Lifestyle Orientations in Community Participation

An Analysis of Lombok-Leidseweg, Utrecht, The Netherlands

"You start maintaining your garden and neighbors will do so, too.
You can actually see it blossom"

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PREFACE

In front of you is my master thesis, titled "Lifestyle Orientations in Community Participation: An Analysis of Lombok-Leidseweg, Utrecht, The Netherlands." My road to education has known some detours: after finishing high school on the 'havo' level, two years of high school on the 'vwo' level, a gap year in South-East Asia, a bachelor's in American Studies at the University of Groningen and a pre-master's in Urban Geography in Utrecht, I ended up here. This thesis, representing the final leg of my journey, is a product of my knowledge gained throughout my (pre)master's in Urban Geography at the University of Utrecht.

The topic of this master thesis was proposed by Martin van der Zwan, Len Duffhues and Rick Fleur from consultancy firm for public spaces PLAN terra. Citizens increasingly (wish to) appropriate tasks and responsibilities in the public spaces of their neighborhood. As a result, local governments ought to adjust their policies to residents' activities and wishes. In order to do so in an effective and efficient manner, PLAN terra (along with many scholars) believes insights into differences between citizens to be useful. While I did not devise this topic of research myself, it is a topic that closely mirrors my interest in urban geography and that I was very content to write about. I would like to thank Martin van der Zwan, Len Duffhues and Rick Fleur for their help during the research process, as well as for the wonderful and educational time I had during my internship at PLAN terra. I learned a great deal, not only about participation but also about policy and management of public space, and I obtained a sense of what life as an advisor on public space is like.

I would also like to thank dr. Bas Spierings, who supervised my master thesis. He was able to provide me with excellent feedback on everything I had written and to made me think of concepts I did not think of myself. His enthusiasm about the topic fueled my own, which was very useful in times that different theories and ideas dazzled me.

The rather negative tone of my bachelor thesis on the effects of gentrification in Brooklyn, New York City caused me to want to lay aside that issue for a while. However, even after seven months of writing about horizontal participation, I still find it a fun and interesting concept to spend my days thinking about. Luckily, I will be able to, for my internship at PLAN terra has directed me to the next stage in my life. As a future junior advisor on public spaces, I am confident that I will be able to put this project's insights into practice and help local governments to enhance and encourage participation activities among their socially and culturally diverse inhabitants. Also, being a member of the *Boundless and Vital Orientation* myself, I am excited to beat the odds by becoming an active member in my local community. After all, while my behavior might indicate a certain indifference about my neighborhood, my preferences say otherwise.

Stanzi Winkel
Utrecht, October 2017

ABSTRACT

This study titled “Lifestyle Orientations in Community Participation: An Analysis of Lombok-Leidseweg, Utrecht, The Netherlands” was designed to discover associations between lifestyle orientations and activity in community participation activities. Community participation is by numerous scholars considered a useful means to enhance a neighborhood’s social space. By encouraging contact with space and fellow residents, such activities have the ability to bring about individual and community benefits. In Lombok-Leidseweg in particular, community participation may prove valuable to local governments and residents, since in the area tensions between different sociocultural and socioeconomic residents prevail.

This thesis argues that in order to efficiently and effectively enhance and encourage participation, local governments and participators should assume a citizen-oriented perspective that carefully takes into account people’s differences. Differentiating individuals based on their lifestyle orientation is believed to be most appropriate, since it is a characteristic that is able to holistically describe individuals. Moreover, this study argues that both participators and nonparticipators and their experiences should be taken into account in order to provide a comprehensive perspective on community participation. 263 residents of Lombok-Leidseweg were included in the research and quantitative data was used to determine the association between their lifestyle orientation and community participation.

The results of this study showed, firstly, that residents of Lombok-Leidseweg can successfully be distinguished based on their lifestyle. After having identified five lifestyle dimensions that influence people’s social and spatial behavior (i.e. the Locally Engaged and Idealistic Dimension, the Enterprising and Self-Development Dimension, the Social Dimension, the Neighborhood Dimension and the Personal Environment Dimension), residents that scored on the dimensions relatively similarly were grouped into lifestyle orientations. The five lifestyle orientations are the Stable and Traditional Orientation, the Familist and Enterprising Orientation, the Boundless and Vital Orientation, the Public and Social Orientation and the Solitary and Secure Orientation. The results subsequently indicate that in Lombok-Leidseweg, lifestyle orientation is significantly related to taking part in the maintenance of green spaces and social activities in public space, and between lifestyle orientation and organizing community gardening activities and social activities in public space. Moreover, participation activities account for positive individual as well as community benefits, but are most likely to do so if people participate together and if they care for the neighborhood’s social space. Reasons for nonparticipation mainly include ignorance about activities and self-exclusion.

The results of this study encompass a holistic description of community participation in the research area, which may be valuable to local governments and participators that seek to enhance or encourage participation activities in the neighborhood. Depending on what they seek to achieve (i.e. physical improvements, social improvements or higher levels of participation in general), addressing or investing in particular types of people may prove more worthwhile than others. This study thus provides local governments and participators a tool to efficiently and effectively enhance community participation.

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1. INTRODUCTION

1.1. BACKGROUND

"Everyone for themselves in Lombok," reads the headline of an article by the Dutch newspaper NRC (translated by the author, 2016). The neighborhood Lombok-Leidseweg in Utrecht, the Netherlands, used to be an area where culturally and socially diverse people lived together. According to the article, this is no longer the case: segregation between sociocultural groups prevails as they increasingly live *alongside* rather than *with* each other. NRC addresses the cleavage between Westerners and non-Westerners, quoting residents who use the words 'us' and 'them'. DIUC (a local news website), moreover, posted an account by a native Dutch resident of Lombok, who was intimidated and robbed by Moroccan men shouting "this is our neighborhood, faithless pig" (translated by the author, 2016). This sentiment also applies the other way around: Volkskrant (Huisman, 2017) revealed that some high-educated, white residents would prefer the neighborhood be less 'exotic'. Quantitative data by the City of Utrecht (Gemeente Utrecht, 2017) similarly shows that the neighborhood copes with discrimination issues. In addition, friction exists between Lombok's newcomers (or: gentrifiers) and long-time residents (DUIC, 2017). During a gentrification-themed meeting organized by the City of Utrecht (Gemeente Utrecht, 2017) the two groups admitted to not really feel responsible for each other's wellbeing.

Lombok-Leidseweg is not the only neighborhood dealing with such social issues, and the NRC, DUIC, Volkskrant and City of Utrecht are also not alone in assessing them. According to Stuart Hall (1993), the key question of the 21st century is how we can develop the ability to live with social difference. According to some scholars, enduring positive effects can be attained through mere encounters with different people, since such contacts allow for the development of respect for differences (Valentine and Sadgrove, 2012; Wilson, 2011). This corresponds with Putnam's (2007) 'contact hypothesis', which proposes that diversity fosters tolerance and solidarity. Other scholars, nevertheless, argue that such encounters lack meaning because they generate weak ties and do not provide bridging capital between groups: living at the same place does not necessarily mean living together (Amin, 2002; Van Eijk; 2010). Rather, in order to induce more profound and lasting levels of trust, tolerance and respect, people should collectively *participate* with one another, because only then are they interdependent on each other and do they engage habitually (Amin, 2002; Pagano, 2013).

Participation activities come in many forms. A distinction can be made between vertical and horizontal activities: the former involves citizens exercising influence upon the local government (examples are Lombok-Leidseweg's neighborhood associations 'Wijkraad West' and 'Lombox'); the latter includes the direct contact with and shaping of physical and social space for the benefit of everyone (for instance by gardening at the public 'Cremertuin' or taking part in the biannual 'Greenday'). In other words, horizontal (or: community) participation projects to a larger extent interact with and are dependent on space, for space is both a means and an end towards exercising the activity. This relationship to space is vital with regard to the effects of participation for the individual and the community (Leary, 2009).

When participation takes place in spaces that are (ideally) freely accessible and in which people – irrespective of their social background – can make and maintain social contacts (i.e. public

spaces), it has the ability to engender positive social developments (Amin, 2002; Nio, 2002). Participating in public space allows people to develop feelings of ownership and responsibility for their living environment and encourages direct (often informal) contact with neighbors, which may lead to individual empowerment (Florin and Wandersman, 1990; Michels and De Graaf, 2010) and community enhancement (Blokland and Nast, 2014; Tonkens and Verhoeven, 2011). Hence, horizontal participation activities potentially give rise to increased levels of social inclusion and a decrease in segregation between sociocultural groups. Community participation activities in public space that are often part of the scientific debate and around which the City of Utrecht (2017) centers its policies, include the maintenance of green spaces (Iveson, 2013; Pagano, 2013), community gardening (Pagano, 2013; Poulsen, Hulland, Gulas, Pham, Dalglish, Wilkinson and Winch; 2014), the cleaning of public spaces (Alaimo, Reischl and Allen, 2010), the maintenance of playgrounds (Pagano, 2013; Tonkens and Verhoeven, 2011) and participation in social activities (Leidelmeijer, 2012; Van Houten and Winsemius, 2010).

If participation activities truly can engender positive social developments in neighborhoods, the saying 'the more the merrier' could apply. Hence, encouraging or enhancing participation among a larger or more diverse number of people may be considered a worthwhile effort by local governments. If it is, knowledge about which type of individual participates and which does not, is imperative. Data on that topic is scarce, however, and mainly differentiates people based on their demographic (or: traditional) characteristics such as age, gender and nationality, while according to scholars such characteristics are likely to have lost in explanatory power (De Wijs-Mulkens, 1999; Pinkster and Van Kempen, 2002; Van Acker et al., 2016; Zukin, 1998). Instead, in socio-spatial research the more subjective variable lifestyle could be employed, as it gives insights into the way in which people arrange their lives and may therefore generate more encompassing and meaningful data (Ganzeboom, 1988; Van Diepen and Arnoldus, 2003).

1.2. PROBLEM STATEMENT

While community participation can be considered a worthy tool to decrease segregation between different kinds of people in a neighborhood, in many cases not all residents are equally included in (the organization of) participation practices. People might experience (self-)exclusion from participation activities for reasons varying from simply not being interested to not feeling welcomed by other participators or believing their help is not needed nor wanted (Irvin and Stansbury, 2004; Jupp, 2007; Michels and De Graaf, 2010; Verba et al., 1995). Thus, while scholars regard participation in public space as a tool to decrease segregation in a neighborhood and enhance its social space, segregation seems to exist *within* participation practices. This obviously impedes the individual empowerment and community enhancement mentioned above. Therefore, in order to achieve the benefits that participation may account for, exclusion problems surrounding participation ought to be understood and, if needed, remedied (Chavis and Wandersman, 1990; Hafer and Ran, 2016; Michels and De Graaf, 2010; Peterson, 2004). Local governments thus require data on which type of person organizes and takes part in particular activities and which type does not, and on people's experiences with (non)participation. This research project will distinguish different types of citizens based on their lifestyle rather than on traditional characteristics such as age, gender and ethnicity, because lifestyle variables may account for a more holistic perspective (De Wijs-Mulkens, 1999; Pinkster and Van Kempen, 2002; Van Acker, Goodwin and Witlox, 2016; Zukin, 1998).

1.3. RESEARCH QUESTIONS

The aim of this research project is twofold: it will firstly provide insights into the association between horizontal participation practices and lifestyle characteristics, and secondly examine participators and nonparticipators' experiences with (non)participation. The main research question was formulated as follows:

> To what extent do lifestyles influence residents' horizontal participation practices in the public spaces of Lombok-Leidseweg and what are residents' experiences with (non)participation in the neighborhood?

This main research question will be answered through the following five sub-questions:

1. To what extent can differences in lifestyle be observed between residents of Lombok-Leidseweg?
   This research question aims to identify the lifestyles of residents of Lombok-Leidseweg by assessing their scores on different lifestyle dimensions. A number of lifestyle categories will be formulated and each resident will be assigned to the category they fit best. The answer to this research question will show to what extent lifestyle variables are capable of explaining differences between individuals.
2. To what extent can people's traditional characteristics and lifestyle characteristics predict levels of community participation in Lombok-Leidseweg?
   This research question aims to investigate the extent to which traditional variables are capable of explaining differences in participation activity between residents of Lombok-Leidseweg, and the extent to which their score on the lifestyle dimensions adds to this explanation. The answer to this question will therefore provide insights into the extent to which lifestyle variables can be considered a worthy addition to this type of research.
3. To what extent do lifestyles influence whether or not residents take part in or organize horizontal participation practices in public space?
   Having assigned residents of Lombok-Leidseweg to different lifestyle categories, this research question will analyze the extent to which people's lifestyle orientation is associated with levels of participation. This question will thus show whether people belonging to particular lifestyles take part in or organize participation activities more or less than others. It will therefore also illustrate inclusion and (self-)exclusion patterns.
4. To what extent do horizontal participation practices differ between lifestyles?
   Residents' activity in each of the five types of horizontal participation practices will be compared across lifestyles. This research question therefore provides more in-depth insights in inclusion in and (self-)exclusion from particular participation projects. Moreover, this question will elaborate on the extent to which lifestyle determines whether residents (mainly) participate alone or with other people.
5. What are residents' experiences with (non)participation in Lombok-Leidseweg?
   The fourth research question aims to provide more detailed insights into participators and nonparticipators' experiences with participation. How do participators regard the effects of participation, and what are nonparticipators' reasons for not engaging in one of the five participation activities? This research question thus zooms in on the extent

to which participation engenders positive social developments in a neighborhood, and the way in which nonparticipators' experience (self-)exclusion within participation practices.

