
What factors influence young adults to remain at home with their parents

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Abstract

This study investigates the factors that lead young adults in Portugal to stay at home with their parents. The study uses the Post-Acceptance Model (PAM) to analyse this phenomenon, exploring the influence of family and comfort, individual income, housing market conditions, perceived usefulness, confirmation, satisfaction and continuity on the decision to live with parents.

The study uses a mixed sequential methodology, in which the quantitative phase is based on the qualitative phase.

The results show that family ties and the comfort of the parental home, usefulness and satisfaction significantly influence the decision to remain in the parental home. Financial factors, such as own income and cost of living, were not significant in this study.

This study enriches current research by adopting an explanatory model (PAM) for the phenomenon of not leaving home. The inclusion of the PAM is also a unique adaptation, as it is commonly used to assess behavior following the adoption of technology. This study is particularly relevant as it has important implications for consumption, the property market and the country's economy.

Keywords: Young Adults, Staying at Parent's Home, Post-Acceptance Model, Own Income, Own Living Costs, Family Ties, Comfort, Portugal, Consumption, House Market.

Resumo

Este estudo investiga os fatores que levam os jovens adultos em Portugal a ficar em casa dos pais. O estudo utiliza o Modelo de Pós-Aceitação (PAM) para analisar este fenómeno, explorando a influência da família e do conforto, do rendimento individual, das condições do mercado habitacional, da utilidade percebida, da confirmação, da satisfação e da continuidade na decisão de viver com os pais.

O estudo utiliza uma metodologia sequencial mista, em que a fase quantitativa se baseia na fase qualitativa.

Os resultados revelam que os laços familiares e o conforto da casa dos pais, a utilidade e a satisfação influenciam significativamente a decisão de permanecer em casa dos pais. Os fatores financeiros, como o rendimento próprio e o custo de vida, não se revelaram significativos neste estudo.

Este estudo enriquece a investigação atual ao criar um modelo explicativo (PAM) para o fenómeno da não saída de casa. A inclusão do PAM é também uma adaptação única, uma vez que é habitualmente utilizado para avaliar o comportamento após a adoção de tecnologia. Este estudo é particularmente relevante, uma vez que tem implicações importantes no consumo, no mercado imobiliário e na economia do país.

Palavras-chave: Jovens Adultos, Permanência em Casa dos Pais, Modelo de Pós-Aceitação, Rendimento Próprio, Custo de Vida Próprio, Laços Familiares, Conforto, Portugal, Consumo, Mercado Imobiliário

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1. Introduction

Leaving home is one of the most representative factors in reaching adulthood and the moment of transition (Shanahan, 2000). Due to economic changes, this transition has changed as young people achieve independence at an older age (Sironi & Furstenberg, 2012).

According to Billari and Tabellini (2011), late leaving home has many repercussions and has a negative overall effect, most notably the impact on the economy and individuals' personal growth.

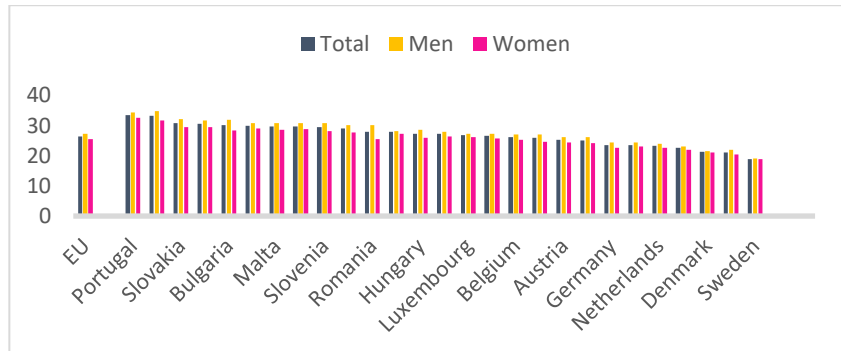
Johnson and DaVanzo (1998) also consider that this factor has many repercussions because it negatively affects the housing market, the labor market, and market demand. When the demand for housing is delayed, the property market suffers because property values and rental markets are affected. The labor market changes: prolonged cohabitation can influence mobility and career choices. Consumption patterns are also changing, as young adults who live with their parents contribute differently to consumption than those who live independently.

Matsudaira (2016) also points out that young adults living with their parents create an economic safety net for them. However, at a national level, it has other implications, as it creates a safety net against consumption, market demand, and the housing market.

According to a study by Eurostat in 2022, as shown in Figure 1, young Portuguese generally choose to leave their parents' homes after 30, placing Portugal in first place among the European countries where young people stay the longest in their parents' homes in Europe.

Figure 1

Age at which young Europeans will leave home in 2022



Note: The figure represents the age at which young people leave their parents' home in Europe. Adapted from *Leaving home: Young Europeans spread their wings*, by Eurostat, 2022 (<https://ec.europa.eu/eurostat/web/products-eurostat-news/-/ddn-20220901-1>). In the public domain.

According to Breidenbach (2018), the age at which young people leave home varies significantly across Europe, with Nordic and Northern countries more likely to leave home early and Southern European countries later.

Figure 1 confirms this trend as it shows that Nordic countries (Sweden, Finland, Denmark, and the Netherlands) tend to leave home earlier, and this trend is also followed by northern European countries (United Kingdom, France, Belgium, Germany, and Austria). In contrast, southern European countries such as Portugal, Croatia, Slovakia, Greece, Bulgaria, Italy, Malta, and Spain, among others, stand out for adopting a later pattern of leaving home.

This dissertation's main objective is to understand why young adults stay at home until a late age. As confirmed by the literature, this factor is particularly relevant due to its negative repercussions on the housing market, consumption patterns, and the overall economy. This scenario raises questions about how young adults' choices influence broader social and economic dynamics.

In this context, this dissertation is relevant because it seeks to understand the factors that lead young Portuguese people to stay at home. Although there are many studies in this area, they usually study this phenomenon in a disaggregated way, this research stands out as it proposes to study this analysis by creating an explanatory model of the phenomenon. The model proposed for this purpose is based on the Post-Acceptance Model (PAM), originally designed for the field of technology. Applying this model to this analysis is an innovative approach.

This dissertation is divided into five chapters. The introduction is followed by a review of the literature on the subject, including the model to be used and the various relevant factors that may influence young people's decision to stay at home. The literature review section also includes the formulation of hypotheses based on this literature. The third section presents the methodology, data collection, and analysis methods. The fourth chapter presents and explains the results and the discussion. Finally, the conclusion is presented.

2. Literature review

The objective of this study is to develop an explanatory model of the reasons behind young people remaining at home with their parents. The model selected to explain this phenomenon is the Post-Acceptance Model (PAM).

To understand how to apply the model, it is first necessary to comprehend how the model functions. This will be followed by an analysis of the socio-economic context in which young Portuguese people find themselves, as well as factors such as family ties, income, the labor market, the socio-economic context, and the property market. Based on the theories discussed and the model, the hypotheses of this study are developed.

2.1. Post-Acceptance Model

The Post-Acceptance Model (PAM) is based on the Expectation-Confirmation Theory (ECT). This theory originated in the marketing field and was formulated by Oliver (1980). It is based on the premise that consumers maintain a prior expectation about a specific product before making a purchase.

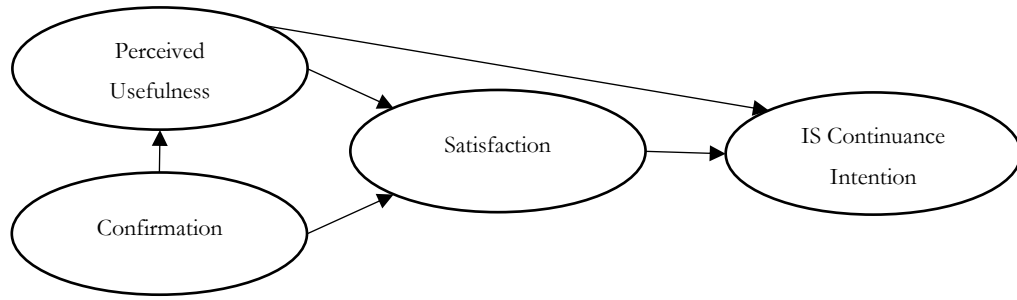
According to You et al. (2020), after trying the product, the consumer develops knowledge about it and compares it with initial expectations to assess its degree of validation. The results of this comparison influence the level of satisfaction, which in turn affects the likelihood of buying or reusing the product again.

Bhattacharjee (2001) adopted the ECT to fit the context of information systems (IS) and build the Post-Acceptance Model (PAM), shown in Figure 2. This model is based on the expectation-disconfirmation principle, emphasizing the experience after adoption (Mishra et al., 2023).

After purchasing a product or service, the ECT theory is often used to assess consumer satisfaction (Hossain & Quaddus, 2012). The ECT theory and the PAM model share both similarities and differences. According to Mishra et al. (2023), the ECT evaluates pre- and post-adoption variables and measures pre-acceptance expectations, while the post-acceptance model focuses exclusively on post-acceptance parameters and evaluates post-acceptance expectations exclusively.

