all list different areas which they feel facilitate social interaction. The areas spoken about include living areas (all of the participants), outdoor spaces such as pools and braai areas (participants 1-4), and the greenhouse at their ICLA (participants 2 and 4). Some of the most prominent reasons they feel that living areas facilitate social interaction included: many people could be in these spaces and these areas are large (lounge areas, kitchen, other living spaces). The reasons they feel that outdoor areas facilitate social interaction included: the areas are bright and inviting, there are places to sit, and it is easier to spend time with people there (braai and swimming pool areas). Lastly, the reasons they feel that the greenhouse facilitates social interaction includes being able to work and socialize, and because there are tables and chairs.

Question 11: Do you feel that the way in which a communal space is designed can make a difference to your social experience? If yes, elaborate?					
Theme: Interior Design.					
	Participant 1	Participant 2	Participant 3	Participant 4	Participant 5
Participant Response	Definitely. Reason: if its dark it's not a comfortable situation. You will interact more if there are more spaces for social interaction.	I do think so. Reason: if there's no chairs people won't socialize there.	I do (yes). Reason: I love the greenhouse. You can be productive and see other people. If you want to see people, you go to the chill area.	Absolutely. Reason: an area like the greenhouse really does help. If a shared space is ready to use, then people will use it.	Definitely. Reason: light, bright, colours, and interesting textures. Its nicer to be social and interactive. You feel rejuvenated.

Table 11: The Interior Design of Communal Areas and the effect on resident's Social Experience (Torry, 2022).

All of the participants feel that the way in which a communal space is designed does make a difference to their social experience. Participants 1 and 5 express that lighting, as well as other colours and textures, make a difference. Nearly all of the participants express that if there are areas designed for social interaction, then they will be used for social interaction (participants 1, 2, 4, and 5). Participants 3 and 5 mention what they feel due to the design of their communal areas. Participant 3 expresses that they feel like they can be productive in the greenhouse area. Participant 5 expresses that they feel rejuvenated in their shared spaces that had nice lighting and interesting textures.

Question 12: Are there certain interior design elements and/or architectural elements that you feel have a negative, or positive, effect on social interactions? (Such as lighting, spatial arrangement, furniture etc). Question 12a: Why would you describe them as negative or positive?					
Theme: Interior Design.					
	Participant 1	Participant 2	Participant 3	Participant 4	Participant 5
Participant Response	Definitely – positive.	Yes – positive.	Yes – positive.	Yes – positive.	Yes - positive.

	Reason: furniture – if you feel comfortable, you'll sit together. Community kitchens allow for social interaction in your day- to-day lives.	Reason: greenhouse – everything is set up for engagement, we're all at a table together. It gives you the opportunity.	Reason: greenhouse is a magnet because it's so pretty – lighting is great. Furniture is beautiful and comfy.	Reason: lighting makes a difference. Spatial arrangement does have an impact – there's flexibility. Furniture does matter.	Reason: lighting has a massive impact and furniture too. Finishings have an impact if they feel more luxurious. Spatial arrangement too.
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Table 12: Interior Design and how it can have an effect on Social Interaction (Torry, 2022).

All of the participants feel that interior design elements and/or architectural elements can have a positive effect on social interactions. Participants 1, 3, 4, and 5 feel that furniture has an impact and if you feel comfortable you are more likely to be social. Participants 1-3 refer to specific areas (kitchens and the greenhouse) that they feel have a positive effect on social interaction as these areas are designed to be social and they are beautiful. Participants 3, 4, and 5 express that lighting can have a big impact on social interactions, and participant 5 also mentions how interior design finishings can have a massive impact to social interaction because if something feels like it is better quality people are more attracted to it. Both participants 4 and 5 express that spatial arrangement has an impact on social interactions, with participant 4 expressing that more flexible arrangements make it easier to have social interactions.

4.3 Interpretation of Findings

The main motivating reason that participants express as to why they moved into an ICLA, as well as why they would all recommend it, is because of the social aspects. This is supported by Sanguinetti (2012: 11) who states that residents of co-housing benefit from social support, a sense of belonging, and self-esteem. All of the participants express that they interact with other residents in the communal areas and that living in an ICLA makes it more accessible to have social interactions. This relates back to how co-housing arrangements are designed for

this purpose (Sanguinetti, 2012: 11). Cost seems to be an outlier as a motivating factor for choosing to live in an ICLA. However, this contradicts both Corfe (2019: 4) and Ntombela and Jili (2020) who both state that the affordability of homes and living accommodations plays a major role in the housing market, specifically to the younger generations. With the target population being 18-35, it was expected that cost would be more of a motivating factor than what the data expressed.

Social isolation and loneliness are feelings that nearly all of the participants do not experience living in an ICLA. The social interactions they experience living in an ICLA limit these negative feelings. This is supported by The Social Psychology Theory of Loneliness (Perlman & Peplau, 2009: 35) which states that living in an ICLA provides more opportunities for social interaction, thus, reducing the feelings of loneliness and social isolation. Nearly all of the participants felt that living in an ICLA has given them the opportunity to make friendships and build connections which, according to Sinclair (2021), is such a crucial and integrated part of the human experience. All of the participants expressed that they do feel a sense of community living in an ICLA which is supported by the experiment conducted by Fair, Burkett, Smith-Sherwood, Dennison, and Teng (2020: 1-4) where it showed that doing social activities together created a sense of community. According to the Victoria State Government Department of Health (2022), social connections are proven to lower rates of depression and anxiety, and result in higher self-esteem, increased empathy, and a strengthened immune system which aligns with the data of this intended research study as all of the participants expressed that living in an ICLA has had a positive impact on their social well-being.

Interior Design within an ICLA has, according to the data, a big impact on social interactions and experiences. Areas the participants expressed that facilitate social interaction include living areas such as kitchens and lounges, outdoor areas including pools and braai spaces, and greenhouses. This relates back to the Social Contact Design strategy (Sanguinetti, 2012: 9) which outlines that these types of spaces facilitate social interaction. This can also be supported by Grinde, Nes, MacDonald and Wilson (2017) who state that communal spaces in ICLA's facilitate a social support structure. Throughout the interviews participants expressed that living alone is isolating, and although they live in ICLA's that have private bedroom spaces they don't want to be alone. These feelings can be

supported by Törnqvist (2019: 900) who describes ICLA's as communal living intimately organised way with both private spaces for the individual and communal spaces for social interaction. Whilst none of the literature pointed out specific interior design and/or architectural elements that would contribute to a better social experience, it can be clearly understood by the data that there are specific elements such as lighting, comfortable furniture, and spatial arrangement that have an impact on the social experience of residents. Along with this, two areas prominently stood out as areas where social interaction take place most frequently and these are communal kitchens and workspaces (such as the greenhouse in this specific ICLA).