1.4. SCIENTIFIC RELEVANCE

As discussed in section 1.2, holistic data on (non)participators is required in order to fully understand and remedy (self-)exclusion problems centering around horizontal participation activities. Such data on (non)participators is, however, very scarce. Firstly, contemporary research on horizontal participation primarily adopts a governmental perspective and neglects that of the citizen (Hafer and Ran, 2016). Secondly, of the studies that do adopt a citizen perspective, most solely discuss the characteristics of participators and fail to describe citizens who do not participate and reasons for their inactivity (Leidelmeijer, 2012; Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010). This research project therefore attempts to add to the existing literature by considering the experiences of participators as well as nonparticipators.

A third limitation of contemporary studies on horizontal participation is that the studies that describe participators' characteristics mainly use traditional variables such as age, gender and ethnicity (Brisson and Usher, 2005; Leidelmeijer, 2012; Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010). Nevertheless, individuals can also be distinguished based on a variable that provides more meaningful insights into their lives (Pinkster and Van Kempen, 2002). This variable, 'lifestyle', includes people's preferences and behaviors and has gained in importance as a result of globalization, individualization and welfare (De Wijs-Mulkens, 1999; Pinkster and Van Kempen, 2002; Van Acker et al., 2016; Zukin, 1998). While a great body of research exists on 'lifestyle' and 'horizontal participation' separately, scant emphasis has been placed on the association between the two. Existing research on lifestyles mainly stresses the relationship between lifestyles and residential choices (Bagley and Mokhtarian, 1999; De Wijs-Mulkens, 1999; Pinkster and Van Kempen, 2002), travel behavior (Van Acker et al., 2016; Krizek and Waddell, 2002), subsistence and personal maintenance activities (Krizek and Waddell, 2002), and cultural capital (Bourdieu, 2016). A small number of studies on horizontal participation employ subjective variables such as social psychological characteristics (Wandersman, Florin, Friedmann and Meier, 1987) and whether people feel at home in their neighborhood (Tonkens and Verhoeven, 2011). Nonetheless, they remain oblivious to people's choices and commitments in life, for instance with regard to the home, leisure and social spheres. In other words, they hardly reflect an individual's actual preferences and behavior and therefore lack a holistic perspective. This thesis thus attempts to add to the literature by considering the relatively under-researched association between the lifestyles of participators and nonparticipators of horizontal participation activities.

1.5. SOCIETAL RELEVANCE

In the Netherlands, the welfare state increasingly makes way for a so-called 'participation society' as concepts such as self-reliance, reliance between citizens, solidarity, social resilience and societal vitality gained in importance (RMO, 2013). Citizens should accordingly assume responsibility in the shaping of society and their living environment (for instance by engaging in horizontal participation activities). This shift is, however, also driven by necessary cuts in

governmental institutions (RMO, 2013). Scholars have denounced the 'participation society' for its neoliberal character: in promoting an "ethic of collective responsibility" (Rose, 2000, p.1397) governments are argued to first and foremost have in mind their own interest of advancing the economy.
While horizontal participation may be interesting to governments for financial reasons, other reasons also deserve attention. Indeed, local governments increasingly acknowledge that they have to collaborate with the community in order to "tackle tough social problems and achieve beneficial community outcomes" (Bryson, Crosby and Stone, 2006, p.44). A first motive for this is that in order to make comprehensive decisions, local governments require citizens' knowledge and contributions: Hafer and Ran (2016) state that "the increasingly complex social problems that are inherent in modern societies have made it largely apparent that being able to adequately address these problems in a public sector vacuum is near impossible" (p.207). In other words, citizen participation enables (local) governments to implement fitting and effective policies, since citizens' perspectives, conducts and activities may account for solutions that the local government did not consider before (Hafer and Ran, 2016).

Another motive for encouraging participation concerns its potential to enhance the social space of a neighborhood. Firstly, citizen participation can engender feelings of personal empowerment, because it may increase people's sense of responsibility for public matters as well as their engagement in public activities (Campbell, 2005; Michels and De Graaf, 2010). Participation can therefore help individuals to a larger extent feel included in the neighborhood's physical and social structure, which among others benefits levels of social cohesion in the neighborhood (Alaimo et al., 2010; Brisson and Usher, 2005). Moreover, the fact that people are surrounded by and dependent on a diverse range of people during collective participation activities, potentially increases levels of trust, tolerance and respect for differences (Amin, 2002; Michels and De Graaf, 2010). Horizontal participation therefore allows for a shrinkage of the gap between an individual and 'the Other', which – among other things – gives room for a decrease in segregation, the emergence of valuable social networks (Amin, 2002; Blokland and Nast, 2014) and increased social cohesion and safety (Lofland, 1998 & 2000).

In addition to governments assuming a top-down approach, an increasing amount of people today embody a bottom-up approach in launching participation initiatives. More and more people claim and shape public spaces through activities aimed at improving and maintaining the physical and social neighborhood in ways they deem appropriate or necessary (Pagano, 2013). While this often involves physical alterations, participators also regularly recognize the social benefits of participation that were mentioned above. Tonkens and Verhoeven (2011) argue that citizens who participate, often do so because they witness social isolation and a lack of contact and solidarity between neighbors. Therefore, in many cases their objective is to engender or strengthen bridging ties in the neighborhood. Many participators believe that such ties between citizens who are dissimilar from each other, would eventually allow for the emergence of a better social atmosphere and would cause people to address each other sooner upon seeing problematic behavior (Putnam, 2007; Tonkens and Verhoeven, 2011).

The above paragraphs illustrated that for various reasons, horizontal participation is (or should be) considered an effective instrument in the eyes of both local governments and citizens. Naturally, in encouraging and enhancing participation practices it is useful for both parties to

know who participates and who does not, and why. Such data would yield important information about ways to embed participation in local governance (Chavis and Wandersman, 1990; Hafer and Ran, 2016; Peterson, 2004). Accordingly, by appropriating a perspective based on preferences and behaviors (i.e. lifestyles), this research project provides local governments the opportunity to center their participation policies in a more effective and fitting fashion and to remedy problems centering around it (such as (self-)exclusion). Participators, moreover, may gain increased understanding of how to involve their socially different neighbors in participation initiatives. Are certain people who belong to the same lifestyle simply not interested in participating, or are exclusion processes at play, harming the social fabric of a neighborhood?

1.6. READING GUIDE

This research projects comprises 6 chapters. The first chapter has provided an introduction to the issues and research questions at play. Chapter 2 focuses on the existing literature concerning the concepts relevant to this research project. It elaborates on different forms of participation, the effects of participation on the individual and the community level, the characteristics and motives of participators as presented by scholars and the concept of lifestyle.

Chapter 3 focuses on this research project's methodology. It provides a description of the neighborhood that functions as the case study of this project, a research model, the research design and the survey. Lastly, this chapter describes the response and representativeness of the research.

Chapter 4 shows the first part of the results and thereby answers the first sub-question. Statistical tests show whether the theoretical lifestyle dimensions correspond with those found among the respondents of the survey. Respondents subsequently are assigned to an empirical lifestyle orientation. Also, the relationship between people's lifestyle orientation and traditional characteristics is examined.

Chapter 5 presents the second part of the results, which centers around community participation. This chapter thus answers the second, third, fourth and fifth sub-questions. It firstly discusses the explanatory power of traditional and lifestyle variables. Next, it analyzes differences between lifestyle orientations in taking part in and organizing participation activities and subsequently zooms in on the five different types of participation and the role lifestyle orientation plays. Lastly, this chapter describes what participators deem the effects of participation and why nonparticipators refrain from participating in their neighborhood.

The sixth chapter of this research project is the conclusion. It provides the answers to the four sub-research questions and main research question. The last section reflects on the decisions made during the research project and gives recommendations for future research.

2. LITERATURE REVIEW

This chapter provides the theoretical framework of this research project. Definitions of participation in public space and lifestyles will be formulated throughout this chapter. Firstly, the distinction between using and participating in public spaces and what this means for physical and social space, will be described. Next, a distinction will be made between vertical and horizontal participation in order to clarify what type of participation this research project will refer to. The benefits of this type of participation will subsequently be elaborated upon. Afterwards, different gradations of activity in participation projects will be outlined by use of participation ladders, clarifying what role citizens and governments may assume. The next section will elaborate on the characteristics and motivations of participators and reasons for nonparticipation. Lastly, the importance of lifestyle variables will be explained and a definition of lifestyles with regard to horizontal participation will be given.

2.1. USING VERSUS PARTICIPATING IN PUBLIC SPACE

Many urban studies celebrate the significance of public space for the public realm (Amin, 2002; Iveson, 2013; Spierings, Van Melik and Van Aalst, 2016). Sidewalks, streets, squares, parks, cafés and bars are often characterized as "a forum that encourages mingling and encounters between people of different classes, races, ages, religions, ideologies, and cultures (Berman, 1986; Harvey, 1992) and as such serves as a breeding ground for mutual respect, political solidarity, tolerance, and civil discourse (Walzer, 1986)" (Ruppert, 2006, p.271). This forum ideally is freely accessible to everyone (Nio, 2002) and serves as a "domain of sociability" and as a "domain of active citizenship" simultaneously (Ruppert, 2006, p.272). The former perceives public space as a space of "encounters between strangers, people outside the life of family and close friends and within the region of diverse, social groups"; the latter sees public space as an "unstructured and informal sphere of discussion, debate, and expression that leads to collective action concerning public affairs" (ibid). This description of public space thus promotes it as a platform on which citizens can exercise their conducts and activities and as such leave their mark upon the public realm (ibid, p.273).

Nevertheless, scholars also argue that – being real property – (most) public spaces are privately or state owned and therefore subject to a number of regulations or policies (Loughran, 2014; McQuoid and Dijst, 2012; Ruppert, 2006). Hence, people's conducts and activities are restricted and "relations between different groups, interests and communities" (Ruppert, 2006, p.272) are managed. Because these regulations impose constraints on the domains of sociability and active citizenship, they are believed to shape the level of flexibility that people experience (McQuoid and Dijst, 2012). In other words, scholars question the extent to which citizens can truly influence the public realm through activities in public space.

Lefebvre's (1991) vision of space nuances both perceptions on who is capable of influencing the public realm. He sees space as being "constituted by social relations which are in turn constituted by space" (Leary, 2009, p.195). This forms a spatial triad: 'spatial practices' (i.e. the perceived space), 'representations of space' (i.e. the conceived space) and 'spaces of representation' (i.e. the directly lived space). These three elements interact with each other continually in sometimes conflicting ways. Hence, people's daily routines (spatial practices) and spatial discourses (spaces of representation) may develop unparallelly to the dominant

conceptions of urban spaces (representations of space) (ibid). Lefebvre (1991, pp.380-381) describes this as the creation of a counter space:

> "[Space] must of necessity result from relationships between groups … There should therefore be no cause for surprise when a space-related issue spurs collaboration … between very different kinds of people … Such coalitions around some particular counter-project or counter-plan, promoting a counterspace in opposition to the one embodied in the strategies of power, occur all over the world."

Because the three spatial elements interact with each other continually, counter spaces also affect the representations of space (e.g. public policies). From this it follows that individuals can shape or produce the dominant conceptions of space by the mere – even unconscious – use of it. This means that through their conducts and activities, individuals may induce chances in policies if authorities decide to anticipate on particular social processes. Counter spaces then become part of the dominant conceptions of space (e.g. policies). In other words: Ruppert's (2006) domains of sociability and active citizenship might to a certain extent indeed be constrained by dominant notions of space, yet individuals are also capable of influencing these notions by their usage of public space.