Figure 2

The Post-Acceptance Model



Note: The original PAM Model from Bhattacharjee (2001).

The PAM model includes four essential components: perceived usefulness, confirmation, user satisfaction, and continuity. According to Bhattacharjee (2001), the model implies that continuous consumption intentions are determined by two crucial factors: user satisfaction and perceived usefulness. User satisfaction is intrinsically linked to the confirmation between their prior expectations of a given product and the perceived usefulness they obtain from using it. Finally, users' levels of confirmation have a direct impact on their perceived usefulness after acceptance. To understand how these variables relate to each other and how they influence the decision-making process, it is essential to analyze them individually.

Starting with satisfaction, in the study by Bhattacharjee and Lin (2015), this is described as a response to expectations of a product or service and the validation of those expectations. When users experience a product or service and their expectations are met or exceeded, they experience satisfaction. Previous studies on continuance intention have consistently shown a strong positive association between satisfaction and continued use of the product in question in various scenarios (Mishra et al., 2023).

Perceived usefulness is defined as the perceived benefits users expect when using a product, service, or information system (Mishra et al., 2023). Davis (1989) defined perceived usefulness as a user's cognitive belief about a product or service. According to Liao et al. (2009), perceived usefulness is directly linked to user satisfaction in an initial period. When, for example, users have the conviction that using social networking platforms is valuable, they maintain their use of these sites and applications (Kang et al., 2009). Most studies show that perceived usefulness influences the decision to continue using the service or product (Mishra et al., 2023).

Confirmation consists of user expectations and the level of performance of the IS or technology (Bhattacharjee, 2001). Confirmation is intrinsically linked to satisfaction. When there is a correspondence between user expectations and reality, there is a positive confirmation, which leads to high satisfaction levels. However, when there is no correspondence between expectations and reality, there is negative confirmation, leading to dissatisfied users (Mishra et al., 2023). Confirmation also influences perceived usefulness during the post-acceptance phase. When users use a product or a service, they can reassess and adjust their previous opinions about its usefulness. Positive confirmation increases users' perceived usefulness in these cases, while disconfirmation reduces it (Bhattacharjee, 2001). According to Aborujiah et al. (2021), the hypothesis that user confirmation and perceived usefulness are the main determinants of user satisfaction implies a positive correlation between confirmation and satisfaction.

The intention to continue is defined by Bhattacharjee (2001) as the user's intention to continue using the IS or technology. The model implies that user satisfaction and perceived usefulness determine the intention to continue. The decision of IS users to continue using is like the decision of customers to buy again because both are based on what users know about using IS or products. Therefore, these decisions are strongly linked to customer satisfaction.

According to Mishra et al. (2023), like the Technology Acceptance Model (TAM), the PAM is considered more potent principally in explanatory research because it better captures consumers' true feelings in their assessment of post-adoption satisfaction. With this model, it is also possible to generate higher revenues due to an increase in satisfied users, who will use the service more often and influence potential new customers with their favorable opinions and recommendations.

The model can be adapted according to the study in which it is applied. In the study by Bhattacharjee and Premkumar (2004), the PAM model was expanded in further research, including variables such as ease of use and attitude, to broaden its scope. In the study by Mishra et al. (2023), the model was also adapted and extended with new variables such as perceived ease of use, trust, enjoyment, and attitude.

In conclusion, the post-acceptance model (PAM) provides a valuable framework for understanding user behavior and satisfaction in the context of technological adoption. It highlights the interconnected nature of perceived usefulness, confirmation, user satisfaction,

and continuity. As we have seen, the PAM Model can be adapted to explore a wide range of decision-making processes beyond technological adoption. In my research, I will adjust the model to understand young adults' choices to continue living with their parents. The main steps needed to adapt the model begin by identifying the most relevant variables for young adults who stay at home.

2.2. Socio-economic context

Leaving the parental home is an essential milestone for the start of adult life (Breidenbach, 2018). Not leaving their parents' homes has implications for significant economic and political areas, such as the housing market and the risk of poverty among young people (Ermisch & Di Salvo, 1997).

Despite the extensive literature on this topic, authors often emphasize economic factors when explaining why young people choose not to leave their parents' homes. However, cultural factors exert a significant influence in this regard, as an emerging trend to promote stronger and more equal ties between parents and children has contributed to the growing number of young adults who choose to stay at home (Beaujot, 2006).

According to Breidenbach (2018), the age at which people leave home varies significantly between countries, and different explanations need to be considered, such as the education system, the labor market, the housing market, and the family.

Recent studies show that the tendency for young people to postpone leaving their parents' homes is recurring in Europe. However, even when children leave home, a significant number of "boomerang children" return to their parent's household (Fuster et al., 2023).

Many studies, such as Iacovou (2010) and Holdsworth (2005), have linked the study of homelessness to the study of Esping-Andersen's (1990) typology of welfare states.

Esping-Andersen's (1990) characterizes welfare states into three regimes: The "social democratic" regime, such as that in the Netherlands and Scandinavian countries, is characterized by high support levels from the state and a greater focus on the individual than on the family. In the "conservative" regime, consent is directed more toward the family. This group includes the states of Northern Europe: France, Germany, Austria, Belgium, Luxembourg, and the countries of Southern Europe (which includes Portugal). Finally, the "liberal" regimes that rely on means-tested benefits, such as the US, the UK, and Ireland.

Although this tribology makes sense, many authors rely on culture or geography to explain the differences between Europe. According to Breidenbach (2018), the Nordic countries are associated with young people leaving their parental homes prematurely in their early twenties. In this context, parents also envisage early emancipation for their children, preferably before marriage, to cultivate a sense of responsibility and self-confidence. According to Walther (2006), although the departure of young people is expected to occur early within this system, it has been observed that the delay in such departures has become increasingly common.

The Nordic model, exemplified by Finland, Denmark, Sweden, and the Netherlands, is a more pronounced version of the Nordic model where the age of 18 is considered the ideal time to leave the parental home (Breidenbach, 2018). According to Chevalier (2016), nations have an approach to youth citizenship that facilitates development, translating into significant investments in the younger population. Young people in these countries often choose to live with friends or romantic partners while exploring the prospects of employment and education in an environment with limited parental supervision (Billari, 2004).

According to Breidenbach (2018), the Southern model, where Portugal is located, has the highest average age at which individuals leave their parents' home, usually in their late twenties or early thirties, because leaving the family home in this context is usually characterized by direct or traditional moves to a new family, resulting from marriage or full-time employment. In these countries, the bond between parents and young adults has significant value, and leaving home usually causes substantial emotional distress for both parties (Moreno, 2012). Unlike the Nordic countries, the transition of young adults is limited and not a choice because the society in which they live is marked by deep stratification in the labor market, inadequate public policies, and strong family ties (Van de Velde, 2008).

2.3. Factors Influencing Stay-at-Home Decisions

There is a large body of literature on the factors that lead young people to stay or leave home. This chapter will look at important factors such as family ties, individual income, the dynamics of the labor market, socio-economic background, and the prevailing conditions in the housing market that can impact young adults' lives.

2.3.1 Family Ties

One of the most decisive factors in not leaving home is the family. Iacovou (2010) considers that dependence on family can differ from country to country and can influence the decision to leave earlier or later. As we saw earlier, family ties in southern Europe are stronger and influence young people to leave home later. So, stronger family ties delay leaving home, and weaker family ties advance leaving. Iacovou (2002) and Seiffge-Krenke (2010) concluded that in Southern European countries like Portugal, family is a more relevant cultural factor in determining the moment of departure than structural considerations related to housing, education, or the labor market.

The family is one of the most decisive factors in not leaving home. According to the study by Holdsworth et al. (2010), the existence of a stepparent and siblings positively impacts leaving home.

According to Holdsworth (2005), familism and family solidarity indicate how family influences everyday practices and leaving home. Familism is not necessarily about supporting traditional family forms but rather about how people build their families, considering their usefulness and the usefulness of the family as a single entity (Dalla Zuanna, 2001). Familism is linked to practices of family solidarity. Holdsworth (2005) states that familism and family solidarity continue after leaving home, as parents do not want their children to leave home and, even when they do, they continue to do the shopping, laundry, cooking and give them economic and emotional support.

2.3.2 Own Income

In the studies by Iacovou (2010) and Hughes (2003), income is considered a relevant factor for leaving home. Income can come from parents or young people. Like Avery et al. (1992), most studies consider young people with high incomes more likely to leave their parents' homes. The perception of young people's income varies between genders.

According to Sironi and Billari (2020), young adults who delay leaving home are less likely to fall into poverty because living with their parents longer is more protective in the long run.

2.3.3 Labor Market

According to Aassve et al. (2002), having a job and education are associated with leaving home. As for education, in Italy, lower levels of education accelerate leaving home, and for men, higher levels of education are positively related to leaving home (Avery et al., 1992).

According to Breidenbach (2018), youth unemployment is significantly associated with a lower probability of leaving home; when the labor market is worse and unemployment is high, not leaving home is not considered a choice.

Bertolini (2011) points out that the role of the family in a labor market context is characterized by a dual nature, encompassing both a protective shield for individuals facing unstable employment and a response to the absence of sufficient institutional support.