4.4 Research Question, Problem, and Objectives Addressed

The findings of this intended research study act as a guideline for both interior designers and architects to refer to when designing ICLA's. These findings give insight into what residents want in an ICLA, how they feel about certain design elements, and how interior design and architectural elements can combat social isolation in an ICLA. The findings of this data confirm that single residents living in ICLA's in Pretoria, South Africa, benefit from communal areas and the social interactions these spaces allow. The shared spaces have a positive impact on these residents' social well-being. This intended research study could potentially contribute to the lack of research available in South Africa regarding ICLA's and the social well-being benefits.

Through the use of questions that target things such as social interaction, connections and friendships, and feelings of being in a community, it can be said that communal and shared spaces in ICLA's do in fact create a sense of community with residents. The data collected shows that living in an ICLA makes it easier for residents to have social interactions and do social activities with other residents. The data collected also outlines that areas such as communal kitchens, outdoor spaces, and workspaces in an ICLA specifically contribute positively to social interactions and that interior design elements such as lighting, comfortable furniture, and spatial arrangement all play a role in making social interactions more pleasant.

The data collected from the interview questions and the interpretation of these findings allows for the objectives to be achieved: to analyse shared spaces in ICLAs and whether they have a positive impact on residents' social experience; To discover whether living in an ICLAs beneficially contributes to residents' relationships and social interactions; and to determine whether interior design elements in shared spaces have a beneficial effect on residents' social interactions.

4.5 Chapter Four Summary

In summary, this chapter presents the detailed findings from the interviews which is then followed by the interpretation of these findings in relation to the intended research study. These findings show that the main motivating reason why these participants chose to move into an ICLAs is due to the social aspects that come with it. These findings show that interior design in an ICLAs has a big impact on single residents' social interactions and experiences. The findings also show that social isolation and loneliness are feelings that are not largely experienced living in an ICLAs. All of these findings aligned with various sources from the review of literature. From these findings the researcher was able to link the findings back to the main research questions, objectives, and the research problem.

CHAPTER 5: FINDINGS, RECOMMENDATIONS, AND CONCLUSION

5.1 Introduction

This chapter addresses the trustworthiness of the intended research study which is necessary for the reader to know before coming to the conclusion of this intended research study. This chapter looks at the anticipated contribution that this intended research study 'Interior Design's Social Contribution to Intentional Communal Living Arrangements: Perceptions of Residents' can have to the existing body of knowledge. This chapter also outlines the ethical considerations that were taken before conducting any research and expresses the intended research study's limitations. The intended research study's goal was to explore how single residents perceive interior design in shared spaces and communal areas of ICLA's and the impacts that interior design can have on their social well-being, mental health, and their physical health.

5.2 Trustworthiness

Qualitative researchers strive to gain a comprehensive understanding of a phenomenon. Because the goal of qualitative research isn't to generalize findings, terminology like "reliability" and "validity" aren't appropriate to apply in such research. As a result, qualitative researchers prefer to employ the idea of trustworthiness to assess the reliability and validity of their findings (du Plooy Cilliars *et al.*, 2014: 253-254). According to du Plooy Cilliars *et al.*, (2014: 258-259), there are four ways in which trustworthiness can be divided for qualitative research:

1. **Credibility:** The researcher's ability to accurately understand the data provided by the participants. When the findings are credible in the eyes of the participants, the research gains credibility.
2. **Transferability:** The findings' ability to be applied to a similar circumstance and produce similar results. The extent to which the findings and analysis can be used outside of a single research study.
3. **Dependability:** The quality of the integration process that occurs between the

data collection method, data analysis, and the data-driven theory.

4. Confirmability: How thoroughly the data collected backs up the researcher's conclusions and interpretations. Others who examine the data must arrive at the same findings as the researcher.

The intended research study has employed the above elements of trustworthiness. Credibility is gained through the review of previous literature as well as the theoretical foundation on account of the multiple sources used throughout the review of previous literature and the credibility of the sources used in the theoretical foundation. From the various up to date and credible sources used throughout the literature review, it can be seen that there is no bias in the data-collection and data-analysis methods. There is a good level of saturation for valid results due to the number of in-depth interviews that occur (4-5 participant interviews), thus ensuring the transferability and dependability of the intended research study. In order to ensure confirmability, the intended research study measures the participants' interview answers against the review of previous literature and the theoretical foundation to look for patterns that could potentially emerge and confirm the research findings.

5.3 Anticipated Contribution

One of the most significant anticipated contributions of this intended research study is potentially the deeper understanding of the perceived social value that single residents place on shared or communal spaces in Intentional Communal Living Arrangements. Another one of the most significant contributions of this study is potentially gaining a better understanding of which interior design elements in these shared spaces and communal spaces it is that makes social interaction in an ICLA easier for single residents. The intended research study is potentially showing the importance of designing for shared spaces in accommodation buildings that promote social interaction.

The purpose of the intended research study is to gain an in-depth understanding of the perceived social value of Intentional Communal Living Arrangements (ICLA's) in South Africa. An in-depth understanding of this perceived social value can provide insight into the mental and physical health benefits, as well as the

social benefits, of living alone in an ICLA. Thus, in relation to the purpose of the intended research study, potentially one of the most significant contributions is the deeper understanding gained through the in-depth interviews and analysis. Little research has been conducted on the social well-being benefits stimulated by ICLA's in South Africa, this is a driving factor for the intended research study and reiterates the importance of the study.

5.4 Ethical Considerations

Throughout the intended research study there have been ethical considerations that have been followed in order to maintain ethical principles. Ethical consideration in this intended research study included the basic principles of ethics: beneficence, respect, and justice. These basic principles were adhered to and carried out by specifically looking at:

The main ethical considerations of this intended research study:

- Permission: Permission was obtained from the participants of the intended research study to conduct the interviews with them, permission to conduct the interviews and the questions was obtained from Vega, and permission to go into the Intentional Communal Living Arrangement (ICLA) accommodation was obtained from the building manager and security.
- Informed consent: Before any sample group was chosen and data collection commenced, all participants of the study were asked for written consent to use their answers for data analysis in this intended research study. Participant consent was asked for before any voice recordings began as well as before any interview session commenced.
- Confidentiality and anonymity: Confidentiality and anonymity was maintained throughout the intended research study. The participants personal information will be kept confidential in order to respect their privacy throughout the intended research study, especially in the data collection and analysis. Participant anonymity will be respected as well as maintaining anonymity of the name of the accommodation where they reside.
- Voluntary participation: All participants of the study were participating of their own free will and it was voluntary. No participant was forced into the study or forced to continue with the study if they would have liked to discontinue their

participation.