Today, individuals increasingly attempt to more consciously leave their mark upon public space: namely, by taking part in or organizing *citizen participation projects* whereby they actively attempt to influence the environment (Ekman and Amna, 2012, p.292). Using (public) space is often part of one's daily routine and therefore happens subconsciously (Leary, 2009). Citizen participation, however, can be considered as a form of usage of space that encompasses larger and more ambitious interventions, because it is the result of a particular vision on space which participators actively aim to realize (Pagano, 2013). Pagano (2013) describes this as follows: participation practices "most[ly] perform dual functions – they communicate a message about a specific need in a community and simultaneously move toward filling that need … [Participators] seek to demonstrate how they think their urban environments could be improved" (p.355). In other words, participators deliberately produce a counter space by opposing "an orientation toward the state as the only legitimate avenue for activities of citizenship" (Pagano, 2013, p.341). Participators thus purposely empower themselves to (re)shape or (re)produce the existing notions of the physical or social environment in ways *they* deem appropriate or desirable. Since the physical and social spaces are intertwined, participators' actions have implications for both.

2.2. VERTICAL VERSUS HORIZONTAL PARTICIPATION

The term 'citizen participation' has an abundance of definitions. Adler and Goggin (2005) define it as "how an active citizen participates in the life of a community in order to improve conditions for others or to help shape the community's future" (p.241). This kind of participation can encompass numerous activities. A way to distinguish such activities is by differentiating between vertical and horizontal participation (Van Houten and Winsemius, 2010).

Vertical participation involves citizens exercising influence upon policies. Scholars also speak of 'political participation'. Over the turn of the century (as scholars increasingly admitted that society as a whole is not determined only by the political elite) the definition of this term has broadened by including not only actions in the political domain, but also those in the economic,

social and media spheres (Brady, 1999; Ekman and Amna, 2012). In other words, vertical participation is "a way for ordinary citizens to … influence the people in power (not necessarily politicians)" (Ekman and Amna, 2012, p.290). Vertical participation may for instance entail the influencing of policies concerning the functioning of local governance or alterations within a neighborhood. Another way to vertically participate is through playing a role in the execution or evaluation of an organization's activities. Platforms through which to exert influence can be neighborhood associations that advise the local government, client organizations of social services or representative advisory boards (Van Houten and Winsemius, 2010).

A second form of participation refers to horizontal participation, which involves actions executed for someone else or for a person's direct living environment (Pagano, 2013; Van Houten and Winsemius, 2010). These activities can also be described as "voluntary work to improve conditions in the local community" (Ekman and Amna, 2012, p.292) and are therefore often called 'community participation'. Horizontal participation practices, although often different in their goals, share a number of characteristics. Firstly, "they use or appropriate urban space for common, as opposed to private, use" (Pagano, 2013, p.338). Participators thus (re)produce or (re)shape physical and/or social space for the community (i.e. for the *public good*). Secondly, horizontal participation practices "share an orientation toward changing the character of urban space" (Pagano, 2013, p.338), meaning that "their specific goal is to change the use of space in cities, as opposed to effecting changes in other laws and policies" (ibid). In summary, community participation activities mainly seek to *directly* contribute to the community and/or to the physical area (Iveson, 2013). Van Houten and Winsemius (2010) name as examples volunteering, helping neighbors, membership of a neighborhood association that seeks to preserve a playground, correcting children on inappropriate behavior in public spaces and greeting people on the street. Other studies consider the maintenance of green spaces (Iveson, 2013; Pagano, 2013), community gardening (Pagano, 2013; Poulsen et al., 2014), the cleaning of public spaces (Alaimo et al., 2010), the maintenance of playgrounds (Pagano, 2013; Tonkens and Verhoeven, 2011) and participation in social activities in public spaces of the neighborhood (Leidelmeijer, 2012; Van Houten and Winsemius, 2010).

Two major differences between vertical and horizontal participators can be distinguished. Firstly, the former often deems influencing dominant notions of space (or: policies) the goal. The latter, however, would consider a change in policy as a (by)product of their conducts and activities (because they consciously or unconsciously affect the representations of space, for instance with regard to the local government's cleaning policies) *or* as a means to an end (because a change in policy might legally allow participators to change the character of urban space) (Pagano, 2013; Van Houten and Winsemius, 2010). Secondly, while both vertical and horizontal participation can encourage contact with physical and social space, they do so in a different way. Vertical participators engage with physical space and fellow residents as a means to influence policies concerning their neighborhood. For horizontal participators, however, engaging with physical space and with fellow residents is both a means and an end towards maintaining and improving the physical and social environment.

Because compared to vertical participators, horizontal participators to a larger extent interact with and are dependent on public space, their activities may more directly influence the social space of a neighborhood. As discussed in section 2.1., public spaces in particular have the ability to unite different kinds of people because (ideally) they are accessible to everyone and

therefore facilitate encounters between strangers. This has positive results for the greater social space of a neighborhood as such encounters may increase levels of trust, tolerance and respect between different kinds of people (Amin, 2002; Ruppert, 2006; Spierings et al., 2016). For this reason, this research project will primarily address horizontal participation activities that are aimed towards directly appropriating public spaces. The interim definition of *participation in public space* therefore is:

> "Civilians voluntarily contribute to maintaining and/or improving public spaces for the public good"

2.3. EFFECTS OF COMMUNITY PARTICIPATION

The previous sections briefly touched upon the effects of horizontal participation activities for a neighborhood's social space. Since such activities allow for contact with other people, they may help increase levels of inclusion and decrease exclusion in socially segregated neighborhoods (Amin, 2002; Pagano, 2013). This section will elaborate on how such effects can develop. It will do so by discriminating between effects for the individual (section 2.3.1.) and for the community (section 2.3.2.).

2.3.1. INDIVIDUAL EFFECTS

Through activities such as cleaning public spaces or maintaining playgrounds, citizens both express a desire for a clean and well-maintained space and instantaneously take matters into their own hands by fulfilling these desires. Hence, they assume control over space and may bring about changes in the dominant notions (or: policies) revolving around public spaces (Leary, 2009; Lefebvre, 1991). Participators thus engage in a process of empowerment, by Florin and Wandersman (1990) described as "a mechanism by which people, organizations, and communities gain mastery over their affairs" (p.44). This empowerment goes beyond simply taking charge in the physical or social environment: scholars widely agree that it benefits individuals in a number of ways. Michels and De Graaf (2010), firstly, argue that empowerment encourages feelings of ownership of and responsibility for one's living environment. In the case of horizontal participation activities in public space these feelings may in particular arise, as people actively appropriate space by working to maintain and improve their neighborhood. Moreover, Florin and Wandersman (1990) state that empowerment can lead to "higher competencies, confidence, sense of citizen duty and lower feelings of helplessness" (p.45). Participation is thus considered a useful means to becoming a responsible public citizen and to increase feelings of inclusion in the larger social sphere.

Horizontal participation practices in public space, moreover, could help generate social capital. Researchers Unger and Wandersman, for instance, found that participation in neighborhood associations is positively associated with the extent to which members have social interactions with neighbors (in Alaimo et al., 2010), and Brisson and Usher (2005) found that participation is strongly associated with bonding social capital on the individual level. Alaimo et al. (2010) researched community gardening and beautification activities in particular, and showed that these activities engender the development of bonding social capital (ties within the same social group), bridging social capital (ties between different social groups) and linking social capital (ties with institutions or individuals with relatively more power).

The mentioned benefits may all contribute to an increase in levels of trust, tolerance and respect between citizens of a neighborhood. As through participation people to a larger extent feel part of the neighborhood's physical and social structure, arguably, the gap between an individual and 'the Other' may shrink. This relates to what Blokland and Nast (2014) call the realm of "public familiarity": the "both recognizing and being recognized in local spaces" (p.1142). Once individual residents have entered this realm, they will find themselves in a comfort zone in which they feel more at ease (ibid). This comfort zone entails being able to understand and accept behavior of others without necessarily approving it, and may exist in both homogeneous and heterogeneous neighborhoods.

These positive developments on the individual level work self-perpetuating. As citizens feel more included and embedded in society, they will also feel more capable of influencing their direct living environment. Consequently, their feelings of inclusion will increase (Alaimo et al., 2010; Chavis and Wandersman, 1990). Because ideally, every individual is free to contribute to participation initiatives, even citizens who used to feel excluded from certain political, economic or social processes in their neighborhood, can ensure that (to a certain extent) they will no longer be excluded in the future (Arnstein, 1969; Putnam, 2007). Adversely, individuals who do not take part in or organize horizontal participation activities in the public spaces of their neighborhood, will to a lesser extent enjoy such benefits (Alaimo et al., 2010).

2.3.2. COMMUNITY EFFECTS

In today's increasingly socially heterogenic societies, citizens are likely to find themselves among people who are in some way unlike them (Putnam, 2007). While according to the 'conflict hypothesis' this physical proximity to diversity "fosters out-group distrust and in-group solidarity" (ibid, p.142), Putnam argues that in the medium to long run the 'contact hypothesis' applies. He asserts that over time "new forms of social solidarity" (ibid, p.140) will develop and negative effects will give room for "new, more encompassing identities" (ibid). The compromise that had existed between a neighborhood's community and diversity will then no longer exist; rather, if governed wisely, they will be able to strengthen one another. Putnam (ibid, p.158) concludes by stating that

> "to strengthen shared identities, we need more opportunities for meaningful interaction across ethnic lines where Americans (new and old) work, learn, recreate, and live. Community centers, athletic fields, and schools were among the most efficacious instruments for incorporating new immigrants a century ago, and we need to reinvest in such places and activities once again, enabling us all to become comfortable with diversity."

Even though Putnam focuses on differences in ethnicity, his message is clear: (local) governments should encourage interaction between diverse citizens in order to increase levels of inclusion, and public spaces provide a platform to accomplish that objective. Nevertheless, a public space in itself hardly has the ability to 'neutralize' differences between people. According to Amin (2002), spaces that require "prosaic negotiations" (p.696) are needed to achieve that objective. In other words: individuals need to be interdependent on one another and engage habitually in order to come to terms with differences. Arguably, participation practices meet these requirements, as they involve "connection, dialogue, and engagement with public space and other members of our communities" (Pagano, 2013, p.357).

Horizontal participation initiatives in public space are indeed often regarded as instruments to increase the sense of community present in a neighborhood. According to Florin and Wandersman (1984), "community development is concerned with the creation of improved social and economic conditions through emphasis on voluntary cooperation and self-help efforts of the residents" (p.690). In other words, participation efforts aimed at maintaining and improving space are considered effective tools in enhancing a neighborhood's social spaces, as they account for moments of socializing between neighbors (Alaimo et al., 2010; Chavis and Wandersman, 1990; Michels and De Graaf, 2010; Pagano, 2013; Tonkens and Verhoeven, 2011). These enhancements for instance relate to increases in social cohesion and safety (Lofland, 1998 & 2000) and social networks (Amin, 2002; Blokland and Nast, 2014). Another widely cited improvement relates to community competence: a higher sense of community will lead to less problems since people will abide the law to a larger extent, while simultaneously making it easier to solve problems because the evolved social networks allow for trust and cooperation (Chavis and Wandersman, 1990; Lelieveldt, 2004).

In other words: in addition to enhancing an individual's position and well-being in the neighborhood (as discussed in the previous section), community participation practices aimed at maintaining and/or improving public spaces also potentially enhance a neighborhood's greater social space, even in neighborhoods that are socially segregated (Amin, 2002; Blokland and Nast, 2014). This research project's interim definition of participation will accordingly be expanded as follows:

> "Civilians voluntarily contribute to maintaining and/or improving public spaces for the public good, and thereby experience positive effects both on the individual and community level."

2.4. THE LOCAL GOVERNMENT'S APPROACH

Section 2.3. established the positive effects of community participation for both the individual and the community, and thereby showed that there is an abundance of reasons why the local government should encourage or enhance participation initiatives. But what kind of approach should the local government adopt when doing so? When are initiatives most likely to succeed? Several scholars developed so-called 'participation ladders' to indicate the extent to and ways in which citizens participate, and the extent to which the (local) government grants participators power. The bottom rungs of such ladders depict categories in which citizens are only limitedly active or involved, while the top ones indicate the exercising of considerable influence upon decision-makers or on the community. Using two such ladders, this section will elaborate on different ways of dealing with community participation initiatives, and will subsequently clarify which way is deemed most appropriate in the context of this research project.

Thomas's Participation Ladder

Thomas's ladder (in Jager-Vreugdenhil, 2011) considers actual participation practices with neighbors and policy makers, such as social contacts in the church or involvement in community groups (table 1). In this participation ladder, the first four rungs show interaction between the inhabitants of a neighborhood: while the first rung merely indicates the recognizing of fellow residents, the fourth implies less anonymity and more meaningful

contacts. Rung five to nine, then, shows engagement with the larger community. Beginning with offering and exchanging (practical) help to other members of the community on the lower rungs, higher rungs imply attendance and membership in community activities. Rung ten is where contact with policy-makers – for instance with the municipality or housing corporations – occurs for the first time. Rung eleven, lastly, involves owning and managing facilities for which cooperation with the (local) government is required. In summary, Thomas's ladder of participation illustrates the extent to which various participation practices differ with respect to their objectives.