2.3.4 Socio-economic background

Expanding on the dynamics of leaving the parental home, socio-economic background is a critical factor influencing the probability of such a transition. A higher socio-economic background usually leads to a lower probability of leaving home.

According to Breidenbach (2018), young people who grow up with high material standards and comfort are more likely not to leave home. Comfort, prepared meals and company are factors associated with leaving home late (Gierveld et al., 2006).

Blaauboer and Mulder (2010) also present this factor, justifying that abundant parental resources can create a comfortable living environment, often called a "feathered nest". However, for this author, a high level of socio-economic resources within the parents' household can also be associated with leaving home due to the help they can provide.

According to Mulder and Clark (2002) and Sironi and Billari (2020), even when children leave home, their likelihood of returning is higher when parents have a high income.

2.3.5 House Market

According to Breidenbach (2018), the availability and accessibility of the rental housing market emerge as crucial factors in influencing young people's interpretation of delays in leaving, associating them with the choice or lack thereof. According to Clark and Mulder (2000), as long as financial or market conditions do not improve, many young adults choose to stay in their parents' homes.

Young people in Southern Europe are often motivated to postpone leaving home due to the lack of rental housing or suitable housing for single people (Mandic, 2008). According to Mulder (2006), in Italy, Spain, and Greece, young people find it particularly difficult to set up their households due to a combination of high homeownership rates, difficulties in accessing mortgages, and high housing costs.

The overcrowding of the property market is positively linked to not leaving home; the lack of housing is responsible for late leaving, and this is not due to choice (Breidenbach, 2018). In countries where the property market is characterized as overcrowded, young people have to adapt even if they prefer to leave home.

2.4. Hypothesis Development

The literature review revealed the fundamental principles of the PAM model and how the relationships between variables influence continuity. In addition, it revealed the factors that have been shown to be significant in young people's decision to stay at home in previous studies. Thus, the literature review enabled the formulation of the following hypotheses, which explore the relationships between family ties and comfort, own income, own living costs, and the original PAM variables.

2.4.1 The connection between family, satisfaction, and Confirmation

According to Mishra et al. (2023), the relationship between confirmation and satisfaction is crucial, emphasizing that positive confirmation arises when there is alignment between a user's expectations and the reality of their experience.

As we discussed earlier, family dynamics play a pivotal role in shaping young adults' decisions regarding their living arrangements. Reher (1998) and Iacovou (2010) noted that stronger family ties tend to be associated with a delayed departure from the parental home, while weaker family ties are linked to an earlier departure. Blaauboer and Mulder (2010) also state that the family environment is a crucial factor in the life decisions that young people make. Young people tend to postpone leaving home when the family environment is loving and warm, and the relationship with family members is good.

Based on this knowledge, Hypothesis 1a was formulated, which states that the influence of family dynamics on satisfaction is not direct but works through the confirmation mechanism. Confirmation means alignment between expectations and the reality of living

with parents. If family ties significantly impact the confirmation process, where young adults' expectations match their lived experiences, this will likely lead to greater satisfaction.

Hypothesis 1b suggests the direct influence of family on satisfaction. This hypothesis posits that the nature of family ties directly affects young adults' satisfaction with life at home.

In addition, young adults from higher socio-economic backgrounds, marked by high material standards and comfort, have greater satisfaction with their living situation. This integrated hypothesis assumed that young adults living in comfortable homes are more satisfied due to the associated comfort, financial security, and material standards.

Hypothesis 1a: Family emotional links and comfort indirectly affect satisfaction through confirmation.

Hypothesis 1b: Family emotional links and comfort directly affect satisfaction.

2.4.2 The Connection Between Own Income and Perceived Usefulness

As discussed by Mishra et al. (2023), the concept of perceived usefulness refers to users' perceptions of the benefits when using IS. The concept of "perceived usefulness" in this research refers to young adults' perception of the benefits or advantages of staying at home with their parents.

Aassve et al. (2002), Breidenbach (2018) and Blaauboer and Mulder (2010) emphasize the impact of youth unemployment on the decision to leave home. There is a significant association between youth unemployment and a lower likelihood of leaving the parental home. When the labor market is unfavorable, characterized by high unemployment rates, the decision not to leave home is portrayed not as a voluntary choice but as a response to challenging economic conditions.

Based on this, I drew up Hypotheses 2 and 3, which hypothesize a direct relationship between personal income and perceived usefulness and a direct relationship between personal income and the intention to remain in the parental home.

Hypothesis 2: Own income influences the perceived usefulness of living in parents' homes.

Hypothesis 3: Own income influences the decision to continue living in parents' homes.

2.4.3 The Relationship between Living Costs and Perceived Usefulness

The perception of usefulness is intrinsically linked to housing market conditions. As Breidenbach (2018) points out, the real estate sector plays a key role in defining young people's choices regarding their living conditions. When restricted conditions characterize the apartment rental market, young adults may believe that living with their parents is more practical and useful.

Overcrowding in the housing market may be related to young people's perception of living in their parents' homes. The lack of housing options can increase the perception of usefulness since it is a viable and affordable alternative.

For this reason, hypotheses 4 and 5 were developed, considering that the own living costs positively impact the perceived usefulness of living with parents and the intention to continue living with parents, respectively.

Hypothesis 4: Own living costs have a positive impact on perceived usefulness.

Hypothesis 5: Own living costs positively impact the decision to continue living in parents' homes.

2.4.4 Original PAM variables with the new outcome (living with parents)

According to the above hypotheses, it is also necessary to test whether the original PAM variables influence young people's decision to stay at home with their parents.

Confirmation represents the alignment between young adults' expectations and the reality of living with their parents. The sixth hypothesis assumes that strong confirmation, which indicates a harmonious correspondence between expectations and reality, will reinforce the perception of the usefulness of living with parents.

Hypothesis 6: Confirmation positively affects the perceived usefulness of living in the parental home.

Hypothesis seven explores the direct relationship between confirmation and satisfaction. If there is positive confirmation that the experience of living with parents aligns with the participants' initial expectations, higher satisfaction levels are expected.

Hypothesis 7: Confirmation positively affects satisfaction with living in the parental home.

Hypothesis eight suggests that if they feel that living with their parents is useful and beneficial, they are more likely to continue living with them.

Hypothesis 8: Perceived usefulness positively affects the intention to continue living at home.

The ninth hypothesis explores the connection of perceived usefulness and satisfaction in staying at home. Young adults are more likely to express higher satisfaction levels if they consider their living situation useful and beneficial.

Hypothesis 9: Perceived usefulness positively affects satisfaction with living in the parental home.

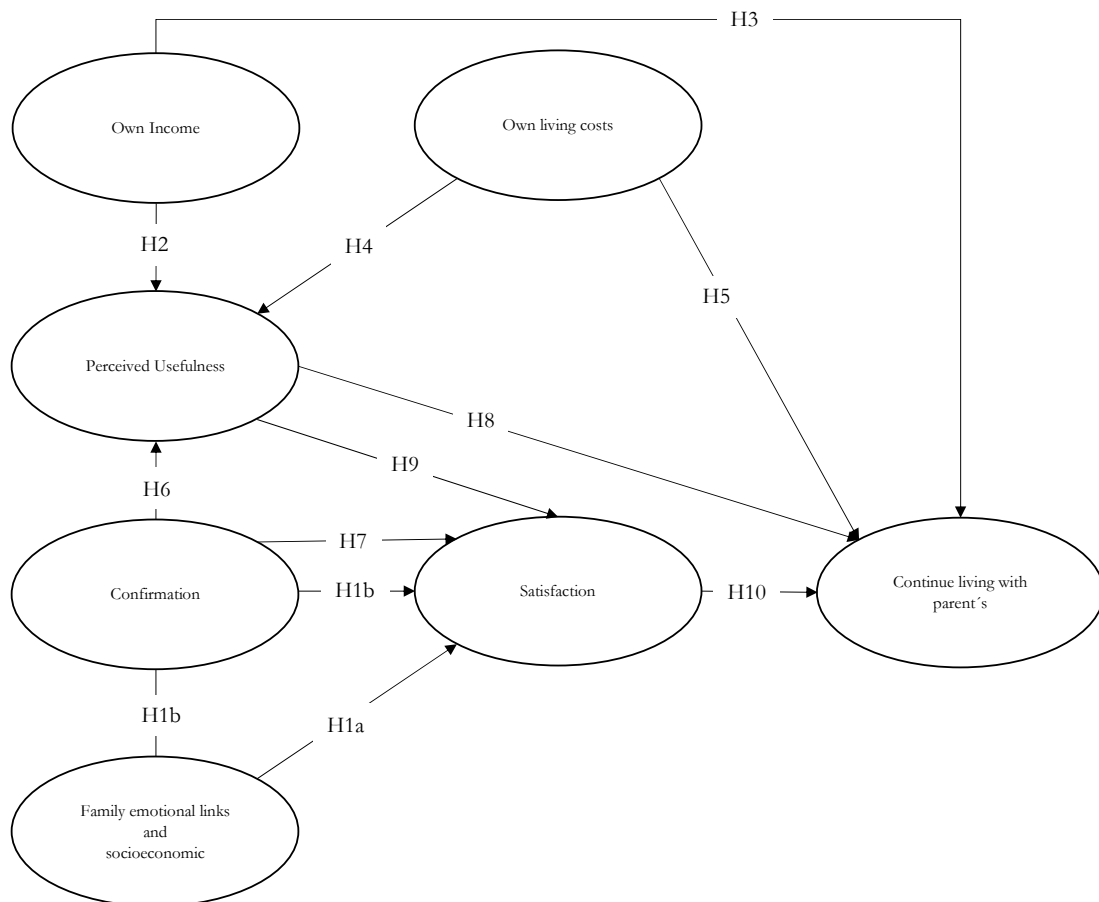
The last hypothesis aims to show that satisfaction is a determining factor in the decision to continue living at home. The hypothesis posits that if young adults are satisfied in their parent's home, they are more likely to continue living there.