- Freedom to withdraw: Participants were informed at the start of the intended research study that they have the freedom to withdraw at any point of the study without explanation or justification.

Other ethical considerations of this intended research study:

- Avoiding unethical questions: The researcher did not ask the participants any uncomfortable or inappropriate questions throughout the intended research study. This was ensured so as to respect their privacy, personal information, mental health, and comfortability throughout the interview.
- Avoiding bias: The researcher avoided bringing personal feelings and opinions into the interviews as well as into the analysis of the data collected. The researcher avoided asking certain questions with the intention of receiving certain answers in order to ensure results were not distorted.
- Respect for human dignity: Respecting the participants time as well as their schedules was employed. The researcher respected the participants responses to the interview questions and respected what they were comfortable sharing. The participants freedom to withdraw will be respected.
- Appropriate methodology: The researcher used the appropriate methodology based on the research approach, problem statement, research questions, and objectives to ensure an ethically correct research approach.
- Avoiding plagiarism: Throughout the intended research study all sources were referenced correctly which included the literature review and participant responses. This was done in order to correctly attribute and reference the contributing sources so as not to incorrectly imply the information was not theirs or based off what they had mentioned.
- Avoiding falsification and fabrication: In order to avoid falsification and fabrication the researcher did not make up responses to questions asked in the interviews and did not make up resources. The researcher transcribed accurately and did not take responses out of context.
- Providing feedback: The participants of the intended research study can receive feedback on the results of the study and can be informed before the final submission if that were something they would like.
- Ensuring the safety of the participants: Before the interview session each participant was asked if they felt comfortable in the interview setting, if they felt

safe in the interview setting, and if it was convenient for them. Throughout the interview, as well as the data analysis, sensitivity to language used was employed. All participants of the intended research study were de-identified.

All of the above mentioned ethical considerations have an effect on either the participant, the researcher, or the intended research study itself. It is important to maintain integrity in all of these aspects (du Plooy Cilliers *et al.*, 2014: 262-273). Refer to Annexure E (b) for the research consent form.

5.5 Limitations

The limitations of this intended research study, Interior Design's Social Contribution to Intentional Communal Living Arrangements: Perceptions of Residents, includes but is not limited to location, as well as timeline. The location of this intended research study is based in either Pretoria, which is a limitation because this means that single residents living in ICLA's in the rest of South Africa will not be participating in the intended research study. The location is limited to Pretoria due to the researcher only being able to access this location. The timeline of this intended research study is short term, thus, there is only a limited amount of time to analyse and interpret the data into understandings that can be utilised. Based on this, it can be suggested that further research of a more long-term study should be conducted. Lastly, not being able to generalise the results is a limitation to this intended research study as the data collection methods involve in-depth interviews. The answers from these interviews cannot be generalised to a broader population due to the nature of the study. All of the limitations mentioned are not able to be mitigated as they are out of the researcher's control due to time constraints and the accessible population.

5.6 Conclusion

This final chapter presents the trustworthiness of the intended research study's findings. The credibility of this intended research study is confirmed by the various credible sources from the review of literature. Both transferability and dependability are confirmed by the fact that this intended research study has no bias and a good

level of saturation due to the number of in-depth interviews. Lastly, confirmability of the intended research study is known as the answers from the interviews were measured against the review of literature and the theoretical foundation. This final chapter looked at the anticipated contribution that this intended research study can have to the existing body of knowledge which explained that this intended research study could potentially provide a better understanding of which interior design elements in these shared spaces and communal spaces it is that makes social interaction in an ICLA easier for single residents. The recommendations resulting from the findings aim to enhance the social experience for single residents in a shared space of an ICLA through the use of successful interior design. Lastly, this final chapter also looked at both the ethical considerations of the intended research study and its limitations.

In conclusion, the findings of this intended research study suggest that using interior design as a tool in the design of shared spaces and communal areas improves the social experience, social well-being, and mental and physical health of single residents living in Intentional Communal Living Arrangements. These findings of the intended research study, 'Interior Design's Social Contribution to Intentional Communal Living Arrangements: Perceptions of Residents' has provided insight into how ICLA's are beneficial to single residents' social experience, as well as their mental and physical health. Social interactions are more frequent for residents of ICLA's, and social isolation is not a common experience. Based on the data, there is a perceived beneficial social value that ICLA's, and the design of the communal areas within them, have on single residents.

Interior designers and architects of shared accommodation buildings run the danger of providing residents an unpleasant experience and negatively affecting their social well-being and health by ignoring these elements. When designing or constructing an ICLA or shared space, it is recommended to take the participants' interview responses and analysis of these responses into account in order to ensure that residents have a positive and beneficial social experience. The interior design elements noted by participants included sufficient lighting, comfortable furniture, spatial arrangement, and social areas such as lounges, kitchens, and outdoor areas.

Interior Design can improve the experience single residents have in an ICLA by creating an open and social environment for residents to form relationships, have connections, and facilitate social interaction. The findings of this intended research study, 'Interior Design's Social Contribution to Intentional Communal Living Arrangements: Perceptions of Residents,' could very well motivate interior designers and architects to give more consideration to how residents experience a space and how as interior designers, and architects, can make this experience more beneficial to the residents' social well-being, mental health, and physical health.

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APPENDICES

Appendix A – Interview Questions

1. Why did you choose to move into an ICLA?
2. Can you please describe if your expectations of what it would be like living in an ICLA have been met, exceeded, or if you have been disappointed?
3. Do you interact with other residents in the communal areas? If yes, how, and where?
4. Why would you, or would you not, recommend living in an ICLA as a single resident?
5. Do you feel feelings of social isolation or loneliness living in an ICLA? If yes, elaborate.
6. How do you feel that living in an ICLA has had a beneficial impact on your relationships and social interactions?
7. Do you feel a sense of community living in an ICLA? What gives you this feeling?
8. How has living in an ICLA had a positive, or negative, impact on your social well-being?
 - 8a. Why would you describe it as positive or negative?
9. How would you describe the impact that living in an ICLA has had to your mental and physical health? Do you feel that it has been beneficial?
10. Which interior design elements and/or architectural elements in the communal areas do you feel facilitate social interaction/activity?
11. Do you feel that the way in which a communal space is designed can make a difference to your social experience? If yes, elaborate.
12. Are there certain interior design elements and/or architectural elements that you feel have a negative, or positive, effect on social interactions? (such as lighting, spatial arrangement, furniture etc).
 - 12a. Why would you describe them as negative or positive?