Table 1. Participation ladder by Thomas (in Jager-Vreugdenhil, 1995)

Level	Dominant Characteristic
11	Owning and managing public facilities
10	Working with policy makers
9	Co-operation with other community groups
8	Joining community groups
7	Participating in community activities
6	Informal mutual aid
5	Involvement in informal networks
4	Social contacts, such as at the pub, the church or community center
3	Routine contacts, such as picking the children up from school every day
2	Casual contacts, for example whilst shopping or waiting for the bus
1	Mutual recognition

As discussed above, this research project's interim definition of participation in public space is "civilians voluntarily contribute to maintaining and/or improving public spaces for the public good and thereby experience positive effects both on the individual and community level." Activities that apply to this description of participation are the maintenance of green spaces, community gardening, the cleaning of public spaces, the maintenance of playgrounds and participation in social activities in public spaces in the neighborhood. This definition fits best in the seventh to eleventh rungs of Thomas's ladder of participation. 'Informal mutual aid' (rung six) implies aiding one's neighbor rather than maintaining or improving public spaces, whereas the characteristics of rung seven and higher imply activities that require engagement with the neighborhood's social and physical space. Accordingly, such activities could be beneficial to the larger community and/or neighborhood.

Arnstein's Participation Ladder

In 1969 Sherry Arnstein published the first ladder of participation, focused on the political power granted to citizens at the neighborhood level. This ladder suggests eight levels of participation (table 2). The bottom two rungs describe nonparticipation and involve powerholders educating citizens in how they believe citizens should act, rather than genuinely enabling them to participate. These stages should not be considered as participation since they "are really aimed at getting citizens to accept a predetermined course of action" (LeGates and Stout, 2016, p.279). Rungs three, four and five indicate 'tokenism' and refer to allowing people to "hear and be heard" (ibid), without giving them the certainty of having their voices truly taken into account. Arnstein (1969) nevertheless argues that these three rungs – 'placation' especially – show willingness from the government to inform citizens about their "rights, responsibilities and options" (ibid, p.280). The sixth rung, 'partnership', involves enabling citizens to "negotiate and engage" (ibid) with powerholders. Lastly, the seventh and eighth

rungs indicate situations in which citizens "obtain the majority of decision-making seats, or full managerial power" (Arnstein, 1969, p.217).

Table 2. Participation ladder by Arnstein (1969)

Level	Participation	Role of Citizen
8	Citizen Control	Degrees of Citizen Power
7	Delegated Power	
6	Partnership	
5	Placation	Degrees of Tokenism
4	Consultation	
3	Informing	
2	Therapy	Nonparticipation
1	Manipulation	

The eight rungs thus differ in the extent to which powerholders empower citizens in decision-making processes. In Arnstein's view, the higher rungs indicate more favorable situations than the lower ones, as citizens are "the best people to manage [local] programs" and "devolving control to them will lead to the best outcomes" (LeGates and Stout, 2016, p.280). A criticism worth noting, however, is that not all horizontal participators and projects always strive to ascend to the highest rungs. Arnstein does not take into account people's different preferences, interests and visions in relation to their participation project. Putting them all under one umbrella does not do justice to their individuality: while for the projects that belong to Thomas's tenth rung (i.e. owning and managing public facilities) full managerial power is the objective, projects belonging to the seventh rung (i.e. community activities) might not want nor require influence in the government. Even initiatives that initially seem similar might demand different levels of citizen involvement depending on for instance their location, scale, support and (financial) contributions from residents. This is also true for single initiatives, as initiatives are constantly developing and therefore require different levels of citizen involvement in the (local) government from time to time (Hurlbert and Gupta, 2015; LeGates and Stout, 2016; Tritter and McCallum, 2006). Thus, while the metaphor of a ladder is applicable in terms of power granted to citizens, higher rungs are not in every situation favored over lower ones.

Because of this limitation of Arnstein's ladder, the ladders by Thomas and Arnstein *together* account for a more complete perspective on the approach that local governments could assume. Taking into consideration Arnstein's assertion that citizens should be granted the power to influence decisions that affect their lives, while also accounting for Thomas's assertion that participation activities generally differ in their objectives, the conclusion is that local governments should empower citizens by allowing them the freedom to participate *as they deem fit* in their neighborhood. Pagano (2013) quite similarly argued that while top-down initiatives "intended to involve communities on the local level can fail simply because there is no community buy-in" small initiatives set up by the local community are more likely to become "large movements that bring about great social change" (p.353). 'Forcing' the freedom to participate upon people thus is less effective than simply providing them the possibility to participate. In other words, in order for initiatives to succeed and bring about the positive individual and community benefits, local governments ought to grant citizens the means and space to participate and facilitate when needed. Rather than appropriating a uniform policy for all citizens and participation projects, local governments should adopt an approach that is

specific to the project and the people who are involved in it.

In order to achieve the vast array of benefits of community participation, local governments may pursue increasing overall levels of participation. According to Peterson (2004), using "all practical strategies available" (p.373) to encourage people to participate causes people to feel obliged, and may result in a declining intrinsic motivation. Rather, selecting only the strategies that match the specific nonparticipant is more effective. In other words, adopting a citizen-oriented perspective by differentiating between different types of individuals and their reasons for nonparticipation, is likely to prove more worthwhile than targeting all individuals the same. This, too, requires the local government to assume an approach that is open to the needs and wishes of individuals.

Following the above, this research project's final definition of participation in public space is:

> "Civilians voluntarily contribute to maintaining and/or improving public spaces for the public good, and thereby experience positive effects both on the individual and community level. The municipality grants civilians the space they need, and facilitates on the basis of reciprocity."

Please note that this definition is relevant for this research project in particular. Projects researching other types of participation initiatives or objectives may adopt a different definition.

2.5. WHO PARTICIPATES AND WHY?

As discussed in section 2.3., community participation has benefits for both the individual and the community, and accordingly has the potential to increase inclusion and decrease exclusion in socially segregated neighborhoods. Encouraging participation thus could be a worthwhile task. Section 2.4.2. showed that the governmental approach that would generate the most beneficial outcomes, involves adopting policies that recognize and consider differences between people and their participation projects. This section will firstly elaborate on what existing studies say are the characteristics of participators and their motivations. It will thereby pay attention to people who take part in activities and people who organize them. Next, reasons for nonparticipation will be considered.

2.5.1. CHARACTERISTICS OF PARTICIPATORS

A lot of research on citizen participation exists; however, research on who takes part in or organizes activities is less abundant. A vast amount of research on what type of citizen participates (and why), only considers vertical participation practices. Weber (in Irvin and Stansbury, 2004), for instance, reveals that citizen participation committees mainly consist out of members with a relatively high education and income, and members who are homemakers. Verba et al. (1995) show that people who are males, high educated and who have a high income, are more active in vertical initiatives. Lastly, Snel, Hoogmoed and Odé (2015) show that vertical participation is mainly executed by the higher educated, higher social-economic classes, males, the relatively older and natives. Results of this type of research are fairly consistent.

This research project, however, considers the organizers and joiners of five *horizontal* participation initiatives: the maintenance of green spaces, community gardening projects, the cleaning of public spaces, the maintenance of playgrounds and participation in social activities in public spaces of the neighborhood. Research on these activities is relatively scarce and conflicting. To demonstrate the conflicting results, the findings of two studies studying traditional characteristics of *organizers* of horizontal participation projects are summarized in table 3. Tonkens and Verhoeven's (2011) results consider the organizers of 'resident initiatives', which among others include physical improvement of the neighborhood (e.g. maintaining squares or parks) and facilitating meetings between different social groups. Glover, Shinew and Parry (2005), moreover, describe the traditional characteristics of the organizers of community gardening projects.

Table 3. Organizers of horizontal participation projects

	Tonkens and Verhoeven (2011)	Glover et al. (2005)
Gender	Women	Women
Age	Young	40-49
Ethnicity	'New Dutch'	White
Education	Low education	Completed college / Graduate degree
Income	Low income	29% below $35,000; 71% above $35,000

Next, table 4 shows the results of four studies on the traditional characteristics of people who *take part* in horizontal participation projects. Wandersman et al. (1987) studied the extent to which different kinds of people are members of neighborhood associations and Hurenkamp, Tonkens and Duyvendak (2006) among others consider whether people maintain parks, put effort into helping weaker demographic groups or keep the neighborhood safe. Glover et al. (2005) discuss activity in community gardening projects and Leidelmeijer (2012) focuses on social activities with fellow residents and activities to maintain or improve the physical neighborhood. Again, results vary: for instance, two studies agree that women participate more than men, one shows that men participate more, and one reveals that gender is not associated with participation practices at all.

Table 4. Joiners of horizontal participation projects

	Wandersman et al. (1987)	Hurenkamp et al. (2006)	Glover et al. (2005)	Leidelmeijer (2012)
Gender	Women	-	Women	Men
Age	Older	Older	40-49	45-65
Ethnicity	Unrelated to participation	White	White	Unrelated to participation
Education	Unrelated to participation	High educated	Completed college / Graduate degree	High educated
Income	Unrelated to participation	-	48% below $35,000; 52% above $35,000	-
Occupation	Unrelated to participation	-	Employed	-
Household	USA: Unrelated to participation / Israel: households with children	-	-	Households with children

Clearly, drawing a general profile of 'the organizer' or 'the joiner' that is generalizable across all five horizontal participation initiatives, is difficult: studies show too ambiguous results. An explanation for this may be that, as was argued earlier, participation practices differ per initiative, time and place. These differences are likely to contribute to disparities in research projects' findings. Nevertheless, the conflicting findings may also be a result of the fact that traditional variables such as age, ethnicity and gender simply do not suffice when attempting to draw a general profile of organizers and joiners of horizontal participation projects. While the use of such variables is not surprising since traditional variables are objective and therefore easy to measure and use to compare cases (Ben Hammouch, 2017), whether such variables are capable of adequately measuring participation, is debatable. Wandersman et al. (1987) argue that traditional characteristics account for little variance and lose "explanatory power in predicting participation when intervening attitudes, personality, and situational variables are controlled statistically" (p.536). Moreover, Edwards and White (1980) found that eleven traditional variables together predicted only eight percent of the variance in participation in voluntary organizations, and Vassar's (1978) results show that five different traditional variables were very limitedly related to membership in community projects and block club membership. Hence, it might be more worthwhile to employ different types of variables when researching who participates and who does not.

2.5.2. MOTIVATIONS OF PARTICIPATORS

While not disregarding the explanatory power of traditional characteristics, Tonkens and Verhoeven (2011) added more subjective variables to complement their research. They found that in The Netherlands, organizers of horizontal participation activities are more rooted and feel at home in the neighborhood, and have many strong and weak ties within the area. Leidelmeijer (2012), moreover, found that both emotional interests (the connection to the neighborhood) and financial interests are of importance when it comes to participating or not. Wandersman et al. (1987), thirdly, elaborate on the use of social psychological characteristics such as sense of citizen duty, perceived personal influence in changing the neighborhood and self-esteem.

These subjective variables can also be seen as depicting participators' motivations to participate horizontally. For purpose of giving a general overview, they can be categorized in overarching themes. According to Van Houten and Winsemius (2010) these themes include self-development, social motivations and idealistic motivations. Tonkens and Verhoeven (2011) consider self-interest, social motivations, citizenship motivations, being able to exert influence, being able to express values, negative sentiments and pragmatic motivations. Other studies use more or less the same kind of themes (Chanan, 1999; Dekker, De Hart, Leijenaar, Niemöller and Uslaner, 1999; Hurenkamp et al., 2006; Pagano, 2013). The themes and motivations proposed by Van Houten and Winsemius (2010) and Tonkens and Verhoeven (2011) are summarized in table 5. Financial motivations are not considered here, since most studies do not take such motivations into consideration.