Hypothesis 10: Satisfaction positively affects the intention to continue living at home.

The hypotheses developed are represented in the model shown in Figure 3.

Figure 3

The Post-Acceptance Model adapted.



3. Methodology

The main objective of this study is to understand the reasons behind young Portuguese people's decision to stay at home using the PAM model. As we saw earlier, according to the literature review, 11 hypotheses will be tested in this study.

After analyzing similar studies, presented in Table 14 in the Annexes, this explanatory study adopts a mixed sequential methodology to obtain more concise results. According to Creswell (1999) a mixed sequential methodology study contains both qualitative and quantitative methodologies. The quantitative phase is based on the qualitative phase.

According to Tenny et al. (2022), qualitative methodology is more focused on real-world problems. It helps formulate hypotheses based on the participants' perceptions and behaviors and is also very useful in understanding quantitative data.

According to Creswell (2009), quantitative methodology uses research techniques such as questionnaires and observations and, for data collection, uses previously designed instruments to produce statistical data. This method provides an objective picture of reality and involves the formation of hypotheses, a literature review, and a quantitative analysis (Williams, 2011).

3.1. Qualitative Methodology

As mentioned above, this study uses a mixed sequential methodology. It begins with qualitative methodology through exploratory interviews, which lay the foundation for the subsequent quantitative methodology.

3.1.1 Data Collection

The decision to conduct exploratory interviews lies in the need to adapt the Post-Adoption Acceptance Model (PAM), originally conceived in a technological framework, to the socio-economic context of young adults living with their parents in Portugal. The interviews were conducted to understand the lived experiences and perspectives of young adults who still live in their parent's homes and the perceptions of those who have already left their parents' homes. They served as a fundamental step in shaping the subsequent quantitative phase of the research.

The exploratory interviews provided an in-depth insight into the participants' thoughts, feelings, and experiences, allowing us to understand why young people stay so late at home and why they leave. The script for the interviews elaborated on themes such own living costs, comfort and convenience, usefulness, family ties, and satisfaction, as can be seen in Table 1.

Table 1

The interview script

	Live with parent's	Does not live with parents
Current situation	Can you share a little about your current housing situation?	Can you share a little about your current housing situation?
Experience of living with parents and Challenges of Leaving home	What's your experience like living in your parent's home?	Was it difficult to leave home? What were the biggest difficulties?
Motivation	What are the main reasons why you stay with your parents?	Why did you leave home?
Independence	Do you feel independent living with your parents?	Did you consider yourself independent in your parents' home?
Pressure	Do you feel any kind of pressure to leave home, be it familial or cultural?	Did you feel any pressure to move out?
Living Costs	Do you consider the living costs a deterrent to leaving home?	Given your experience, what factors are most important for young people not to leave their parents' home?
Family Ties	Can you explain your family dynamic, what your family's relationship is like?	What are your family dynamics like now that you no longer live in your parents' home?
Brothers	Do you have siblings? Does that influence your decision?	Do you have siblings? Did this influence your decision?
Benefits of leaving with parents	In your opinion, what are the biggest benefits of living in your parents' home?	In your experience, what factors do you think are most relevant to young people not leaving their parents' home?
Comfort and convenience	Does your parents' home provide the comfort a relevant factor for you?	How do you rate the comfort of your current home compared to your parents' home?
Perceived Usefulness	Do you find it useful to live in your parent's home?	Do you think it's useful to live with your parents?
Satisfaction	Do you feel satisfied in your parents' home?	Did you feel satisfied in your parents' house?
Continuity	What are your plans? Are you planning to move out soon?	Do you think it's possible to move back in with your parents?
More information	Is there any other information you'd like to share about your experience of living in your parents' house?	Is there any other information you'd like to share about your experience of living in your parents' house?

3.1.2 Sample

The interviews were specifically designed to understand different points of view. As previously stated, the interview sample consisted of young people who lived with their parents and young people who had already left home. The decision to include both situations in the study comes from a more comprehensive understanding of the factors that influence their decisions and difficulties.

The study comprised seven exploratory interviews to understand young people's feelings and perspectives about living in their parent's homes. The participants have the following characteristics:

Table 2

The characteristics of the participants

Participant	Age	Current Situation
A	22	Live with parents
B	30	Lives with parents
C	27	Lives alone
D	22	Lives alone
E	25	Lives with parents
F	25	Lives with parents
G	23	Lives alone

As Table 2 shows, the participant's ages range between 22 and 30. Three of our respondents live with their parents, and four have already left their parents' home. All the interviews were conducted remotely via Zoom.

3.1.3 Data Analysis

According to Bogdan and Biklen (2007), data analysis in qualitative research involves observing and analyzing interview transcripts. NVivo software is a computer program for analyzing qualitative data and was chosen for its many advantages, such as ease of coding and analysis.

The data analysis process involved several phases. The first phase consisted of transcribing all the interviews. After transcription, the data was imported into NVivo software, where it was coded.

Coding consisted of identifying and highlighting the text segments that corresponded to the different themes studied in the literature review, as well as some others that emerged during the interviews. These themes are referred to as nodes.

After this stage, the themes addressed were organized to reflect our object of study, such as motivations for staying or leaving home, perceptions of independence, and the influence of the cost of living and family dynamics. Finally, the results were interpreted to help understand the reasons and motivations behind the decision to stay or leave home.

3.2. Quantitative Methodology

After analysing the qualitative part of this study, we move on to the quantitative part. Quantitative methodology will allow us to validate the initial findings of the qualitative analysis, providing a comprehensive and statistically significant view of the factors that influence young people's decision to continue living at home.

3.2.1 Data Collection and Sample

The quantitative analysis uses the questionnaire as the primary data collection object. The literature review made it possible to construct the basis of the questionnaire, centered on the original questions from the study by Bhattacharjee (2001), Blaauboer and Mulder (2010), and Milburn et al. (2005). After the interview phase, these questions were adapted to the specific context.

The study's sample is limited in that it only includes young adults with specific characteristics, such as having a university degree and, as in the study by Sironi and Billari (2020), having a maximum age of 31. This limitation aims to focus the study on people at an intermediate stage.

The survey was created using Microsoft Forms under a license from the University of Porto. The survey, presented in Table 15 in Annexes, is divided into several parts and covers the following main components: income, cost of living, perceived usefulness, family emotional links and comfort, confirmation, satisfaction, and continue living with parents.

Throughout the questionnaire, different response formats were used, such as free text, free numerical entry, multiple choice, a 5-item Likert scale, and binary responses (yes or no).

Part 1 – Introductory questions

The first part of the survey comprises introductory questions such as gender, age, education, and municipality of origin. These questions are designed to gather demographic information from the participants and help ensure that they meet the study's criteria (age under 31 and a university degree).

Part 2 – Current Situation

The second part of the questionnaire aims to understand the participants' professional situation, i.e., whether they are full-time workers, part-time workers, students, or in some other situation. This part also aims to find out if the young people have any experience living away from home.

Part 3 – Own Income and Own Living Costs

The third part aims to study two of the branches of the adapted model: living costs and own income. This part of the survey assesses the participants' financial situation and their perceptions of current living costs. The scales, as we can see in Table 3, aim to study financial sufficiency, the impact of living costs, and the preference for buying or renting a home.

Table 3

Part 3 of the questionnaire: Own Income and Own Living Costs

Type	Question	Source
5-point Likert scale	My current income allows me to be financially self-sufficient, i.e. I can support myself without relying significantly on external financial support.	Bhattacharjee (2001) and Blaauboer and Mulder (2010)
	The housing costs in my area are very high.	
	The current living costs, excluding housing, in my area are very high.	
	The housing costs in my locality affect my standard of living.	
	The current living costs represent a significant challenge.	
	The current housing market influences my decision between buying or renting a home.	

If I rent a house, I have more flexibility to move if I need to.	Qualitative data
By renting a house, I have less financial responsibility.	
By renting a house, I do not have to worry about maintenance and repairs.	
Buying a home gives me long-term financial security.	
Buying a home is an investment.	
Buying a house allows me to provide stability for my family in the future.	
Buying a home gives me control over my home.	