Appendix C - Updated Concept Document

<u>Project details</u>		
Your Name: Caitlin-Rose Torry	Student Number: [REDACTED]	
Supervisor: Riaan Hollenbach	Date: 12/09/2022	Version: 03

<u>Proposed Title</u>	
Title	Interior Design's Social Contribution to Intentional Communal Living Arrangements: Perceptions of Residents

<u>Research details</u>	
Problem statement	The lack of communal spaces, in a residential setting for people living on their own in South Africa, influences their social well-being. Individuals living on their own, in non-communal living spaces, tend to experience more social isolation and less social interaction than those individuals living on their own in a communal living space. Minimal social interaction has a negative effect on one's physical health, mental health, and social competency (Brody, 2017). Little research has been conducted on the social well-being benefits stimulated by Intentional Communal Living Arrangements (ICLA's) in South Africa. Social interaction and social experiences are important in a residential setting as it positively impacts one's mental health, physical health, social competency, and daily-life experiences (Nguyen, van den Berg, Kemperman, & Mohammadi, 2020).
Purpose statement	The purpose of this intended research study is to gain an in-depth understanding of the perceived social value of Intentional Communal Living Arrangements (ICLA's) in South Africa. An in-depth understanding of this perceived social value will provide insight into the mental and physical health benefits, as well as the social benefits, of living alone in an ICLA. The research behind this understanding is to be conducted through in-depth interviews with single residents living in ICLA's.
Research questions	Main Question: Do shared spaces in ICLA's create a sense of community for single residents? Sub-question 1: Are social interactions more easily formed in ICLA's? Sub-Question 2: Which shared areas, and the interior design elements in these areas, make social interactions easier?
Objectives	Objective 1: To analyse shared spaces in ICLA's and whether they have a positive impact on residents' social experience. Objective 2: To discover whether living in an ICLA beneficially contributes to residents' relationships and social interactions. Objective 3: To determine whether interior design elements in shared spaces have a beneficial effect on residents' social interactions.

Research rationale	I have lived at home with my family my whole life. Now, at the age of twenty-three, I am living alone in a new place where I know very few people. As a person living on their own, I am curious about the social value of communal spaces. Communal living practices have always been of interest to me as I feel it is a more quirky and socially valuable way to live. Intentional Communal Living Arrangements (ICLA's) are of interest to me in terms of interior design and functionality, coming from an interior design discipline. The benefits of living in ICLA's are also what interest me: the mental health benefits, physical health benefits, as well as the benefits of the social experiences that are possible due to the communally shared spaces. Little research has been conducted on ICLA's, specifically in a South African context. This intended research study aims to provide insight into how ICLA's are beneficial to the social experience, as well as to the mental and physical health, of people living on their own. This is a qualitative intended research study that aims to contribute to the existing body of knowledge and, therefore, could be beneficial to researchers and individuals into understanding the social benefits of living in an ICLA. Along with academic value, this intended research study also aims to provide practical value. This intended research study aims to help individuals understand what ICLA's are, as well as to provide architects and interior designers, of accommodation properties, with the understanding behind the benefits of designing for the social experience of residents.
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<u>Literature overview</u>			
Key theories	The following three theories are the key theories in this intended research study. 1. Social Movement Theory (Schehr, 1997). 2. Social Psychology Theory of Loneliness (Perlman & Peplau, 2009). 3. Intentional Communities Theory (Sanguinetti, 2012).		
Seminal sources	The following seminal sources are included in the literature review as the main source of information and reference: 1. Local Government and the Provision of Low-Cost Housing in South Africa (Ntombela & Jili, 2020). 2. Housemates, inmates and living mates: communal living in Australia (Hilder, Sigler, Charles-Edwards & Metcalf, 2018). 3. Americans of All Ages Are Coming Together In 'Intentional Communities' (Kluger, 2017). 4. Living Alone Together: Individualized Collectivism in Swedish Communal Housing (Törnqvist, 2019). 5. Dynamic Utopia: Establishing Intentional Communities as a New Social Movement. Chapter 3: Reconstructing the Multiple: Social Movement Theory and Civil Society (Schehr, 1997).		
Literature review themes	<u>Theme 1</u> Intentional Communal Living Arrangements (ICLA's)	<u>Theme 2</u> Social Value in Communal Living	<u>Theme 3</u> Physical and Mental Health Benefits of Intentional Communities
Sources	The following are additional, credible sources included in the literature review as they add additional value to the seminal sources and intended research study overall: 1. Strong relationships, strong health (Victoria State Government		

	Department of Health, 2022). 2. Quality of Life in Intentional Communities (Grinde, Nes, MacDonald & Wilson, 2017). 3. Co-Living: A Solution to the Housing Crisis? (Corfe, 2019). 4. The impact of a short-term cohousing initiative among schizophrenia patients, high school students, and their social context: A qualitative case study (Palacios-Ceña, Martín-Tejedor, Elías-Elispuru, Garate-Samaniego, Pérez-Corrales & García-García, 2018). 5. The effects of cohousing model on people's health and wellbeing: a scoping review (Carrere, Reyes, Oliveras, Fernández, Peralta, Novoa, Pérez & Borrell, 2020). 6. Social Interaction Is Critical for Mental and Physical Health (Brody, 2017). 7. A home but how to connect with others? A qualitative meta-synthesis of experiences of people with mental illness living in supported housing (Watson, Fossey & Harvey, 2018). 8. What is social well-being? Definition, types, and how to achieve it (Sinclair, 2021). 9. An Enhanced Approach to Living and Learning Together at IUP: Living-Learning Community Certificate Programs (Fair, Burkett, Smith-Sherwood, Dennison & Teng, 2020). 10. Sharing, togetherness and intentional degrowth (Jarvis, 2017). 11. What are the health benefits of being social? (Cohut, 2018). 12. Living Alone, Social Integration, and Mental Health (Hughes & Gove, 1981). 13. Aging Better Together, Intentionally (Glass & Lawlor, 2020).
Key concepts	The following three concepts are the key concepts that emerge in this intended research study: 1. Shared Living 2. Social Well-being 3. Mental and Physical Health

<u>Provisional Research Approach</u>				
	<u>Paradigm</u>	<u>Epistemology</u>	<u>Ontology</u>	<u>Axiology</u>
Paradigm	Interpretivism	Interpretivist epistemology	Constructivist ontology	Human Experience
Approach/ design	The chosen paradigm is Interpretivism with an interpretivist epistemology, a constructivist ontology and the axiological approach perceiving the value of the human experience. Interpretivism has been chosen as the intended research study is aiming to understand and describe human nature and the human experience. This paradigm is relevant to the intended research study as the data collected will be through a subjective lens focussing on the human social experience and social well-being when living in Intentional Communal Living Arrangements. The research approach will follow a qualitative methodology as it is subjective, which aligns with the interpretivist paradigm (Creswell, Ebersöh, Eloff, Ferreira, Ivankova, Jansen, Nieuwenhuis, Pietersen, & Plano Clark, 2019: 23).			