Table 5. Motivations to participate horizontally
(T = Tonkens and Verhoeven, 2011; H&W = Van Houten and Winsemius, 2010)

Themes	Motivations
Self-interest / Personal	- Developing capabilities (both) - Acquiring experience and knowledge (both) - Increasing enjoyment of own living environment (both) - Having useful leisure time (H&W) - Acknowledgement/recognition (both) - Having an organizational challenge (H&W)
Social	- Meeting new people (H&W) - Maintaining social contacts (H&W) - Identification with community (T) - Doing something with other people (T) - Doing something for other people (T) - Being a role model (T)
Idealistic / Pragmatic	- Strong affiliation/concern with a particular theme/value (both) - Protecting the neighborhood/community (both) - Enhancing the neighborhood/community (both) - Feeling responsible for the public good (T)

2.5.3. NONPARTICIPATORS

While drawing a more personal, detailed profile of joiners and organizers, these studies remain ignorant to why people do not participate, nor do they include nonparticipators in their analyses. They therefore only partially provide the citizen perspective that is needed to formulate the (fitting and effective) policies that would ultimately account for participation's beneficial outcomes (Hafer and Ran, 2016; Peterson, 2004). While some people might simply not be interested in participating or believe it is not their job to take charge, others may find it interesting and worthwhile, yet for some reason refrain from joining (Verba et al., 1995). This means that while individuals may show 'nonparticipatory' *behavior,* they might *prefer* to participate.

Apart from the above mentioned reasons, scholars name a variety of reasons for nonparticipation. An often noted reason involves exclusion from activities by fellow residents, impeding the individual and community benefits of participation. Irvin and Stansbury (2004) argue that "although many promote community participation as a way to 'incorporate community values into decisions that might otherwise be dominated by a small elite' (Kinsley, 1997, p.40), it appears that another, non-elected small elite can dominate a participatory process" (p.10). People controlling collective activities are argued to regularly exercise influence upon who can join and who cannot (Barnes, Newman, and Sullivan, 2004; Chatterton and Bradley, 2000; Rogers, 2006). Moreover, while participation is often regarded as beneficial for the public rather than for a small group of individuals, scholars argue that some participators or organizers are often in it for personal gain (Hustinx, 2009; Irvin and Stansbury, 2004; Michels and De Graaf, 2010). This may also negatively affect their contact with fellow residents, who could subsequently feel unwelcome and become less enthusiastic to join activities.

Another reason for nonparticipation involves invitation. Verba et al. (1995) argue that people who participate often do so because they were asked by fellow residents, rather than because

of an inherent urge to participate. Moreover, besides asking for help, letting residents know that their help is valued also positively influences levels of participation (Verhoeven and Tonkens, 2011; Verba et al., 1995). In other words, residents might be excluded from participation activities simply because they do not know anyone who participates or because they have the (perhaps deceptive) feeling that their help is not needed or wanted. Since their exclusion from activities is not caused by fellow residents' exclusionary behavior, it will be referred to as 'self-exclusion'.

Knowing people's reasons to refrain from community participation activities would provide local governments and participators insights into how participation activities may be enhanced or encouraged, and how its benefits for the individual and the community can be optimized. This again stresses the importance of a citizen-oriented approach that recognizes differences between individuals. As shown in section 2.5.1., basing this citizen-perspective on participators' and nonparticipators' traditional characteristics may not suffice since studies show rather ambiguous results. The next section will therefore introduce a different variable that is capable of comparing individuals and that therefore allows for a genuine citizen-perspective.

2.6. LIFESTYLES

As discussed in the previous sections, existing citizen-oriented studies on community participation have primarily based their data on traditional variables such as age, gender and nationality. However, the explanatory power of such variables has often proved questionable. This section will therefore introduce a different variable, 'lifestyle', which is better able to grasp people's individual activities, attitudes, interests and/or opinions. Hence, it potentially allows for the implementation of a citizen-perspective that accounts for people's more subjective differences. The importance of the variable 'lifestyle' for research in the social sciences will firstly be discussed and a definition of the concept in relation to community participation will subsequently be formulated.

2.6.1. THE LIFESTYLE VARIABLE

Lifestyles have gained in relevance in today's society. Scholars increasingly agree that groups of people can no longer be generalized solely on the basis of traditional variables (Zukin, 1998). Growing prosperity (and the subsequent increased freedom of choice), individualism and the emancipation of marginalized groups such as immigrants, ethnic minorities and homosexuals, caused differences in lifestyles to become greater and more noticeable (De Wijs-Mulkens, 1999; Pinkster and Van Kempen, 2002; Van Acker et al., 2016; Zukin, 1998). As a result, cities have become hybrid: conventional communities collapsed and new cultural categories and spaces arose (Dear, 2003). Hence, the variable 'lifestyle', by Van Diepen and Arnoldus (2003) defined as "the way in which a person arranges his/her life" (translated by the author, p.43), grew more important. This variable is argued to be predictable and systematically explainable, and can therefore be used in research (Ganzeboom, 1988).

In human geography, research on lifestyles often concerns itself with "the ways people spend their limited amounts of time and money in everyday life" (Heijs, Carton, Smeets and Van Gemert, 2009, p.348). This is researched by measuring activities, attitudes, interests and/or opinions on a variety of topics related to the issue at play. With regard to dwelling preferences,

for instance, Pinkster and Van Kempen (2002) defined 'lifestyle' as "a consistent set of preferences (attitudes) and behavior in the work, family, dwelling, consumption and leisure domains" (p.11, translated by the author). They thus argue that the relative importance people attach to each of the five dimensions, structures the way in which people spend their time and money on their dwelling. Other studies seek to research all aspects of an individual's lifestyle. Caen (2009), for instance, incorporates cultural, social and economic capital and social status. Ganzevoort (1988), however, considers more specific aspects, namely material consumption, leisure time, aesthetic preferences, health, career perception, socioeconomic and social-ethic perceptions and social networks. Clearly, approaches to research lifestyles differ widely: depending on issue under scrutiny, different lifestyle dimensions are used. Together, the dimensions determine one's behavioral patterns: if a person values work over family, he or she would spend more time working, leaving less time to spend with family.

As a result of a variety in approaches, an abundance of typologies developed by different scholars exist. According to Driessen (1978, 1983, in Ganzevoort, 1988), a disadvantage of composing typologies is that a researcher might find more types than respondents, and that respondents might belong to more than one type. Conversely, a researcher may also find a small number of types, rendering it difficult to assign every respondent to one. Caen (2009), however, argues that the greatest problem concerning typologies is that it is often wrongly assumed that the types are mutually exclusive and collectively exhaustive. This project, which will make use of a typology in order to find and describe patterns in participation activity, will therefore speak of *lifestyle orientations* rather than types.

It should be noted that lifestyle orientations may to some extent be influenced by traditional variables. Relatively young people may have a more active lifestyle than older people, and finding connectivity between residents important could be something that varies across cultures. In the social sciences individuals are often compared based on their gender, age, income, household composition, level of education, nationality and daily occupation (Caen, 2009; Ganzeboom, 1988; Glover et al., 2005; Hurenkamp et al., 2006; Tonkens and De Wilde, 2013; Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010). In addressing the importance of lifestyle variables, examining the extent to which they are influenced by traditional characteristics is an important part of the research.

2.6.2. LIFESTYLE ORIENTATIONS AND PARTICIPATION

As shown in section 2.5.1, existing studies on participation mainly use traditional variables to explain characteristics of participators. Nevertheless, such variables do not always suffice when seeking to explain a person's behavior, since people who share traditional characteristics could have dissimilar lifestyles (Ganzeboom, 1988; Heijs et al., 2009; Pinkster and Van Kempen, 2002; Van Acker et al., 2016). Hence, people who reside in the same housing environment or have the same age, nationality or education, may show differences in the choices and commitments they make. Studies into participation in public space based on traditional characteristics could benefit from adding lifestyle variables, since such characteristics could explain variances within 'homogenous' groups. The result would be a more holistic perspective on participators' preferences and behavior.

In this sense, the lifestyle variable can be regarded as an independent/causal variable influencing whether and in what way a person participates. Differences in the importance

people attach to various aspects of life may lead some people to participate in community gardening projects, while others favor the maintenance of playgrounds, and still others do not care to participate at all. Since this research project seeks to examine the relationship between lifestyle and community participation in public space, only lifestyle dimensions that may affect people's spatial and social behavior (in their neighborhood) are relevant (Pinkster and Van Kempen, 2002; Van Diepen and Arnoldus, 2003).

Understanding people's motivations to participate contributes to understanding the importance people attach to various kinds of lifestyle dimensions. For instance, the intentions of someone who participates because he/she aims to acquire experience, versus someone who participates because he/she seeks to contribute to the neighborhood's physical space, are very different. These people thus arrange their spatial and social lives differently. However, there is a limitation to assessing lifestyles according to motivations, since the motivations as summarized in table 5 led to a specific kind of behavior: namely, participation. Yet, as argued in section 2.5.3, solely considering these motivations excludes people who do not engage in participation activities and thus does not make for an all-encompassing citizen perspective. For that reason, in determining lifestyles, researchers should refer to people's behavior *and* preferences. Caen (2009, p.67, translated by the author) similarly argues that

> "participation- or consumption numbers are often limited by (coincidental and structural) restrictions, while preferences, tastes and values indicate the ways in which people would want to present themselves in their daily lives. These attitudinal aspects rely to a lesser extent on snapshots and are closer related to a person's personality."

Since the motivations summarized in table 5 may not apply to nonparticipators, these rather specific motivations should be considered more broadly and were therefore translated into five overarching themes relating to more general spatial and social behavior. These themes (leisure, personal environment, social, self-development and idealistic) will be this project's lifestyle dimensions (table 6). The relative importance people attach to each of these dimensions is believed to influence the extent to and way in which people participate in their community.

The five dimensions are believed to be related to horizontal participation for the following reasons. Firstly, since community participation is generally an activity people voluntarily engage in during their free time, the way in which people (prefer to) spend their *leisure time* may influence whether and in what way they participate (Van Houten and Winsemius, 2010). Moreover, scholars show that people who attach importance to their *personal living environment* are more likely to maintain and improve their neighborhood than people who deem their physical and social habitats less important (Hurenkamp et al., 2006; Pagano, 2013). Participation, after all, empowers people to take matters into their own hands and alter their living environment as they deem fit. The *social* dimension's importance to this research project is twofold. Firstly, community participation practices regularly involve contact with other people. People who (prefer to) spend their time with other people are therefore thought more likely to participate than people who do not (Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010). Secondly, given this research project's problem statement (i.e. segregation between social groups and the role participation could play in connecting them), an interest in socializing with others is deemed favorable. The fourth lifestyle dimension is '*self-development*'. Valuing self-development is regarded as positively related to participation, since

participation practices allow people to extend their comfort zones and engage in non-binding projects, in which they are free to fill in their own tasks (Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010). Lastly, the '*idealistic* dimension', is believed to be important to levels of participation since participation practices often derive from a bottom-up approach: people feel the need to contribute something for the public good (Hurenkamp et al., 2006; Pagano, 2013, Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010).

Table 6. Themes, motivations and lifestyle dimensions
(T = Tonkens and Verhoeven, 2011; H&W = Van Houten and Winsemius, 2010)

Themes	Motivations	Lifestyle Dimensions
Self-interest / Personal motives	- Developing capabilities (both) - Acquiring experience and knowledge (both) - Increasing enjoyment of own living environment (both) - Having useful leisure time (H&W) - Acknowledgement/recognition (both) - Having an organizational challenge (H&W)	- Self-development - Leisure - Personal environment
Social motives	- Meeting new people (H&W) - Maintaining social contacts (H&W) - Identification with community (T) - Doing something with other people (T) - Doing something for other people (T) - Being a role model (T)	- Social - Personal environment
Idealistic / Pragmatic motives	- Strong affiliation/concern with a particular theme/value (both) - Protecting the neighborhood/community (both) - Enhancing the neighborhood/community (both) - Feeling responsible for the public good (T)	- Social - Personal environment - Idealistic

In summary, it is believed that there are five dimensions that can give insights into lifestyle with a specific focus on community participation. This research project will largely adopt Pinker and Van Kempen's (2002) definition of 'lifestyle', but will alter it to fit the purpose of this project. The employed definition of the term 'lifestyle orientation' will be as follows:

> A lifestyle orientation is an independent variable that provides insights into a consistent set of preferences and behavior in the self-development, social, personal environment, leisure and idealistic dimensions, which may affect community participation practices.

It is important to note that this definition of 'lifestyle orientation' is relevant for this research project in particular. Projects researching other preferences or behaviors may adopt a different definition.