Part 4 – Perceived Usefulness

The fourth part investigates the perceived usefulness of living in the parental home. The scales used in this part were based on the studies by Bhattacharjee (2001), Blaauboer, and Mulder (2010), and the results of the qualitative analysis. As we can see in Table 4, the aim is to measure aspects such as personal organization, comfort, financial situation, sharing of resources, household chores, and the importance of spending time with parents.

Table 4

Part 4 of the questionnaire: Perceived Usefulness

Type	Question	Source
5-point Likert scale	Living with parents improves personal organization.	Bhattacharjee (2001) and Blaauboer and Mulder (2010)
	Living with your parents gives you more time to spend with friends.	
	Living with your parents improves your financial situation.	
	Living with your parents is comfortable.	Qualitative data
	Household chores are easier to do at home.	
	Access to shared resources (e.g. car) is a relevant factor for staying at home.	

Part 5 – Family Emotional Links and Comfort

The fifth part is based on the studies by Blaauboer and Mulder (2010) and Milburn et al. (2005) and the results of the qualitative analysis. The scales, shown in Table 5, aim to

investigate how emotional factors and comfort influence the decision to live with parents. Several multiple-choice questions were included in this part, including the type of relationship between the participant's parents (e.g., married, separated, or other), the number of siblings the participant has (e.g., one, two, or three or more), the participant's position in the birth order among their siblings (e.g., oldest, middle, or youngest), and a question to ascertain whether having siblings influenced the participant's decision to live with their parents.

Table 5

Part 5 of the questionnaire: Family Emotional Links and Comfort

Type	Question	Source
5-point Likert scale	I'm very close to my family.	Blaauboer and Mulder (2010) and Milburn et al. (2005)
	My parents are an emotional support in my life.	
	I like to share my daily experiences with my parents.	
	There is an open communication between my parents and me.	
	I have a strong emotional bond with my family.	
	My parents' income is an important factor in my life.	
	The comfort of my parents' home is a relevant factor for me.	Qualitative data
	Living at home allows me to spend more time with my parents.	

Part 6 – Confirmation and Satisfaction

This part assesses the participants' confirmation of and satisfaction with living with their parents. It was developed based on Bhattacharjee's study (2001) and the results of the qualitative analysis. The scales used to assess these factors are shown in Table 6.

Table 6

Part 6 of the questionnaire: Confirmation and Satisfaction

Type	Question	Source
5-point Likert scale	My experience of living with my parents (is/was) very positive.	Bhattacharjee (2001)

Expectations about living with my parents (correspond/have corresponded) to reality. If (I had/when I had) all the resources to move out of my parent's house (I did/would).	
Aversion to uncertainty (influences/influenced) my decision to live with my parents.	Qualitative data

Part 7 – Continue living with parents

Part seven is divided into two subsections. The first subsection is aimed at young people who have already left their parents' homes to understand the reasons that led them to leave (open response). The second subsection is aimed at young people who still live with their parents and assesses their likelihood of leaving home (1 to 5), the advantages of living with their parents (open response), and leaves room for any additional thoughts or information about living with their parents.

3.2.2 Data Analysis

This research's primary statistical approach to data analysis was structural equation modeling (SEM). This method is widely used in complex models. The use of SEM has many advantages, such as allowing multiple-factor regression analysis to be used to find answers to questions (Hair et al., 2019)

According to Ullman and Bentler (2012), this method makes it possible to study a series of correlations between one or more dependent variables and one or more independent variables.

The main objective of this study is to understand the factors that influence young people's decision to stay at home, so the study's dependent variable is the "Continue living with parents", which represents the fundamental choice that young people make regarding their independence. The independent variables in this study include the factors that influence young people's decision to continue living with their parents. These factors are related to family ties and comfort, own income, and own living costs. The other independent variables in this study are the original factors of the PAM model adapted to this context, such as Perceived Usefulness, which reflects the young adult's perception of how useful it is for them to stay in their parents' home Confirmation, which indicates whether or not the young adult's

initial expectations were confirmed when they decided to stay at home and Satisfaction, which measures the young adult's level of satisfaction with staying in their parents' house.

The data analysis process began with the validation of the measurement models. This validation differs according to the nature of the construct in question, whether it is reflective or formative.

According to Hair et al (2019), the first step is to calculate the outer loadings, which must be greater than 0.708.

For reflective constructs, the next steps involve the assessment of consistency and reliability using composite reliability, followed by the assessment of convergent validity using average variance extracted (AVE). It is recommended that composite reliability values exceed 0.7, while AVE values should exceed 0.5 (Hair et al., 2019).

For formative constructs, evaluation involves the collinearity of the indicators, which can be assessed using the variance inflation factor (VIF) (Hair et al., 2019).

After validating the measurement models, the structural model is analysed. This stage tests the hypotheses between the independent variables (Own Income, Own living costs, Perceived Usefulness, Family emotional links and comfort, Confirmation, and Satisfaction) and the dependent variable "Continue living with parents."

4. Results

The results chapter is divided into two parts: the qualitative results and the quantitative results. The qualitative results provide information on young people's experiences of living with their parents. These results served as the basis for the quantitative part, which offers a statistical analysis of the factors that influence young adults' decisions to stay with their parents.

4.1. Qualitative Analysis

The qualitative analysis involved organizing and coding the interviews conducted with young adults living with their parents and young people who have already left their parents' homes. Using NVivo software, the interviews were systematically analyzed to identify key themes and patterns. The results in Table 7 highlight several significant factors influencing the decision to remain in the parental home.

Table 7

Codebook

Name	Description	Files	References
Ambition to own a home	Intention to buy a house	4	5
Brothers	This code refers to the influence of having a sibling on the decision to leave home.	4	5
Challenges of leaving home	This code reflects the interviewees' challenges when considering leaving their parents' homes.	3	3
Comfort and convenience	It refers to the feeling of well-being and ease that young adults get from living in their parents' home.	7	15
Continuity	This code describes the intention of interviewees living in their parents' home to remain there and, for those who have already left, the intention to return.	7	7
Own Living Costs	It refers to the cost of living and its influence on young people's decision to leave home.	7	16
Experience of living with parents	This code describes the interviewees' experience of staying at their parents' home.	4	4
Family Ties	It refers to strong emotional bonds with family members.	6	9
Independence	This code refers to the interviewees' desire for freedom and autonomy.	7	7
Own Income	This refers to the influence of the interviewees'	3	3

Name	Description	Files	References
	personal income on their decision to leave home.		
Perceived Usefulness	Describes the interviewees' perception of the usefulness of living in their parents' home.	5	5
Pressure	This refers to the pressure perceived by the interviewees, whether from family or society, to leave or stay at home.	6	6
Satisfaction	Describes the respondents' level of satisfaction with their housing situation.	7	8

Note: This table was taken from Nvivo and presents codes and descriptions related to the factors that influenced young people's decision to stay at home with their parents. The "Files" column indicates the number of interviews associated with each code, and the "References" column shows how many references were made to each code.

The data analysis shows that some factors are mentioned more than once in the seven interviews, such as *own living costs*, *comfort and convenience*, *family ties*, and *satisfaction*.

The *own living costs* was mentioned 16 times in the seven interviews. In all the codes, the cost of living is the factor with the most references, seven directly and seven indirectly. The interviewees' perceptions of this factor are consistent, as evidenced by interviewee B, who describes it as "undoubtedly the biggest impediment of all" for young people to leave their parents' homes. Likewise, interviewee F shares this view: "The prices are all very high, and I do not have the financial stability to leave." These statements highlight the significant influence of the cost of living on young people's decision to stay home.

As we saw earlier, another factor that respondents consider essential is *comfort and convenience*. As shown in Table 7, this factor refers to the well-being and ease that young adults experience while living in their parents' homes. These terms cover various aspects, including the convenience of having household chores done, the availability of personal space, ease of access to home comforts, and the feeling of familiarity and security provided by the family environment. In the total of seven interviews analyzed, this factor was mentioned 15 times. In the various approaches to *comfort and convenience*, interviewee D considers that there is a certain ease in living in his parents' home, saying: "I think it is the comfort, having things done at home, you do not need to be cooking, you do not need to be tidying up, you have your own space, it is a habit." Interviewee A also considers the comfort and convenience of living in his parents' home a relevant factor, stating that "the comfort side is a relevant factor because it is easy to have your mother do the laundry and the housework."

Family ties were among the most critical factors in not leaving the parental home. In the seven interviews this factor was mentioned 14 times, with nine direct and five indirect

references. The participants generally expressed a strong emotional bond with their parents, which influenced their decision to continue living with them. For example, interviewee B highlights the importance of *family ties*, saying, "The family is all well connected. If they were not close or troubled, I would not live with them anymore." Interviewee G, who has already left home, also stresses the need to spend time with his family, noting: "It is important to spend more time with your parents and family. When you leave your parents' house, you do not have that time with them." With these quotes, we can see that family supports the interviewees, and time is also essential to them.