<u>Provisional Research Plan</u>	
Population	With the aim of this intended research study being to understand the social value of Intentional Communal Living Arrangements (ICLA's), the chosen unit of analysis will be both people who have either lived or are currently living in ICLA's. The

	target population for this intended research study is single residents (people who live on their own) living in ICLA's in South Africa within the age range of 18-35 years old. Due to the intended research study being a short-term study the accessible population are residents living in Intentional Community accommodations in Pretoria, or residents living in other ICLA accommodations in Pretoria. All of the participants of the intended research study share characteristics including, but not limited to, their age range, style of accommodation, living status, their social amenities available at their place of accommodation, as well as the types of daily interactions they have whilst living in an ICLA.
Sampling	This intended research study utilises a non-probability sampling method, specifically a purposive sampling method as the study requires a specific group of individuals in order for the study to be conducted successfully. This method requires 5-6 single ICLA residents who specifically live in Intentional Community accommodations within the Pretoria vicinity, or who live in other Intentional Communal Living Arrangements in Pretoria. A non-probability sampling method has been chosen for the convenience of the intended research study also because this intended research study is an exploratory study and aims to develop an understanding of human experience rather than to test a hypothesis (du Plooy Cilliers, Davis, & Bezuidenhout, 2014: 137). Furthermore, a purposive sampling method is being utilised as the target population has clear criteria in order to be included as participants of the study (McCombes, 2022).
Data collection methods	This intended research study will follow a cross-sectional approach that will employ a mono method approach to data collection through the use of in-depth interviews. The primary data collection tool will be in-depth interviews with between 5-6 participants living in ICLA's in Pretoria. These interviews will be conducted in the same setting each time whilst ensuring convenience for the participant. Interviews have been chosen as they allow the participants of the intended research study to individually answer questions with no time limit and they are able to give as in-depth answers as they choose. Interviews are also a tool that allow the participants to communicate their feelings and emotions verbally rather than in a measured generic scale (du Plooy Cilliers <i>et al.</i> , 2014: 188-190). The instrument being utilised to collect the information obtained in these interviews is a voice recorder, with the signed consent of the participants.
Data analysis methods	One data analysis method is being used: thematic analysis is being used to categorize and interpret the data collected. Once the interviews are complete, they will then be transcribed, and a thematic analysis will be used to analyse this data. This form of analysis potentially allows for an understanding of the social value that single residents feel living in ICLA's and how ICLA's contribute beneficially to the overall social experience of single residents. A thematic analysis is appropriate here as it is inductive, qualitative and will allow for general themes in the data to be communicated and to be understood.

Ethical considerations and limitations	
Ethics	Ethical consideration in this intended research study will include the basic principles of ethics: beneficence, respect, and justice. These basic principles will be adhered to and carried out by specifically looking at: Permission: Permission will be obtained from the participants of the intended research study to conduct the interviews with them, permission to conduct the interviews and

the questions will be obtained from Vega, and permission to go into the Intentional Communal Living Arrangement (ICLA) accommodation will be obtained from the building manager and security.

Informed consent

Before any sample group is chosen and data collection commences all participants of the study will be asked for written consent to use their answers for data analysis in this intended research study. Participant consent will also be asked for before any voice recordings begin as well as before any interview session commences.

Confidentiality and anonymity

Confidentiality and anonymity will be maintained throughout the intended research study. The participants personal information will be kept confidential in order to respect their privacy throughout the intended research study, especially in the data collection and analysis. Participant anonymity will be respected as well as maintaining anonymity of the name of the accommodation where they reside.

Freedom to withdraw

Participants will be informed at the start of the intended research study that they have the freedom to withdraw at any point of the study without explanation or justification.

Avoiding unethical questions

The researcher will not ask the participants any uncomfortable or inappropriate questions throughout the intended research study. This will be ensured so as to respect their privacy, personal information, mental health, and comfortability throughout the interview.

Avoiding bias

The researcher will avoid bringing personal feelings and opinions into the interviews as well as into the analysis of the data collected. The researcher will avoid asking certain questions with the intention of receiving certain answers in order to ensure results are not distorted.

Respect for human dignity

Respecting the participants time as well as their schedules will be employed. The researcher will respect the participants responses to the interview questions and will respect what they are comfortable sharing. The participants freedom to withdraw will be respected.

Appropriate methodology

Using the appropriate methodology based on the research approach, problem statement, research questions, and objectives to ensure an ethically correct research approach.

Avoiding plagiarism

Throughout the intended research study all sources will be referenced correctly which includes the literature review and participant responses. This will be done in order to correctly attribute and reference the contributing sources so as not to incorrectly imply the information is not theirs or based off what they have mentioned.

Avoiding falsification and fabrication

In order to avoid falsification and fabrication the researcher will not make up responses to questions asked in the interviews and will not make up resources. The researcher will transcribe accurately and not take responses out of context.

Providing feedback

The participants of the intended research study will receive feedback on the results of the study and will be informed before the final submission.

Ensuring the safety of the participants

Before the interview session each participant will be asked if they feel comfortable

	in the interview setting, if they feel safe in the interview setting, and if it is convenient for them. Throughout the interview, as well as the data analysis, sensitivity to language used will be employed. All participants of the intended research study will be de-identified. Voluntary participation: All participants of the study will be participating of their own free will and it will be voluntary. No participant will be forced into the study or forced to continue with the study if they would like to discontinue their participation.
Limitations	The limitations of this intended research study, Interior Design's Social Contribution to Intentional Communal Living Arrangements: Perceptions of Residents, includes but is not limited to location, timeline. The location of this intended research study is based in Pretoria, which is a limitation because this means that single residents living in ICLA's in the rest of South Africa are not participating in the intended research study. The location is limited to Pretoria due to the researcher only being able to access these locations. The timeline of this intended research study is short term, thus, there is only a limited amount of time to analyse and interpret the data into understandings that can be utilised. Based on this, it is suggested that further research of a more long-term study be conducted. Lastly, not being able to generalise the results will be a limitation to this intended research study as the data collection methods involve in-depth interviews. The answers from these interviews cannot be generalised to a broader population due to the nature of the study. All of the limitations mentioned will not be able to be mitigated as they are out of the researcher's control due to time constraints and the accessible population.