3. METHODOLOGY

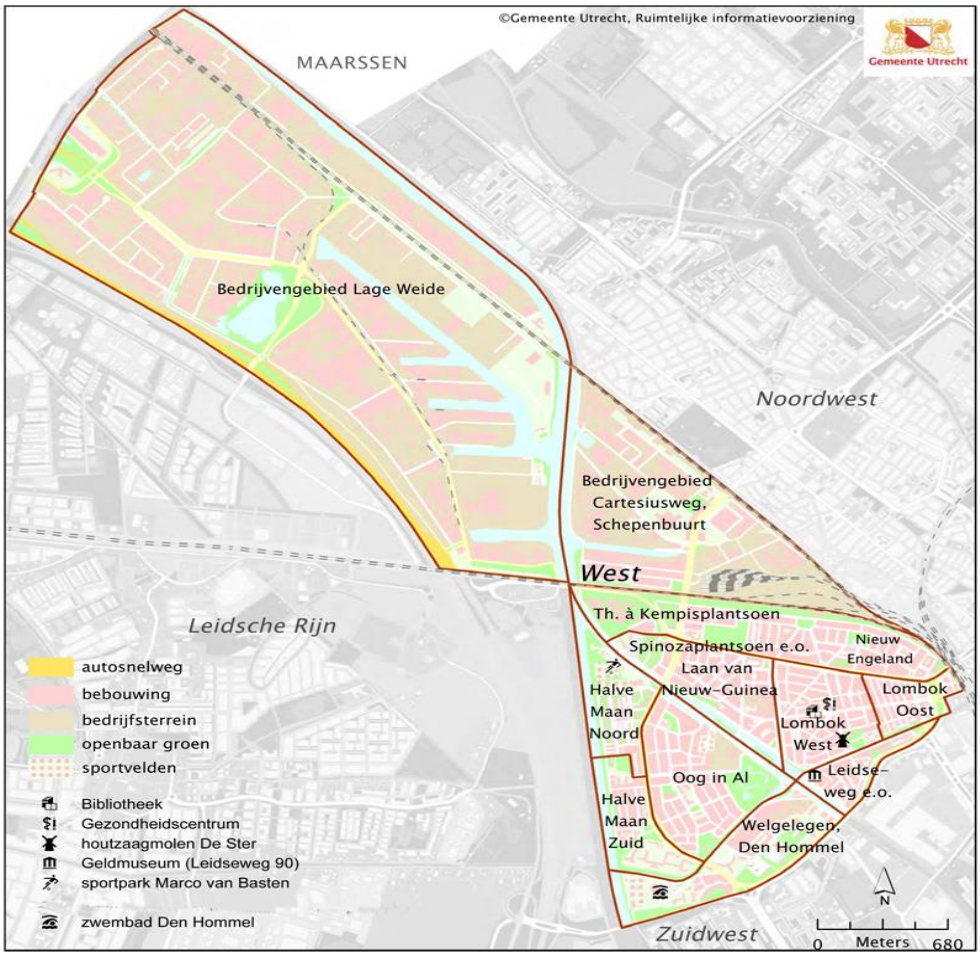
The following chapter concerns the methodology associated with this project. First, the case Lombok-Leidseweg will be introduced in order to explain why this particular neighborhood is a fitting case study for this research project. The next section will show a research model in order to provide insights into the way in which this research is build up. Third, the research design will be elaborated upon: in other words, the collection and analysis of data will be explained and justified. The fourth section elaborates on the survey. Lastly, the response and representativeness of the project will be described.

3.1. CASE STUDY LOMBOK-LEIDSEWEG

3.1.1. A DESCRIPTION OF LOMBOK-LEIDSEWEG

Lombok-Leidseweg is a sub-neighborhood of the area West in Utrecht, The Netherlands (figure 1). It consists of three smaller districts: Lombok-Oost, Lombok-West and Leidseweg. The sub-neighborhood is bordered by the Graadt van Roggenweg, Merwedekanaal, Billitonkade and Vleutenseweg. The three districts together are often simply called 'Lombok' (Gemeente Utrecht, 2017). In 2017, Lombok-Leidseweg houses 8,716 residents of which 53% women and 48% men. They live in 5,302 households with an average of 1,6 persons per household (Gemeente Utrecht, 2017).

Figure 1. Neighborhood 'West' (source: Gemeente Utrecht)



The neighborhood website calls Lombok "the Netherland's nicest neighborhood" (Lombox, 2017) and *Bezoek Utrecht* [visit Utrecht] (2017) describes it as the multicultural heart of Utrecht and praises it for its specialist stores and "hip coffee places, restaurants and living room cafes." Lombok-Leidseweg went through numerous changes over the past decades: it was originally a workers' district, housed migrants in the sixties and seventies, and fell prey to criminality in the nineties. According to the City of Utrecht (2017), due to regeneration projects, renovations and residents' initiatives, the Lombok-Leidseweg of today is a neighborhood in which residents live together harmoniously and are proud of the neighborhood's multicultural character. Yet, as illustrated in the introduction of this thesis, newspaper articles and residents sometimes indicate otherwise (Gemeente Utrecht, 2017; DUIC, 2016; NRC, 2017; Huisman, 2017). They state that segregation exists among different social groups as they increasingly live *alongside* rather than *with* each other. Among such groups are, for instance, native Dutch and non-Western people and gentrifiers and long-time residents.

Quantitative data by the City of Utrecht (Gemeente Utrecht, 2017) also shows that Lombok-Leidseweg copes with social problems on some levels. While in 2015 13% of the people of Utrecht had felt discriminated against, 17% of the population of Lombok-Leidseweg has felt this way. Moreover, in Lombok-Leidseweg 5% of the residents had been discriminated against because of their gender, compared to 2% in Utrecht at large. People in Lombok-Leidseweg also felt more discriminated against because of their skin color or ethnicity (7% versus 6%), although the difference with Utrecht is very small. Residents did rate the level of social cohesion relatively higher (6 of out 10 in Lombok-Leidseweg versus 5.8 in Utrecht), but the difference is negligible and the average grade implies that social cohesion can very much be improved.

Crime in Lombok-Leidseweg and residents' feelings of safety also is reason for concern. According to Statistics Netherlands (in RTL Nieuws, 2016) in Lombok-West 55 out of 1000 inhabitants have experienced crime, varying from bicycle theft and pickpocketing to car wrecking, house burglary and abuse. The average in the Netherlands is much lower, namely 48 out of 1000. Data by the City of Utrecht (Gemeente Utrecht, 2017), moreover, shows that residents of Lombok-Leidseweg have experienced relatively more nuisance from teenagers on the street than the average resident of Utrecht (30.3% versus 20.3%). These factors together may have contributed to a relatively small feeling of safety in the neighborhood: 46% of the residents of Lombok-Leidseweg say to have felt unsafe, versus 32% in Utrecht.

Since the ethnic composition of Lombok-Leidseweg is a recurrent issue in newspapers and among residents, this section will firstly give an overview of the nationalities residing in the sub-neighborhood. Table 7 depicts the share of each ethnic group compared to the total amount of residents in 2001 (the earliest year available) and 2017. It also shows the percental difference between these years for each ethnic group. Moreover, the table shows these numbers for both Lombok-Leidseweg and Utrecht at large, in order to better illustrate the unique ethnic composition of the neighborhood and explain why tensions have arisen there.

Table 7. Nationalities in Lombok-Leidseweg and Utrecht in 2001 and 2017 (source: Gemeentelijke Basisadministratie Persoonsgegevens)

Ethnicity	% Lombok-Leidseweg			% Utrecht		
	2001	2017	% Change	2001	2017	% Change
Native Dutch	60.9	63.0	+ 3.4	71.2	66.2	- 7.0
Other Western	9.8	12.9	+ 31.6	9.7	11.2	+ 15.5
Moroccan	11.1	8.3	- 25.2	8.3	8.8	+ 6.0
Turkish	10.9	6.6	- 39.4	4.4	4.0	- 9.0
Other Non-Western	3.6	6.3	+ 75.0	6.3	6.7	+ 6.3
Surinam + Antillean	3.7	3.0	- 18.9	3.0	3.1	+ 3.0

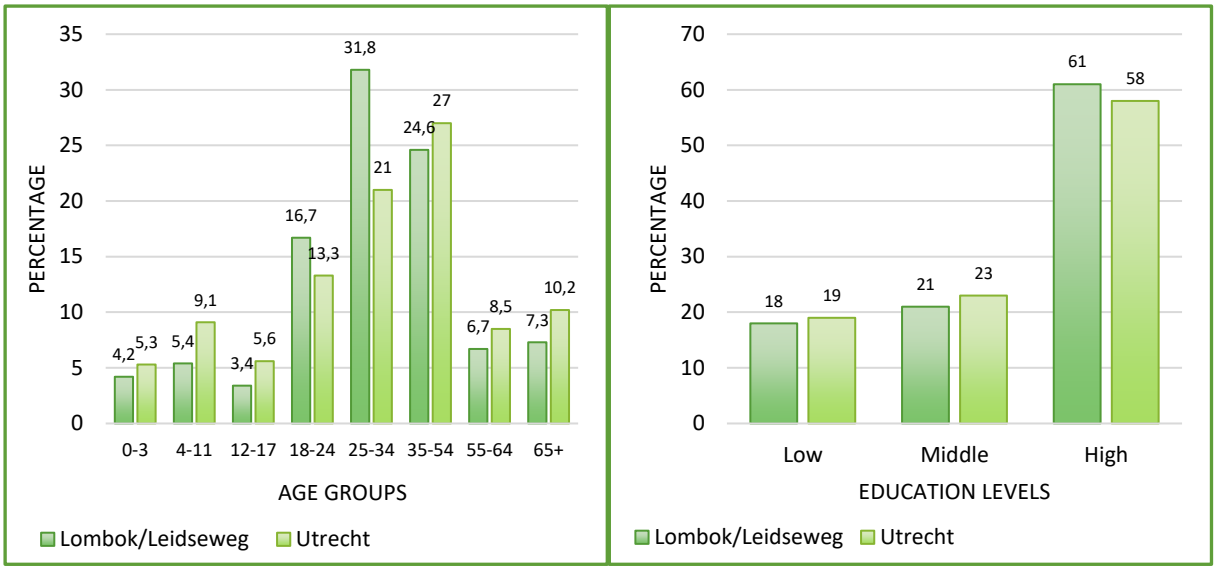
In 2017, 63% of Lombok-Leidseweg's population is native Dutch, versus 66.2% in Utrecht at large. Lombok-Leidseweg, on the other hand, houses relatively more non-Western people than Utrecht (24.2% versus 22.6%). When comparing these numbers to those of 2001, it becomes apparent that Lombok-Leidseweg has grown less ethnically diverse over the years. While the native Dutch population of Utrecht at large has decreased with 7% between 2001 and 2017, the native Dutch population of Lombok-Leidseweg has increased with 3.4%. Moreover, the 'other Western' population of Lombok-Leidseweg has grown twice as hard as that of Utrecht (+31.6% versus +15.5%). In addition, between 2001 and 2017 Lombok-Leidseweg's Moroccan, Turkish and Surinam and Antillean populations have shrunk immensely (respectively -25.2%, -39.4% and -18.9%). In comparison to these numbers for Utrecht (respectively +6%, -9% and +3%), the developments in Lombok-Leidseweg especially stand out. Worth noting is that while the 'other non-Western' population of the research area has grown with 75% (versus only 6.3% in Utrecht), the share relative to the total is only a mere 6.3%.

Seeing these numbers, it is not very surprising that non-Western residents have started to express their sentiments about these demographic developments. Their neighborhood has, indeed, changed, and not in favor of their 'own' ethnic groups. In 2017, there hardly is any difference between Lombok-Leidseweg's Moroccan and Turkish population and that of Utrecht at large, while the former has in the past always distinguished itself by its multicultural character.

Lombok-Leidseweg distinguishes itself from Utrecht at large with reference to age groups as well (figure 2). The neighborhood houses relatively fewer people younger than 18-years-old (indicating that fewer families live in Lombok-Leidseweg) and fewer residents older than 34. The 18-24 and 25-34 age groups, on the other hand, are represented better in Lombok-Leidseweg. In terms of education (figure 3), the research area is more similar to Utrecht at large. Lombok-Leidseweg houses relatively fewer lower- and middle-educated and more higher-educated people than Utrecht, albeit with minor differences.

Figure 2. Age groups in Lombok-Leidseweg and Utrecht in 2017 (source: Gemeentelijke Basisadministratie Persoonsgegevens)

Figure 3. Education levels in Lombok-Leidseweg and Utrecht in 2015 (source: Gemeentelijke Basisadministratie Persoonsgegevens)



In summary, table 7 and figures 2 and 3 imply that today Lombok-Leidseweg houses *relatively* many native Dutch people, students, people at the beginning of their career, and higher educated people. This data hardly mirrors the description of Lombok-Leidseweg as a multicultural center, quoted earlier in this section. On the contrary: these demographics are typical for a gentrifying neighborhood, of which the residents are generally of a relatively high socio-economic status (Uitermark, Duyvendak and Kleinhans, 2007). The sentiments described in the newspapers confirm this. Such demographic developments can be problematic because they have social implications: "gentrification undermines social cohesion and thereby reduces the chance that residents will find solutions for tensions in the neighborhood" (ibid, p.125). An instrument that can help reverse such implications of gentrification seems desirable.