Usefulness was another critical factor in the decision to continue living with parents. With five coding references, this category investigates the perceived usefulness of living in the parental home. Analyzing the data, we can see a common trend among the interviewees regarding the *usefulness* of living in the parental home. Several interviewees emphasized this, especially in terms of finances and the division of household chores. For example, interviewee C emphasized the *usefulness* of living with his parents, saying: "I think it's super useful in terms of resources, as long as the parents can make ends meet, and it's also useful in terms of daily chores because there's always someone to cook or help with the cleaning, for example." Interviewees A, B, D, and F corroborate this perspective on the usefulness of living with parents. That said, we can see a generalized perception that living with parents is very useful, both in monetary terms and in the division of tasks.

This *usefulness* analysis is in line with the concept of *familism* studied in the literature review. The concept of familism notes that even after leaving home, parents continue to help their children with shopping, laundry, cooking, and economic and emotional support. We can, therefore, conclude that the *perceived usefulness* of living with parents shows the influence of *familism*.

Satisfaction is another decisive factor in the decision to live with parents or leave. With eight coding references, this factor assesses the respondents' level of *satisfaction* with living in their parents' homes. The analysis of this factor reveals a variety of feelings on the part of the interviewees. Some interviewees expressed general *satisfaction* with their living situation. For example, interviewee E says he feels good in his parents' home, suggesting a positive experience. However, some interviewees reveal dissatisfaction with their situation. Interviewee A, for example, expresses limited *satisfaction* due to a lack of autonomy. Interviewee C shares a negative family experience that contributed to his dissatisfaction while living with his parents. These different feelings highlight the complexity of *satisfaction* in living

with parents and the influence of other factors, such as family relationships, autonomy, emotional stability, and independence.

The *ambition to own their own home* was another factor that proved to be important. This code appears in four files and is referenced in five cases. Some interviewees expressed a desire to buy a house rather than rent. Interviewee B stresses the importance of owning a property to ensure long-term financial stability and security: "The idea of living alone and having my own personal home is an idea that I like and miss". Interviewee A also reveals his desire to own his own home, saying: "I also have some difficulty understanding the benefits of renting a house... it makes me confused to depend on part of my salary every month for something that won't be mine afterward.

Analysis of the *independence* code, referenced seven times, reveals a variety of perspectives among the interviewees on the feeling of freedom. Interviewee D, who has already left his parents' home, considers that he is now freer and values managing his own time and space. Interviewees A and F, who still live with their parents, express the desire for greater *independence*, saying: "I don't think I'm free, and I think I'd be much more independent if I lived alone" and "I don't feel free. I'm dating and I don't feel I can enjoy it as much as if I lived on my own," respectively. Interviewee E highlights the difference between living with his parents and having his own space, suggesting that he sometimes feels a lack of privacy and loneliness despite the freedom to do what he wants.

Continuity is mentioned in all seven interviews. It reveals the intention of the interviewees who live in their parents' home to continue living there and, for those who have already left, the intention to return. *Continuity* depends on various factors already mentioned, such as *family ties* and *living costs*. Regarding the *living costs*, some interviewees believe that, if possible, they would return to their parents' home for economic reasons. Interviewee D says: "For monetary reasons, if I went to work near them, I would probably return to my parent's house." *Family ties* also play an important role in the decision to continue. Some interviewees value close family ties and see living with their parents as an opportunity to spend as much time as possible with them. Concluding, several factors, including family ties and financial considerations, influence the intention to move on.

As previously explained, the objective of the qualitative research was to ascertain the viability of employing the PAM model to investigate the phenomenon of young people living with their parents at a later age. The qualitative findings indicate that the key components of PAM – satisfaction, confirmation, and perceived usefulness – were found to be significant

factors influencing young people's decision to remain or leave the parental home. In addition, the qualitative results also highlight the significant role of family ties and the cost of living in the model. Thus, the PAM model is suitable for studying the factors that influence young people's decision to continue living with their parents. Furthermore, the qualitative results served as a basis for some of the adaptations in the questions of the questionnaire applied in the quantitative methodology and showed other important factors to study, such as the ambition to buy a house and independence.

4.2. Quantitative Analysis

The data was collected through surveys. The survey was aimed only at young Portuguese with a university degree under the age of 31. It was promoted via social networks such as Instagram, Facebook, and LinkedIn and sent out by email to the entire University of Porto.

Table 8

Survey Characteristics

Baseline characteristic	Full sample	
	n	%
Total Answers	408	100 %
Valid Answers	236	58%
Gender	236	58%
Female	161	68%
Male	70	30%
Other	5	2%
Highest educational level		
Bachelor	166	70%
Master	68	29%
Phd	2	1%
Current housing situation		
Live with parents	177	75%
Live alone	12	5%
Live with a partner	15	6%
Lives with other family members	32	14%

As we can see from Table 8, the questionnaire received 408 responses, but due to its limitations, only 248 were valid. The study sample is mostly female, and a significant proportion of the respondents live with their parents.

4.2.1 Variables

The quantitative analysis was performed using PLS-SEM with SMART PLS. The aim of this study is analyzing the factors that influence young people's decision to continue living with their parents. The variables analyzed include own living Costs (OL), own income (OI), perceived usefulness (PU), family emotional links and comfort (FELAC), confirmation (CONF), and satisfaction (SAT). The aim is to understand how the variables interact and contribute to the primary dependent variable: continue living with parents (CLWP).

4.2.2 Construct Reliability and Validity

After organizing the data, we used SMART PLS, software often used for complex models, to analyze it.

As explained earlier, we began by calculating the outer loadings, which must be greater than 0.708 to validate the model. Although some items in our model have outer loadings lower than 0.708, as shown in Table 16 (in annex), they were kept because of their theoretical and empirical importance. These lower values did not alter the consistency and reliability of the model, as measured by composite reliability, which must be higher than 0.7, or convergent validity, which must be higher than 0.5, as will be analyzed below.

Table 9

Reliability and construct validity analysis

	CLWP	FELAC	PU
Composite reliability (ρ_c)	0.751	0.949	0.860
Average variance extracted (AVE)	0.609	0.759	0.554

Source: SMARTPLS

Table 9 shows that only the constructs of family emotional links and comfort, perceived usefulness, and continuing to live with parents are used for analysis. This is because we only have one indicator to assess for own income and satisfaction. Furthermore, own living costs is a formative construct.

As we can see, the composite reliability (ρ_c) values are above the recommended threshold of 0.7, which indicates good internal consistency. The average variance extracted

(AVE) values for the above indicators also show good convergent validity as they are above 0.5.

4.2.3 Collinearity Statistics (VIF)

The own living cost is a formative construct, so it is necessary to evaluate this indicator using collinearity statistics. Hair et al. (2021) state that collinearity occurs when formative indicators are strongly correlated. We will use the variance inflation factor (VIF) to assess collinearity.

Table 10

Collinearity Statistics Analysis

	VIF
OL 2	1.19
OL 4	1.19

Source: SMARTPLS

According to Hair et al. (2021), the higher the VIF value, the higher the level of collinearity, however, only values with $VIF > 5$ represent a problem. Table 10 shows that the collinearity analysis presents values for Own Living Costs that are well below 5, indicating that multicollinearity is not a concern for this construct.

4.2.4 Structural Equation Model

Following the removal of irrelevant variables from the model and the analysis of the construct's reliability and validity, as well as the collinearity of the formative construct, it is now possible to proceed to the evaluation of the structural model.

The primary criteria employed are collinearity (VIF) and the coefficient of determination (R^2). Once these two criteria have been validated, we move on to the last step, which consists of evaluating the statistical significance and relevance of the path coefficients by performing bootstrapping (Hair et. al, 2019).

4.2.4.1 Variance Inflation Factor

Starting with the Variance Inflation Factor (VIF)—Inner Model, this indicator detects the presence of multicollinearity. VIF values above 5 indicate high collinearity in the model, which can distort the results.

Table 11*VIF values*

Structural Relation	VIF
CONF -> PU	1.002
CONF -> SAT	1.613
FELAS -> CONF	1.000
FELAS -> SAT	1.902
OI -> PU	1.003
OL -> CLWP	1.005
OL -> PU	1.004
PU -> CLWP	1.621
PU -> SAT	1.644
SAT -> CLWP	1.616

Source: SMARTPLS

The values of VIF for all structural relationships, as presented in Table 11, are less than 5, indicating that the model is reliable. This is due to the absence of significant multicollinearity issues.

4.2.4.2 Coefficient of determination

Another measure used to evaluate the model is the coefficient of determination (R^2). The adjusted R^2 indicates the percentage of the variation in the dependent variable due to the model's independent variables. The value of R^2 varies between 0 and 1. For analyzing social factors, according to Ozili (2023), the R^2 value is not acceptable when it is between 0 and 0.09. When the value is between 0.10 and 0.50 or is greater than 0.50, it is acceptable when some variables are statistically significant.

Table 12*R-Square Adjusted*

	R^2 adjusted
CLWP	0.197
CONF	0.346
PU	0.239
SAT	0.69

Source: SMARTPLS

As shown in Table 12, the R^2 values for this analysis are between 0.20 and 0.69, which indicates that these are acceptable values for social factors. Therefore, the model explains a significant portion of the variance.