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Appendix D – Key Concepts and Terms

Co-housing/Co-living: “an accommodation model that combines privacy with a full, enhanced social experience,” (Hossam, 2021).

Shared housing: A regular home or flat shared by a group of people that was not intentionally built for the purpose of co-living (Hossam, 2021).

Communal/shared spaces (also collision spaces): Spaces such as kitchens, lounges, dining areas, relaxation areas, workspaces, exercise areas, and outdoor communal spaces that residents share (Kluger, 2017).

Low-cost housing: Adequate housing that is affordable to the low-income bracket of the population (Maratulle, 2021).

Intentional Communal Living Arrangements (ICLA's): Group dwellings typically characterised by five or more unrelated individuals who live together with their own private rooms, but with shared communal areas and who intentionally combine their efforts in a self-governed manner (Hilder, Charles-Edwards, Sigler & Metcalf, 2018: 1).

Single residents: People living on their own in a residential setting without fixed housemates or living mates.

Social isolation: The lack of social contact with others that can lead to loneliness. It is a state of being cut off from normal social networks, or self-isolation which is the cutting off of social interactions for oneself by oneself. (No Isolation, 2021).

Social well-being: The developing, sharing, and sustaining of meaningful relationships (Sinclair, 2021).

ANNEXURES

Annexure E(b) – Research Consent Form (IIE007)



The research consent form is to be completed by applicants who are conducting research for the **purpose of studying** towards a degree at either The IIE or another higher education institution. This form is to be completed by candidates who either already obtained **ethics clearance** from the registered institution or requires a **gatekeeper's letter** from The IIE for ethical clearance approval to consent on the use of The IIE students, staff sites or artefacts for the specific research project. The IIE subscribes to the Belmont Report as guideline for ethical research practice. The Belmont report highlights the following three principles *respect for persons*, *beneficence*, and *justice* as critical when considering ethical clearance or consent. Carefully consider your request from an ethics perspective before you submit. The IIE's Ethics Committee has the right to withhold any research that is not in alignment with the institutional policies and best practices of ethical research.

1. Candidates that are not affiliated to The IIE.

Applicants are required to submit the following documentation:

- Annexure E (b) – Research Consent Form (IIE007)
- Proposal of the study that served at the registered institutions ethics committee.
- Data collection instrument (for example: questionnaire, or interview Schedule).
- Copy of the consent form to be shared with participants.
- The ethics clearance certificate from the institution where you are registered for your studies. Should the institutions ethics committee require a gatekeepers letter from The IIE as part of the ethics application at the registered institution it should be noted as such on the below application.

Submit all documents to research@iie.ac.za

2. Candidates affiliated to The IIE.

Applicants are required to submit the following documentation:

- Annexure E (b) – Research Consent Form (IIE007)
- Proposal of the study that served at the registered institutions ethics committee.
- Data collection instrument (for example: questionnaire, or interview Schedule).
- Copy of the consent form to be shared with participants.
- The ethics clearance certificate from the institution where you are registered for your studies. Should the institutions ethics committee require a gatekeepers letter from The IIE as part of the ethics application at the registered institution it should be noted as such on the below application.

if you are a staff member of The IIE, kindly share your documentation with the respective brand research manager.

The purpose of this request for research consent is to obtain:	
Gatekeeper's Letter	
Research Consent	✓

About the researcher															
Title	Prof		Dr		Ms	☒	Mrs		Mr						
First name(s)			Caitlin-Rose												
Last name			Torry												
Student number			[REDACTED]												
SA ID number			9	9	0	4	1	4	0	1	5	9	0	8	2
Passport number (if applicable)															
Home address							Postal address								
[REDACTED]							Tick if same as home address ☒ Click or tap here to enter text.								
Code:			[REDACTED]				Code:			[REDACTED]					
Telephone number			N/A				Cell phone number			[REDACTED]					
Email			[REDACTED]												

About the researcher's affiliations													
<i>Institutional affiliation</i>													
Institution enrolled at			The IIE Vega										
Qualification name			BA Interior Design Honours										
Discipline of study			Interior Design										
<i>About the supervisor or promoter</i>													
<i>Lead or Main Supervisor/ Promoter</i>													
Title	Prof		Dr		Ms		Mrs		Mr	☒			
First and last names			Riaan Hollenbach										
Email address			[REDACTED]										
<i>Co-supervisor / promoter</i>													
Title	Prof		Dr		Ms		Mrs		Mr	☒			
First and last names			John Eksteen										
Email address			[REDACTED]										

About the methodology				
<i>Indicate by ticking the appropriate block and answering the relevant sections.</i>				
<i>Questionnaire</i>		<i>Interviews</i>		<i>Observations</i>
Existing	☐	Structured	☒	Number of observations
Own	☐	Semi-structured	☐	
Open-ended	☐	Number of interviews	4-5	
Number of respondents	☐	Focus group or workshop	0	
		Participants per focus group	0	
		Number of focus groups	0	
		Between 4-5 participants who live in Intentional Communal Living Arrangements (ICLA's) will answer questions in an in-depth interview.		
List of the student or staff groups, sites or artefacts under study		Single residents who live alone in an ICLA building, or who have previously lived in an ICLA building, will be involved in in-depth interviews.		

Average time participants or respondents will be involved in research activities	Each interview will include 10-12 questions and should take between 20-30 minutes to conduct each.
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About the ethics considerations for the research						
Aspects considered for ethics consideration.	Informed consent	✓	Anonymity	✓	Confidentiality	✓
	Committed to give feedback on the study	✓	Voluntary participation	✓	Vulnerable group involved	
	Elaborate on vulnerable groups		Other (specify):			
Additional Documentation to be submitted for Consent to be considered.	Research Proposal					✓
	Ethics clearance certificate or letter from institution who approved the research/ study or request for a gatekeeper's letter to be supplied for ethical clearance process by registered institution.					
	Data collection Instrument(s): interview schedule or questionnaire					✓
	Participant or respondent consent form that includes information sheet for participants or respondents					✓
	Audio-visual consent form (if applicable):					✓
Proposed submission date of the Ethics Clearance Certificate to The IIE.	Completion of the below fields is only required for candidates who requires a gatekeeper's letter as part of the institutional research ethics application process.					