3.1.2. PARTICIPATION AND LIFESTYLE ORIENTATIONS IN LOMBOK-LEIDSEWEG

Horizontal participation initiatives have benefits that may positively influence a neighborhood's social space, for instance in terms of community development, social cohesion and social inclusion. Because Lombok-Leidseweg is a neighborhood sometimes in lack of these concepts (as shown above), increasing levels of participation may provide a remedy. What Lombok-Leidseweg requires, then, is data on levels of participation among different groups of people. Such data will enlighten the local government and participators on which persons to target in order to encourage or enhance participation. As discussed in section 2.6., distinguishing people based on lifestyles rather than on traditional characteristics may be useful. Lombok-Leidseweg is a neighborhood considered worthy to research the concept of lifestyles, as different types of lifestyles can particularly be found in neighborhoods housing a diverse range of people – for instance in terms of economic and cultural status and age (Ganzevoort, 1988; Musterd and Arnoldus, 2002). Section 3.1.1. illustrated that Lombok-Leidseweg meets these requirements.

In Utrecht, participation is an important part of the agenda. "Utrecht becomes more beautiful as a result of residents' ideas and initiatives. The City of Utrecht deems it important to help

residents carry out their ideas." (City of Utrecht, 2017, translated by the author). In doing so, they work neighborhood-oriented: after discovering residents' questions and needs, they attempt to match their activities in the neighborhood to residents' wishes. In determining the extent to which citizens are allowed to be involved in decision-making processes, a participation ladder with four rungs is used: informing, consulting, advising and co-producing. Two things stand out here. First, the highest rung 'co-producing' is comparable to Arnstein's sixth rung 'partnership'. The City of Utrecht does not allow citizens access to Arnstein's seventh and eighth rungs (respectively 'delegated power' and 'citizen control'), and thereby limits their possible activities. Second, the local government seems to take a rather passive stance towards horizontal participation: while they strive to facilitate citizens' ideas and initiatives, they do not appear to stimulate people who are not yet active. Cold calling residents about participation is not part of their policy (City of Utrecht, 2017).

Active residents of Lombok-Leidseweg participate in a number of ways. A first example is personally maintaining tree driplines near their houses (figure 4). People can also take part in maintaining green spaces during the biannual "Greenday" (Lombox, 2017). Residents of a number of streets collectively organize and/or participate in pruning, sweeping, planting and maintaining flowers and plants (figure 5). Secondly, a garden in which many residents spend their free time is the Cremertuin: a "city kitchen garden" and "nature playground" on a formerly abrasive terrain, in which people can garden, play, relax and barbecue (Cremertuin, 2017, translated by the author). It also often hosts (social) activities, such as collectively maintaining the Cremertuin and kitchen gardening courses (figure 6). Third, some residents are active in maintaining playgrounds such as "Bankaplein", of which the motto is "play, work out, make and meet in the heart of Lombok" (Speeltuin Bankaplein, 2017, translated by the author). The playground has 'playgroundmakers' who open the playground, maintain it and organize activities (figure 7). A final example of horizontal participation in Lombok-Leidseweg is that multiple streets are active in organizing street parties or barbecues. During the surveying process, posters inviting fellow residents were spotted (figure 8).

In summary, based on the area's current social environment, the probable presence of differences in residents' lifestyles and the presence of a variety of participation activities in the neighborhood, Lombok-Leidseweg was chosen as a fitting case-study for this research project.

Figure 4. A tree dripline maintained by residents (photo by resident)

Left: Figure 5. Maintaining green during the "Groendag" (photo by resident)

Right: Figure 6. Community gardening in the Cremertuin (photo by resident)

Left: Figure 7. Playground Bankaplein (photo by researcher)

Figure 8. Flyer for a streetparty in Lombok (photo by researcher)

3.2. RESEARCH MODEL

The aim of this research project is to examine to what extent lifestyle orientations influence residents' horizontal participation practices in public space. This section will describe how each of the four research questions contributes to examining this. The research process is visualized in figure 9.

The first research question seeks to determine the different lifestyle orientations of residents of Lombok-Leidseweg. It is expected that respondents rate each of the five theoretical lifestyle dimensions (discussed in section 2.6.2.) rather similarly. The theoretical dimensions will then become the empirical lifestyle dimensions. Yet, it is also possible that two or more lifestyle dimensions cohere. These theoretical dimensions will then be combined and re-named into

one or more empirical dimensions. Subsequently, residents will be grouped according to the way they rate each lifestyle dimension. Their characteristics will enable the researcher to name the different lifestyle orientations present in Lombok-Leidseweg. The relationship between respondents' traditional characteristics and lifestyle orientations will also be addressed, in order to clarify whether distinguishing individuals based on their lifestyle is a worthy addition to the research.

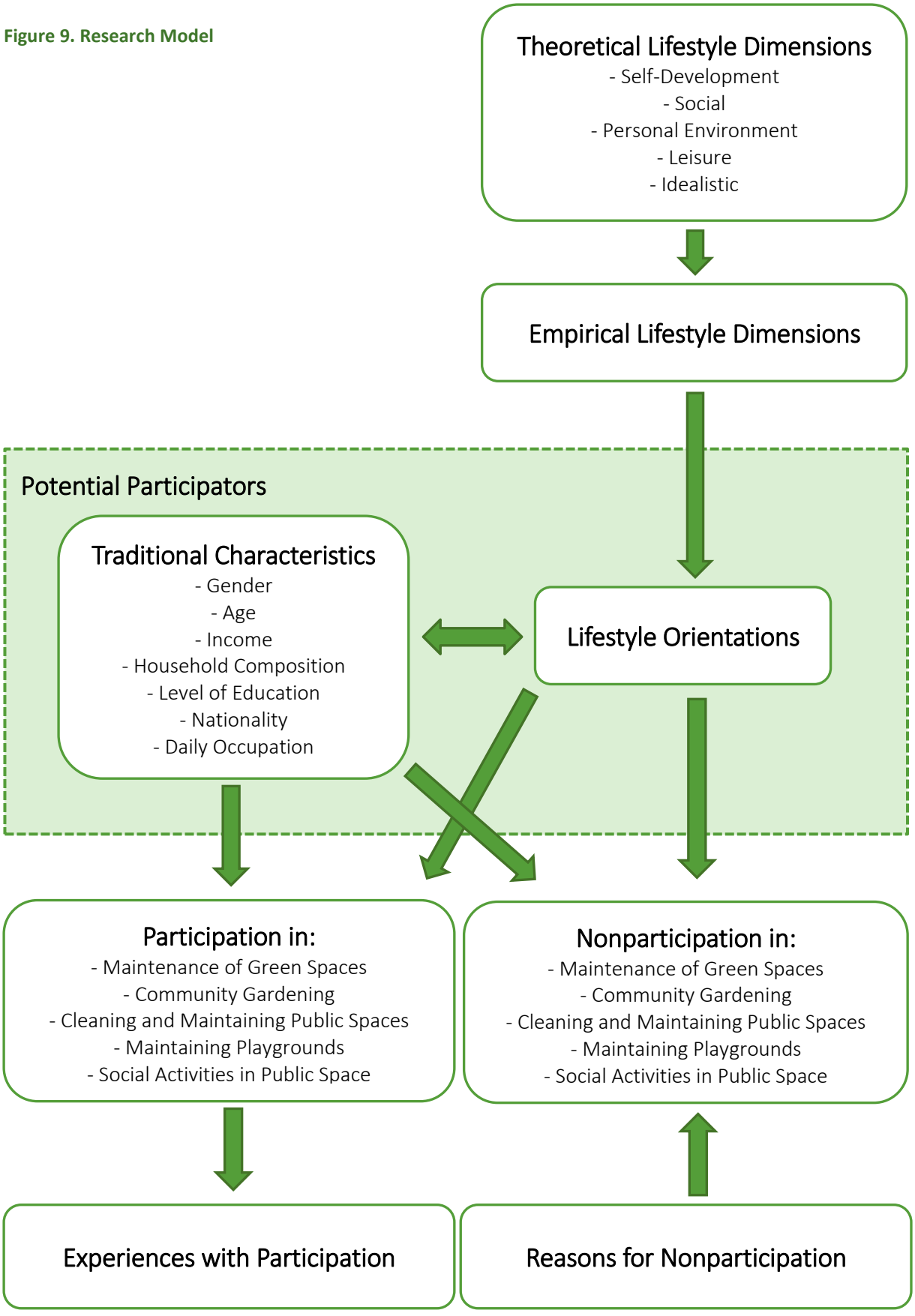
The second research question aims to ascertain the extent to which traditional and lifestyle variables are able to predict levels of community participation of residents of Lombok-Leidseweg. Since the results will provide insights into the explanatory power of both types of variables, they will shine light on the *relative* importance of the variables in community participation research. The results are vital to this project especially with regard to the lifestyle variables, which are argued to have gained in relevance at the expense of traditional variables.

The third research question aims to find out to what extent the lifestyle orientations influence whether or not residents take part in or organize participation practices. The orientations will therefore each be compared to, firstly, whether individuals indicate to have *taken part* participation activities in the past year, and secondly, whether they indicate to never, sometimes or often have *organized* activities. It will then become apparent which group(s) of people who share a particular lifestyle orientation are included in and excluded from participation practices.

The fourth research question will delve deeper into the association between horizontal participation practices and lifestyle orientations, as it seeks to examine the extent to which the five different kinds of participation activities differ between the lifestyle orientations. Similar to the second research question, this question also focuses on inclusion in and exclusion from the *organizational* process of participation and *taking par*t in activities, but now considers the specific participation practices.

The fifth research question aims to examine people's experiences with (non)participation in Lombok-Leidseweg. This question thus provides more depth to conclusions drawn about people's (in)activity in participation practices. What personal, social and neighborhood developments have participators experienced as a result of participation projects? In addition, this question seeks to provide insights into why nonparticipators refrain from participating.

Figure 9. Research Model



3.3. RESEARCH DESIGN

This section will elaborate on this project's research design, in other words: on the collection and analysis of data. It will start by explaining the difference between quantitative and qualitative research strategies and will subsequently elaborate on the favored strategy. Next, it will describe how each of the sub-questions is going to be answered.

3.3.1. COLLECTION OF DATA

Research in the social sciences can be done by means of quantitative and qualitative research strategies. An important distinction between the two is that the former is capable of easily tracing and comparing characteristics of large amounts of people because numerical data is used, while the latter primarily describes individuals or situations in order to understand how certain behaviors or developments came to be (Boeije, Hart and Hox, 2009). This research project employs a quantitative research strategy, since in order to answer the research questions, insights into *variations* in multiple variables (e.g. people's traditional characteristics, lifestyle orientations and participation practices) are required. These variations allow the researcher to draw conclusions as to whether lifestyle orientations can predict people's participation activities and their experiences, and to generalize these conclusions across the entire research area.

With regard to the fifth research question a qualitative research strategy might also have sufficed. Conducting interviews with residents would allow the researcher to better understand *why* people behave or think in a certain way. However, since there was not enough time available to conduct interviews, for this research project it was believed sufficient to present respondents with a five-point Likert scale regarding the perceived effects of participation and to give them the option to tick or write down as many reasons for nonparticipation as they deemed necessary. Written statements will be taken into account carefully. The results might, nevertheless, lack some depth regarding the interpretation and explanation of people's experiences with participation.

This research project uses a cross-sectional design. Such a design entails the examination of a large number of cases, which allows for "finer distinctions between cases" (Bryman, 2012, p.59). This also fits the research population, which is large and comprises many different kinds of people in terms of for instance age, nationality, level of education and income. Being able to examine and compare a great number of them increases the likelihood of the representativeness of the sample. A problem noted by Bryman (2012) is that cross-sectional research is only able to discover associations between variables; it is more difficult to determine the direction of the causal relationship. Thus, in the case of sub questions 3 and 4, statistic tests cannot draw conclusions as to whether lifestyles truly influence participation practices, or whether participation practices influence lifestyles. Even though the former is considered more likely since the variable lifestyle orientation holistically describes individuals by considering their preferences and behaviors, and such characteristics are hardly momentary or fleeting (which is more likely to be the case for an activity such as occasionally maintaining green spaces), it is a fact that should be acknowledged.

It could also be argued that since this research project focuses on the sub-neighborhood Lombok-Leidseweg in particular, the research is done by means of a case study: a "detailed and

intensive analysis of a single case" (Bryman, 2012, p.66). However, as Bryman (2012) also argues, the term case study better fits "those instances where the 'case' is the focus of interest in its own right" (ibid, p.68). This does not apply to this project, as the aim here is to investigate the association between lifestyle orientations and participation practices, and the sub-neighborhood Lombok-Leidseweg was simply chosen as a research area due to its current social environment and the characteristics of its residents.