4.2.4.3 Path coefficient

According to Hair et al. (2019), once the model's explanatory power has been proven, the last step is to run Bootstrapping to assess the statistical significance and relevance of the path coefficients. The path coefficient determines the significance of the relationships between the constructs, with values varying between 1 and -1. For p-value, the values must be less than 0.05 because only these are statistically significant. This analysis tested 11 relationships based on the hypotheses formulated in Chapter 2.4.

Table 13

Bootstrapping

Structural Relation	Hypothesis	Path Coefficient	Standard deviation	T statistics	P values
FELAC-> CONF-> SAT	H1a (+)	0.20	0.05	5.44	0.00
FELAC-> SAT	H1b (+)	0.46	0.06	7.19	0.00
OI -> PU	H2	-0.03	0.06	0.47	0.64
OI-> CLWP	H3	-0.10	0.08	1.19	0.24
OL -> PU	H4	-0.04	0.07	0.54	0.59
OL -> CLWP	H5	-0.08	0.10	0.81	0.42
CONF -> PU	H6 (+)	0.50	0.06	8.98	0.00
CONF-> SAT	H7(+)	0.35	0.07	5.23	0.00
PU -> CLWP	H8 (+)	0.29	0.07	4.03	0.00
PU ->SAT	H9 (+)	0.17	0.05	3.28	0.00
SAT-> CLWP	H10(+)	0.20	0.07	2.88	0.00

Source: SMARTPLS

As shown in Table 13, not all the hypotheses have p-values lower than 0.05. We can, therefore, conclude that hypotheses H1a, H1b, H4, H5, H6, H7, and H8 are considered statistically significant.

4.2.4.3.1 Hypothesis

After the analysis, we could see the significance of the statistics and the strength of the proposed relationships, which allowed us to validate or refute the hypotheses developed in Chapter 2.4.

H1a: FELAC -> CONF -> SAT

This first hypothesis suggests that family connections and comfort positively affect satisfaction through confirmation. This hypothesis is an indirect relationship. Analyzing the data, we found that the results showed a path coefficient of 0.20 with a p-value of 0.00, indicating a positive and significant effect. We can conclude that this hypothesis is supported.

H1b: FELAC -> SAT

Hypothesis 1b finds that emotional connections and comfort positively affect satisfaction. The results support this hypothesis, revealing a path coefficient of 0.46 and a p-value of 0.00. We can conclude from this hypothesis that the stronger the family ties, the greater the satisfaction of young people living in their parent's homes.

H2: OI -> PU and H4: OL -> PU

These hypotheses proposed that young people's own income and cost of living affected the perceived usefulness of continuing to live in their parents' homes. Analysing the results, we can conclude that the data does not support these hypotheses since both have negative path coefficients and p-values greater than 0.05.

H3: OI -> CLWP and H5: OL -> CLWP

Hypotheses three and five propose that own income and own living costs influence the continuity of living in the parental home. The analysis shows that neither of these hypotheses is supported as both have negative path coefficients and p-values greater than 0.05. Therefore, we can conclude that living costs and income do not significantly affect the decision to continue living with parents.

H6: CONF -> PU

This hypothesis finds that confirmation has a positive impact on perceived usefulness. The results revealed a path coefficient of 0.50, with a p-value of 0.00, indicating

a significant positive effect. The hypothesis is therefore supported, indicating that the greater the confirmation, the greater the perceived usefulness of living in the parental home.

H7: CONF -> SAT

Hypothesis 7 suggests that confirmation has a positive effect on satisfaction. The analysis shows that the path coefficient has a value of 0.35 and a p-value of 0.00, which indicates a positive effect. We can therefore conclude that the greater the confirmation, the greater the satisfaction, so the hypothesis is supported.

H8: PU -> CLWP

This hypothesis proposes that perceived usefulness has a positive effect on continuing to live with parents. The analysis shows that the path coefficient is 0.29 and the p-value is 0.00, indicating a significant positive effect. We can therefore conclude that the hypothesis is supported.

H9: PU -> SAT

The ninth hypothesis reveals that perceived usefulness has a positive effect on satisfaction. The results show a path coefficient of 0.17, with a p-value of 0.00, which indicates a significant positive effect, meaning that the hypothesis is supported.

H10: SAT -> CLWP

The last hypothesis (H10) proposed that satisfaction positively affects continuing to live with parents. The results indicate a significant positive effect as the path coefficient values are 0.20 and the p-value is 0.00. Therefore, the hypothesis is supported, and we can conclude that the higher the satisfaction, the more likely young people are to continue living with their parents.

By analyzing the hypotheses, we can conclude which factors significantly impact the decision to live with parents. The analysis confirmed that family emotional links, comfort, confirmation, and satisfaction significantly positively impact the decision to continue living at home. On the other hand, financial factors such as living costs and income did not significantly affect the decision to continue living with parents.

4.3. Discussion

As explained above, the results confirm some of the hypotheses proposed regarding the factors that influence young people's decision to stay at home with their parents using the PAM model.

The analysis shows that the relationship between confirmation, family ties, and comfort affects satisfaction. This indicates that the greater the family ties, the comfort of the parental home, and the confirmation of their expectations regarding living with parents, the greater the satisfaction. This is confirmed by the existing literature. Authors such as Reher (1998), Iacovou (2010), and Blaauboer and Mulder (2010) found in their studies that the family environment and family ties are crucial factors in the decision to stay or leave home. Breidenbach (2018) and Bertolini (2011) also found that the more comfortable the parents' home, the less likely they are to leave home.

Aassve et al. (2002), Breidenbach (2018), and Blaauboer and Mulder (2010) found in their studies that the labor market and income sometimes make the decision to continue living with parents an obligation rather than a choice. In analyzing the results, and contrary to what was expected and the literature review, personal income was not a significant factor in the decision to continue living with parents in this study.

Contrary to expectations, the cost of living did not prove to be a relevant factor in the decision to continue living with parents. Although the existing literature often highlights the property market as a significant factor in young people's decision not to leave home (Breidenbach, 2018; Clark & Mulder, 2000), the results of this study suggest that, for the sample studied, this factor is not significant.

Confirmation in our sample had a significant impact on satisfaction and perceived usefulness. The results indicate that when young people's expectations about living with their parents are confirmed, there is an increase in perceived usefulness and an increase in satisfaction. These results are consistent with the study by Bhattacharjee (2001), and Mishra et al. (2023), in which confirmation is linked to perceived usefulness, and positive confirmation leads to high levels of satisfaction.

In our study, perceived usefulness refers to the benefits and advantages of continuing to live with parents, such as accommodation, division of household chores, access to resources such as a car, and so on. This factor proved to be a significant factor in our study since the analysis revealed that perceived usefulness is strongly associated with satisfaction

and the intention to continue living with parents, which is consistent with the existing literature on Bhattacharjee's (2001) original PAM model.

Perceived usefulness proved to be significant for young people in that it is useful to live with their parents because of financial security and the division of household chores. This perception of usefulness aligns with the familism studied by Holdsworth (2005). Familism, like utility, consists of the support that the family gives its children, both in monetary terms and in practical terms, such as household chores.

According to Mishra et al. (2023), previous studies on the PAM model show a strong positive association between satisfaction and the intention to continue. In our study, this relationship is confirmed, which means that when young people are satisfied with their current living situation, they are more likely to want to continue living in their parents' home.

To summarise, the analysis showed that although financial factors such as own income and living costs are not significant for the sample studied, family ties, confirmation of expectations, perceived usefulness, and satisfaction play a crucial role in young people's decision to continue living with their parents

5. Conclusion

In conclusion, the main objective of this dissertation was to investigate and understand the factors that lead young adults in Portugal to stay at home with their parents using an explanatory model, the Post-Acceptance Model (PAM). To correctly adapt the model, a literature review and subsequent methodology were carried out, with the qualitative methodology serving as the basis for the quantitative methodology.

Through the literature review, we realized which factors most affect young people's decision to continue living with their parents. These factors were family ties, individual income, labor market conditions, socio-economic background, and housing market conditions. After this stage, we could adapt the model to these factors and formulate the hypotheses for study.

After reviewing the literature, the qualitative methodology was followed. The qualitative data was collected through interviews. From the analysis, we can see that the PAM model is suitable for studying the phenomenon. Furthermore, the analysis reveals that the cost of living, the housing market, family ties, and the comfort provided by the parental home proved to be significant factors in the decision to stay at home. The analysis also revealed that many young people don't leave home because of the high prices on the rental market. They prefer to continue living in their parent's homes so that they can save and later have the financial resources to buy their own homes.

The quantitative analysis, using PLS-Structural Model Regression (SEM), was based on the literature review and the qualitative results. Through this analysis, we realized that family emotional ties and comfort, satisfaction, and perceived usefulness significantly affect the decision to continue living at home. Curiously, personal income and the cost of living had no significant impact on the decision to live with parents.

Overall, the results suggest that emotional and cultural factors are more influential in the decision to stay at home than financial factors in Portugal. These results contradict the prevailing idea that economic factors are the main determinants of the decision to leave home and that, for many young people, the reasons they stay at home are due to family ties and the comfort of living in their parents' home.