Conditions for conducting research on or about students, staff, sites or artefacts of The Independent Institute of Education	
1.	A copy of the final paper must be submitted electronically to The IIE's Dean for Research and Postgraduate Studies at research@iie.ac.za as well as the Brand Research Manager no later than 30 days post finalisation.
2.	The researcher(s) is not permitted to either refer to The IIE or any of its educational brands or to the name, logo, brand or any other identifiers of The IIE or any of its educational brands in any way, including, but not limited to, in questionnaires, surveys, interviews, proposal or research reports/articles. The IIE or educational brand in question must be referred to in a generic manner, for example, 'A private higher education institution/provider'.
3.	The researcher(s) will need to obtain informed consent in writing from all of the participants in the sample if the study is not anonymous.
4.	If the Learning Management System (LMS) of The IIE is used, the researcher(s) is not permitted to refer to it by name. Learn needs to be referred to in a generic manner, for example "the Learning Management System of a private higher education institution/provider."
5.	A copy of this letter must be forwarded to the relevant person(s) at the brand or The IIE that would be involved in the study.
6.	Research must be conducted in such a way that the normal programme and operations of the site/offices is not interrupted.
7.	The campus head of a site must be consulted about an appropriate time when the researcher(s) may carry out the research at the site.
8.	The researcher(s) may only use this data for these research purposes and in no other way.
9.	Should the researcher(s) wish to publish this research or in any way make the results public, for example by publishing the results on a social media platform, this IIE's Ethics Committee will need to approve a request to this end first.

10.	No names or identifying information of participants may be used within the research and the research must be voluntary.
11.	Photographs of human subjects may only be taken if relevant to the research and informed consent from the participants or respondents was obtained, and, even with informed consent, the photographs may not be published.
12.	The researcher is responsible for supplying and utilising their own research resources, such as stationery, photocopies, transport, and telephones and should not depend on the goodwill of the institutions or the offices visited for supplying such resources.
13.	If any of The IIE reports or policies are used as part of the research, all identifying information needs to be removed.
14.	Please make it clear that the information will not be used punitively in any way and participants may in no way be counselled or advised based on this.
15.	The reference number of the permission letter, if permission is granted, must appear, in one format or another, on all research documentation distributed amongst IIE staff or students.

Declaration by the researcher (student)	
1. I declare that all statements made by myself in this application are true and accurate; and 2. I accept the conditions associated with the granting of approval to conduct research and undertake to abide by them.	
Signature of the researcher (student)	Date

Declaration by the supervisor/promoter	
I declare that	
1. the above student is enrolled at the institution to which the undersigned is attached; 2. and that the research proposal and or study has been approved by the Ethics Committee of the institution at which the student is registered; or request a gatekeepers letter as part of the institution's Research Ethics Clearance application process. 3. and that the questionnaires/structured interviews/tests meet the criteria of: • Educational accountability; • Proper research design; • Sensitivity towards participants; • Correct content and terminology; • Acceptable grammar; and • Absence of non-essential/superfluous items.	
Signature of the supervisor/promoter	Date

Annexure J – Consent Form

Explanatory information sheet and consent form for participants
To whom it may concern, My name is Caitlin-Rose Torry, and I am a student at The IIE Vega. I am currently conducting research under the supervision of Riaan Hollenbach about ‘Interior Design’s Social Contribution to Intentional Communal Living Arrangements: Perceptions of Residents’ which aims to provide insight into how beneficial Intentional Communal Living Arrangements (ICLA’s) are to the social experience, as well as to the physical and mental health, of people living on their own. I hope that this research will enhance our understanding of the perceived social value of Intentional Communal Living Arrangements (ICLA’s) in South Africa. An in-depth understanding of this perceived social value will provide insight into the mental and physical health benefits, as well as the social benefits, of living alone in an ICLA. Along with this I hope this research potentially allows for a better understanding of which interior design elements in these shared spaces and communal spaces it is that makes social interaction in an ICLA easier for single residents. The intended research study will potentially show the importance of designing for shared spaces in accommodation buildings that promote social interaction. I would like to invite you to participate in my study. In order to explain to you what your participation in my study will involve, I have formulated questions that I will try to fully answer so that you can make an informed decision about whether or not to participate. If you have any additional questions that you feel are not addressed or explained in this information sheet, please do not hesitate to ask me for more information. Once you have read and understood all the information contained in this sheet and are willing to participate, please complete and sign the consent form below.
What will I be doing if I participate in your study?
I would like to invite you to participate in this research because I am hoping to obtain data from single residents living in ICLA’s in order to gain an understanding of the perceived social value that is placed on ICLA’s by people living alone in them. If you decide to participate in this research, I would like to have an interview with you with an already ethically cleared set of questions. For data collection purposes there will be a voice recording started and questions will be answered verbally. You can decide whether or not to participate in this research. If you decide to participate, you can choose to withdraw at any time or to decide not to answer particular interview questions.
Are there any risks/ or discomforts involved in participating in this study?
Whether or not you decide to participate in this research, there will be no negative impact on you. There are no direct risks or benefits to you if you participate in this study. You might, however, indirectly find that it is helpful to talk about your experience/s living in an ICLA as a single resident in order for the researcher to better understand if and how interior design has an effect on the social value of an ICLA. If you find at any stage that you are not comfortable with the line of questioning, you may withdraw or refrain from participating.
Do I have to participate in the study?
• Your inclusion in this study is completely voluntary. • If you do not wish to participate in this study, you have every right not to do so. • Even if you agree to participate in this study, you may withdraw at any time without having to provide an explanation for your decision.
Will my identity be protected?

I promise to protect your identity. I will not use your name in any research summaries to come out of this research and I will also make sure that any other details are disguised so that nobody will be able to identify you. I would like to ask your permission to record the interviews, but only my supervisor, I and possibly a professional transcriber (who will sign a confidentiality agreement) will have access to these recordings. Nobody else, including anybody at The IIE Vega, will have access to your interview information. I would like to use quotes when I discuss the findings of the research, but I will not use any recognisable information in these quotes that can be linked to you.

What will happen to the information that participants provide?

Once I have finished all interviews, I will write summaries to be included in my research report, which is a requirement to complete my BA Interior Design Honours Degree. You may ask me to send you a summary of the research if you are interested in the final outcome of the study.

What happens if I have more questions about the study?

Please feel free to contact me or my supervisor should you have any questions or concerns about this research, or if there is anything you need to know before you decide whether or not to participate.

You should not agree to participate unless you are completely comfortable with the procedures followed.

My contact details are as follows:

Caitlin-Rose Torry

[REDACTED]
[REDACTED]

The contact details of my supervisor are as follows:

Riaan Hollenbach

[REDACTED]
[REDACTED]

Participant or respondent consent					
I, _____, agree to participate in the research conducted by Caitlin-Rose Torry about 'Interior Design's Social Contribution to Intentional Communal Living Arrangements: Perceptions of Residents' as it will allow for insight into the mental and physical health benefits, as well as the social benefits, of living alone in an ICLA. These findings will better help interior designers and architects understand the importance of social spaces and shared spaces in accommodation buildings and why they should be designed for. This research has been explained to me and I understand what participation in this research will involve. I understand that: • I agree to be interviewed for this research. • My confidentiality will be ensured. My name and personal details will be kept private. • My participation in this research is voluntary and I have the right to withdraw from the research at any time. There will be no repercussions should I choose to withdraw from the research. • I may choose not to answer any of the questions that are asked during the research interview. • I may be quoted directly when the research is published, but my identity will be protected. <table border="1"><tr><td></td><td></td></tr><tr><td>Signature</td><td>Date</td></tr></table>				Signature	Date
Signature	Date				

Annexure K – Consent Form for Audio or Video Recording

Consent form for participants	
I, _____, agree to allow Caitlin-Rose Torry to audio record my interviews as part of the research about '<i>Interior Design's Social Contribution to Intentional Communal Living Arrangements: Perceptions of Residents</i>' as it will allow for insight into the mental and physical health benefits, as well as the social benefits, of living alone in an ICLA. These findings will better help interior designers and architects understand the importance of social spaces and shared spaces in accommodation buildings and why they should be designed for. This research has been explained to me and I understand what participation in this research will involve. I understand that: - My confidentiality will be ensured. My name and personal details will be kept private; - The recordings will be stored in a password-protected file on the researcher's computer; and - Only the researcher, the researcher's supervisor and possibly a transcriber (who will sign a confidentiality agreement) will have access to these recordings.	
Signature	Date

Annexure Z – Ethical Clearance Letter



Date: 17 August 2022

Student name: Caitlin-Rose Tory

Student number: [REDACTED]

Campus: Pretoria

Re: Approval of RESE8419/RMET8429 Proposal and Ethics Clearance

HONOURS/PGDip ETHICAL CLEARANCE LETTER

Your research proposal and the ethical implications of your proposed research topic were reviewed by your supervisor and the campus research panel, a subcommittee of The Independent Institute of Education's Research and Postgraduate Studies Committee.

Your research proposal posed no significant ethical concerns and your supporting documents and instruments are in order to proceed. We hereby provide you with permission to proceed with your research.

In the event of you deciding to change your research methodology in any way, kindly consult your supervisor to ensure all ethical considerations are adhered to and pose no risk to any participant or party involved. A revised ethical clearance letter will be issued.

We wish you all the best with your research!

GENERAL CONDITIONS TO BE FULFILLED IN RELATION TO RESEARCH

Permission is granted to proceed with the above study subject to the conditions listed below being met and may be withdrawn should any of these conditions be flouted.

Please note: The panel has not considered the merits, accuracy or ethical soundness of the research. The only merits examined are the use of The IIE as a sample.

Permission is granted subject to the following conditions:

1. The researcher(s) will need to obtain informed consent in writing from all of the participants in his/ her sample if the study is not anonymous.
2. The researcher(s) may only use the data collected for research purposes and in no other way.
3. Photographs of human subjects may only be taken if relevant to the research, informed consent was obtained, and even with informed consent, the photographs may not be published on any online platforms.

4. The researcher is responsible for supplying and utilising his/her own research resources, such as stationery, photocopies, transport, faxes and telephones and should not depend on the goodwill of the institutions and/or the offices visited for supplying such resources.
5. No names or identifying information of participants may be used within the research and the research must be voluntary.
6. Please make it clear that the information will not be used punitively in any way and participants may in no way be counselled/advised based on this.

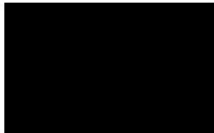
Supervisor name: ***Riaan Hollenbach***

Signature



Campus Postgraduate Coordinator (CPC) name: ***Courtney Jade de Villiers***

Signature:



Annexure X – Internal Annexure X



Vega Ethics checklist: RESE8419/p/w

Student Details												
Title	Prof	☐	Dr	☐	Ms	☒	Mrs	☐	Mr	☐	Mx	☐
First name(s)	Caitlin-Rose											
Last name(s)	Torry											
Title of study	Interior Design's Social Contribution to Intentional Communal Living Arrangements: Perceptions of Residents											
Qualification	BA Interior Design Honours											

Supervisor Details												
Title	Prof	☐	Dr	☐	Ms	☐	Mrs	☐	Mr	☒	Mx	☐
First and last names	Riaan Hollenbach											

Co-supervisor Details (if applicable)												
Title	Prof	☐	Dr	☐	Ms	☐	Mrs	☐	Mr	☒	Mx	☐
First and last names	John Eksteen											

Explaining your research process						
Philosophical paradigm	Positivism	☐	Interpretivism	☒	Constructivism	☐
	Realism	☐	Objectivism	☐	Pragmatism	☐
	Functionalist	☐	Subjectivism	☐	Humanist	☐
	Other:					
Research design:	Interview	☒	Questionnaire (self administered)	☐	Focus group	☐
	Ethnography/ Observation	☐	Artefact analysis/website/ social media analysis	☐	Action Research	☐
	Case Study	☒	Design Research (Practice based)	☐		☐
	Other (if so, state)	☒	Precedent Study			
Brief explanation of the population and number of participants/items	4-5 single residents living in an Intentional Communal Living Arrangement. Single resident - people living on their own in a residential setting without fixed housemates or living mates.					
Target group sampling methods/artefact (No under 18's or vulnerable groups allowed)	Purposive	☒	Random	☐	Snowball	☐
	Convenient	☐	Stratified	☐	Census	...
	Explain selection process		Screening Questions will be sent out to ICLA residents who may or may not respond. Residents who are relevant to the study will be asked to participate and if they agree they will be asked to provide consent.			

Ethics		
Documentation submitted with proposal	Gatekeeper's letter (institutional consent)	☐
	Completed Annexure E if you conduct research on IIE sites/students/staff	☒
	Instrument(s) (interview schedule or questionnaire)	☒
	Participant or respondent consent form	☒
	Audio-visual consent form (if applicable)	☒

Campus ethics committee recommendation	
Proposal has been reviewed by the supervisor and necessary ethics considerations have been included. ☐ Accepted as is and provide letter ☐ Accepted with provisions: Nature of provision: ☐ Major issues: Student should not continue with fieldwork. Actions to be taken: Click or tap here to enter text.	
Supervisor signature	
	Click or tap to enter a date.
Co-supervisor/Campus ethics panel member signature	
	Click or tap to enter a date.