This exploratory study has significant theoretical and practical implications. This study uses an innovative approach to the phenomenon of parents not leaving home, developing an explanatory model of the phenomenon that combines economic factors with emotional and family factors and offers a more comprehensive view of the reasons why young people stay at home. Confirming the versatility and applicability of the model in different areas of study contributes to the advancement of existing research.

The dissertation provides valuable information for management in practical terms. In terms of consumption, not moving out of the parental home implies different consumption, as young people who continue to live with their parents tend to consume less than those who live independently because they benefit from shared resources. This reduction in consumption impacts the economy because there is less demand for goods and services. Regarding the housing market, this study shows, through qualitative results, that young people prefer to continue living with their parents so that they can save up to buy a house instead of renting. This may indicate both a cultural implication and an implication for the rental market.

Additionally, the study's results revealed that family ties and the comfort provided by the parental home are more important factors in young people's decision not to leave home. These results indicate cultural as well as economic limitations. Culturally, there is a strong attachment among young Portuguese to the family and the ease of living at home with their parents, which results in the decision not to leave home. Young people are also preferring to stay at home to save, which shows a certain aversion to uncertainty. Finally, although income and living costs were not significant in young people's decision to continue living with their parents, it is important to realize that these factors still represent considerable barriers for young people.

The study has some limitations. In the quantitative analysis, the study has limitations, as it is limited to young Portuguese people under the age of 31 with a university degree. The fact that the study only looks at current generations means that we can't understand whether the reasons that lead young people to stay at home are generational or not. Another limitation is the factors considered: although the study addressed several important factors, such as family ties, personal income, and living costs, other relevant factors may not have been considered.

Although the results of this study are valuable, there are some factors that I would initially have liked to have explored but which, for various reasons, were not studied. Initially, I would have liked to study whether having siblings affects the decision to stay at home, as well as whether having separated parents affects this decision. In the qualitative phase, many interviewees mentioned the desire to save money to buy a house rather than spend it on renting as an important factor in the decision to stay at home. This is a factor that I would have liked to have analyzed in more detail in the quantitative analysis.

For future research, I suggest studying the factors mentioned above that I would have liked to have studied. I also recommend expanding the sample and taking other variables into account for a more comprehensive understanding of the phenomenon. Furthermore, it would be beneficial to investigate whether young people who continue to reside in their parents' homes contribute to household expenses or pay rent to their parents. Additionally, it would be advantageous to examine the interplay of these factors in diverse cultural and economic settings.

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Appendixes

Appendix 1 – Similar Studies

Table 14

Similar Studies

Study	Method	Data Collection	Sample	Independent Variable(s)	Dependent Variable(s)
Breidenbach (2018)	Quantitative method	2 Eurobarometer survey data from 28 countries	Young individuals (15-24 years) from 28 different countries	demographic and institutional conditions	Late Home Leaving
Iacovou (2010)	Quantitative method	European Community Household Panel (ECHP)	13 Western European countries	Income, independence and togetherness	Leaving Home
Gil-Solsona (2023)	Quantitative method	2017 Catalan Youth Survey	2624 individuals	Individual factors and familial factors	Living arrangement of young people
Sironi and Billari (	Quantitative method	National Longitudinal Survey of Youth 1997	Young people born between 1980 and 1984, aged 27 to 31 in 2011	Age and reason for leaving home	Labor market, income, economic situation
Sonia Bertolini, Valentina Goglio	Quantitative method	Longitudinal data from the Statistics on Income and Living Conditions of the European Union from 2007 to 2014.	individuals aged 16-40 who were living with their parents	labor market situation	Leaving Home
Holdsworth et. al (2002)	Quantitative method	Socio-demographic Survey (1993)	160,000 individuals	Economic factors and leaving together	Leaving home
Aassve et. al (2002)	Quantitative method	European Community Household Panel (ECHP)	4 countries	Employment, wages, household income and living standards	Leaving Home

Ribar (2015)	Quantitative method	HILDA survey	Young Australians (18-25 years)	Leaving parental home	Financial difficulties and housing
Goldscheider (2014)	Quantitative method	Young Adult Study of the 1979 National Longitudinal Survey of Youth	4,674 individuals	Parenthood	Leaving Home
Clark and Mulder (2000)	Quantitative method	Panel Study of Income Dynamics (PSID)	USA young adults who have left home	Financial resources and the housing market	The housing-market entry choices of young adults,

Appendix 2 – Questionnaire

Table 15

Complete Questionnaire

Part 1 – Identification questions		
Type	Question	Source
Yes/No	I understand the purpose of this study and confirm that I am under the age of 31.	–
Multiple choice (Female/male/ I'd rather not answer)	Gender	–
Multiple choice (Primary Education/ Basic Education /High School/ Bachelor/ Masters/ PhD)	Academic qualifications?	–
Open Answer	Age	–
Open Answer	What is your municipality of birth?	–
Part 2 – Current situation		
Multiple choice (Full-time worker/ Part-time worker/ Unemployed/ Student/Other)	What is your current professional situation?	-
Yes/No	Have you ever lived away from your parents?	-
Multiple choice (7 options)	What is your monthly gross income?	Bhattacharjee (2001)
Part 3 – Own Income and Own Living Costs		

5-point Likert scale	My current income allows me to be financially self-sufficient, i.e. I am able to support myself without relying significantly on external financial support.	Bhattacharjee (2001) and Blaauboer and Mulder (2010)
	The housing costs in my area are very high.	
	The current living costs, excluding housing, in my area are very high.	
	The housing costs in my locality affect my standard of living.	
	The current living costs represent a significant challenge.	
	The current housing market influences my decision between buying or renting a home.	
	If I rent a house, I have more flexibility to move if I need to.	
	By renting a house, I have less financial responsibility.	
5-point Likert scale	By renting a house, I do not have to worry about maintenance and repairs.	Qualitative data
	Buying a home gives me long-term financial security.	
	Buying a home is an investment.	
	Buying a house allows me to provide stability for my family in the future.	
	Buying a home gives me control over my home.	
Part 4 – Perceived Usefulness		
5-point Likert scale	Living with parents improves personal organization.	Bhattacharjee (2001) and Blaauboer and Mulder (2010)
	Living with your parents gives you more time to spend with friends.	

	Living with your parents improves your financial situation. Living with your parents is comfortable. Household chores are easier to do at home. Access to shared resources (e.g. car) is a relevant factor for staying at home.	Qualitative data
Part 5 – Family Emotional Links and Socioeconomic		
5-point Likert scale	I'm very close to my family. My parents are an emotional support in my life. I like to share my daily experiences with my parents. There is an open communication between my parents and me. I have a strong emotional bond with my family. My parents' income is an important factor in my life. The comfort of my parents' home is a relevant factor for me. Living at home allows me to spend more time with my parents.	Blaauboer and Mulder (2010) and Milburn et al. (2005) Qualitative data
Multiple choice (Married/Separated/Parents never lived together)	What kind of relationship do your parents have?	Blaauboer and Mulder (2010) and Milburn et al. (2005)
Yes/No	Do you have any brothers or sisters?	Blaauboer and Mulder (2010) and Milburn et al. (2005)
Multiple choice (1/2/3/4 or more)	How many siblings do you have?	Blaauboer and Mulder (2010) and Milburn et al. (2005)

Multiple choice (older/middle/younger)	How do you fit into the family dynamic regarding age and sibling position?	Blaauboer and Mulder (2010) and Milburn et al. (2005)
Multiple choice (Yes/No/I don't know)	Do you think that having siblings had a positive influence on your decision to live with your parents?	Blaauboer and Mulder (2010) and Milburn et al. (2005)
Part 6 – Confirmation and Satisfaction		
5-point Likert scale	My experience of living with my parents (is/was) very positive. Expectations about living with my parents (correspond/have corresponded) to reality. If (I had/when I had) all the resources to move out of my parent's house (I did/would). Aversion to uncertainty (influences/influenced) my decision to live with my parents.	Bhattacharjee (2001) Qualitative data
Multiple choice (I live with my parents/I live alone/I share a house with friends/colleagues/I live with a partner/other option)	Where do you live now?	-
Part 7.1 – Continuity (young adults still living with their parents)		
Open Answer	What were the main reasons you left your parents' home?	-
Part 7.2 – Continuity (young adults still living with their parents)		
Scale (1 to 5)	What is the probability of you leaving home in future?	Bhattacharjee (2001)

Open Answer	In your opinion, what are the main benefits of living with your parents?	-
Open Answer	Do you have any comments, thoughts or relevant information you'd like to share about living with your parents?	-

Appendix 3 – Cross Loadings

Table 16

Cross Loadings

	CLWP	CONF	FELAS	OI	OL	PU	SAT
CLWP2	0.629						
CLWP3	0.907						
CONF		1.000					
FELAS			0.915				
FELAS2			0.933				
FELAS3			0.853				
FELAS4			0.891				
FELAS5			0.925				
FELAS7			0.684				
OI2				1.000			
OL2					0.208		
OL4					0.980		
PU						0.808	
PU2						0.691	
PU4						0.847	
PU5						0.644	
PU7						0.711	
SAT							1.000