The data will be collected by means of a survey, which enables the researcher to describe, predict and explain social processes or phenomena by surveying a large number of respondents (Boeije et al., 2009). The use of a survey adds to this project's reliability, which among others entails its replicability and accuracy. A first reason for this is that the surveys can be distributed again, generating (more or less) the same results every time. Secondly, since individuals in the sample will all be personally asked to fill out the exact same survey, their distinct answers can be regarded as factual differences between people, rather than as differences that can be attributed to a different way of interviewing (Boeije et al., 2009). The fact that the survey allows for complete anonymity is also expected to generate sincere, rather than socially desirable answers. This standardization thus makes comparing answers and replicating the research possible. Another advantage of surveys is the fact that the selected sample may be generalizable to the larger population, because a lot of individuals can participate in the research. This generalizability will be elaborated upon in section 3.4.2.

A survey also enhances this project's validity (in particular its measurement validity), since the factor analysis executed for sub question 1 ensures the fact that the variable 'lifestyle' is justly measured and can be used to compare cases (Bryman, 2012). The gathered numerical and statistical data will be researched by use of SPSS. This program enables the allocating of respondents into lifestyle orientations and the examining of associations between lifestyles, participation practices and experiences.

The mode of data collection used is a combination between a personal survey and a self-administered survey (Boeije et al., 2009). Characteristics of personal surveys are that respondents meet the interviewer personally, and subsequently fill out the survey together with the interviewer. Characteristics of self-administered surveys are that respondents receive the survey by mail and subsequently answer the questions with or without the interviewer present. This research project uses a combination of both modes of data collection, since respondents are personally approached by the researcher who visits them at their house and asks whether they are willing to fill out the survey. The researcher then proposes to pick up the survey the same day or (a couple of) day(s) after, so that respondents can fill out the survey independently at their own time. Naturally, personally asking respondents to fill out a hard-copied survey, demands a lot of time. However, this method of data collection is chosen because it is believed that people are more inclined to participate in the research when they are asked personally. Allowing them as much time as they need is, moreover, considered to tackle problems with regard to time and other obligations.

3.3.2. ANALYSIS OF DATA

This section will explain and elaborate on the statistical methods used to answer the five research questions. It will also describe requirements that need to be met in order to execute the statistical tests.

Sub-Question 1

The first step towards answering the first sub question is to determine which lifestyle orientations exist in Lombok-Leidseweg. However, the variable 'lifestyle orientation' has many facets, as the term encapsulates the way in which people arrange their social and spatial lives. Such a variable that "cannot be measured directly" is also called a latent variable (Field, 2013, p.666). Chapter 2 therefore firstly narrowed down this project's definition of 'lifestyle orientation' by distinguishing five dimensions that are believed to influence whether an individual takes part in or organizes community participation practices. As mentioned earlier, we expect to find an association between the preferences and behavior (or, in statistical terms, 'components') that belong to one theoretical lifestyle dimension.

Nevertheless, it may also be the case that the components of two or more dimensions correlate. This correlation between different components (whether belonging to the same theoretical lifestyle dimension or not) can be researched through factor analysis, a multivariate analysis. All components will be measured by use of a Likert scale ranging from 1 to 5, in order to explore whether some are driven by the same causal variable and can therefore be narrowed down or combined. Next, rotation will be applied in order to be able to "discriminate between factors" (ibid, p.679). Both Varimax and Oblimin rotation will be run in order to judge which one is most appropriate. Clusters of variables (i.e. factors) that highly correlate with each other will subsequently be identified and empirical lifestyle dimensions will be formed.

According to Field (2013), factor analysis has a couple of uses. Firstly, it helps to "understand the structure of a set of variables" (p.666). Using this type of analysis, this project will therefore give a sense of the structure of the variable 'lifestyle orientation ' in relation to community participation. Secondly, factor analysis is useful to "reduce a data set to a more manageable size while retaining as much of the original information as possible" (ibid). Since the questionnaire will consist out of twenty statements (components) that are believed to influence one of the five dimensions, extracting the useful statements from the ones that have less predictive power, is helpful.

Factor analysis can only be done when certain requirements are met. The first requirement is that the variable has to be an interval variable. Secondly, the sample should consist out of at least 300 respondents. If the sample is smaller, factor analysis can only be done when the Kaiser-Meyer-Olkin requirement is met (the KMO should be larger than 0.5 after extraction). The final requirement refers to correlation: the several components should not be too heterogeneous nor too homogeneous. In the case of the former, the same amount of factors will be generated as the amount of statements; in the case of the latter, only one factor will be generated. A test on multicollinearity will show this.

The next step in answering the first sub question is unraveling how each respondent rates the empirical lifestyle dimensions. This can be done through cluster analysis, which groups together residents. It does so by minimizing differences within groups and maximizing differences between groups. A K-means cluster analysis will be run, since factor analysis allowed the researcher to have an idea about the number of clusters that should come out of the analysis. Before executing cluster analysis, the researcher has to make sure there is no multicollinearity between variables. Moreover, variables with a high standard deviation need to be standardized prior to executing cluster analysis. Finally, the different lifestyle orientations can be identified

and named.

Lastly, the relationship between respondents' traditional characteristics and lifestyle orientations will be examined by running Chi-Square tests, in which the seven traditional characteristics function as the independent variables and the lifestyle orientations function as the dependent variables.

Sub-Question 2

Binary logistic regression will be used in order to answer the second research question. Prior to executing the regression, a test for multicollinearity must show whether de independent variables do not correlate too strongly. Next, one test will be run for each of the ten forms of participation (unless frequencies are too low). These forms thus are the dependent variables, which will be made binary by means of merging categories 2 (occasional participation) and 3 (frequent participation) to overcome problems relating to insufficient frequencies and to allow for easier interpretation. The independent variables are the seven traditional variables and the five lifestyle dimensions. In order to determine the extent to which the latter *add to* the explained variance of community participation, the analysis will make use of two blocks: the first employs only the traditional variables and the second employs both types of variables. Prior to executing the analysis, distributions of frequencies of the independent variables will be analyzed in order to make sure all cells are satisfactorily filled.

Sub-Question 3

The third sub-question aims to explore differences in lifestyle orientations with regard to whether residents never, sometimes or often take part in or organize participation practices. Therefore, the five types of participation will be merged, both for taking part in activities and organizing them. This leads to a scale ranging from 5 to 15: 5 representing no participation in each of the five activities, and 15 representing frequent participation in all five activities. In order to work with the scale used in the survey, the outcome will be divided by 3. Therefore, the dependent variable can be considered as an interval variable ranging from 1 to 3 (the higher, the more often people participate) and the independent variable consists of out five categories (the five lifestyle orientations). An ANOVA analysis will be run to answer this research question.

Sub-Question 4

Next, the different lifestyle orientations will be compared with activity in the five different kinds of participation practices. The initially categorical dependent variable (frequencies of participation) will be used as an interval variable ranging from 1 (never) to 3 (often), in order to execute an ANOVA analysis. This question will also run a Chi-Square test to examine the answers to the question with whom people participate (i.e. always alone, mostly alone, mostly with others, always with others).

Sub-Question 5

Question 5 provides conclusions about survey questions 12 and 13, considering people's experiences with (non)participation. It will do so by analyzing the eleven statements focusing on personal, social and neighborhood developments that participating might have brought about. These statements will be compared across lifestyles, using a one-way ANOVA test. In addition, the statements will also be examined in relation to whether participators mainly

participate alone or with others. Moreover, in clarifying reasons for nonparticipation, respondents were allowed to tick as many options as they wanted in question 13. Their answers will be merged and descriptive statistics will be used to examine them.

3.4. THE SURVEY

3.4.1. OPERATIONALIZATION OF CONCEPTS

People's traditional characteristics, activities in participation projects, experiences with participation projects and lifestyles will be measured by means of a survey. In order to correctly measure them, these items all have to be operationalized.

Since, as discussed in section 3.3.2., the mode of data collection involves a self-administered survey, the complexity of the questions is an issue important to acknowledge (Boeije et al., 2009). Respondents should be able to understand what they are being asked, and what their potential answers could be. Moreover, in order to decrease the chances of socially desirable answers, the phrasing of the questions is done very carefully (for instance by formulating the questions in a way that they sound neither positive nor negative). Also, in addition to pre-determined answers, some questions allow the respondent to write extra thoughts on dashed lines.

TRADITIONAL CHARACTERISTICS

The first seven questions of the survey focus on respondents' traditional characteristics. The answers to these questions will be compared to levels of participation.

1. Gender

Respondents can choose one of two options: male or female. This variable is a nominal variable.

2. Age

This variable is divided into six categories indicating ages in years: 18 to 24, 25 to 34, 35 to 44, 45 to 54, 55 to 64, and 65 and older. These are the categories also used by both the City of Utrecht (2017) and Statistics Netherlands (Central Bureau for Statistics, 2017). Using categories was deemed favorable, as some respondents might be reluctant to indicate their precise age. This variable is ordinal.

3. Income

The third variable specifies the respondents' gross yearly incomes (before accounting for deductions and taxes). Using categories was deemed favorable, since respondents might be reluctant or incapable to indicate their precise income. This variable therefore is an ordinal variable.

The first category (below €20.000) contains the lowest incomes. The welfare system income (maximum €1508,06 per month), state pension (maximum €1640,36 per month), disability insurance (maximum €1618,10) and minimum income (maximum €1551,60) in 2017 all fit within this category (Rijksoverheid, 2017). The second category (between €20.000 and €30.000) contain incomes lower than the average income but higher than unemployment

benefits. The third category (between €30.000 and €40.000) contains the Dutch average income of 2017, which is €37.000 (Gemiddeld Inkomen, 2017). The fourth category (€between 40.000 and €50.000) contains incomes a little higher than the average income, and the fifth (between €50.000 and €80.0000) contains the high incomes. A sixth category (higher than €80.000) contains the highest incomes. Lastly, a category was made for respondents who do not wish to indicate their income or do not know their income.

4. Household composition

The fourth variable indicates respondents' household compositions and is a nominal variable. The categories 'one-person household', 'multi-person household without children', 'one-parent family' and 'dual-parent family' are also categories used by Statistics Netherlands (Central Bureau for Statistics, 2017). The category 'student house' was added, because Lombok-Leidseweg houses (compared to Utrecht) a relatively large amount of 18 to 24-year-olds. It is assumed that among them are students, who live in student houses.

5. Education

Respondents are asked to indicate their highest completed education level. This ordinal variable consists out of eight categories: 'primary school or no education', 'VMBO/MAVO', 'HAVO/VWO', "MBO', 'HBO bachelor', 'WO bachelor', 'HBO/WO master or doctor' and 'else, namely'. These categories are almost similar to the categories employed by Statistics Netherlands (Central Bureau for Statistics, 2017). The category 'MBO' is made one category rather than three (depicting the four different levels), and 'HBO' and 'WO' are made into two separate categories rather than one, because when seeking to research differences in levels of education, it is believed that three categories depicting the three different schools of education are needed.

6. Nationality

The sixth variable is nominal and specifies a respondent's nationality. The survey employs the same categories as the City of Utrecht (2017) and Statistics Netherlands (Central Bureau for Statistics, 2017), namely: 'Dutch', 'other Western', 'Moroccan', 'Turkish', 'Surinam', 'Antillean' and 'other non-Western'. The seven categories are mutually exclusive and collectively exhaustive. The respondent is free to choose the category that he/she relates most to.

7. Daily occupation

The seventh and last traditional variable is a nominal variable. The eight categories used are also used by Statistics Netherlands (Central Bureau for Statistics, 2017), although in this survey they are less exhaustive. The most important categories to this research project are 'high school student', 'student', 'employed', 'volunteer', 'non-employed/seeking a job', 'retired', 'incapacitated' and 'else, namely'. The first three categories ('high school student', 'student' and 'employed') contain people who dedicate their days to studying or working, and might therefore have less time to participate in their neighborhood. The fourth and fifth categories ('non-employed/seeking a job' and 'retired') contain residents who might have more time to participate and/or wish to dedicate their time doing something useful. The sixth category contains respondents who cannot work. It is assumed that some of them may not be able to participate for physical/mental reasons, and some might participate because they, again, have more time and/or wish to dedicate their time doing something useful. A seventh category was made for people who do not fit in one of the above discussed categories.

PARTICIPATION IN PUBLIC SPACE

This part of the survey consists out of six questions focusing on people's participation activities and experiences with participation.

8 & 9. Taking part in and organizing participation activities

Respondents are asked to indicate whether they have never, sometimes or often taken part in (question 8) and organized (question 9) five types of participation projects in the past year. The survey does not indicate the number of times meant by 'sometimes' and 'often'. This is done on purpose, since the frequencies may differ extensively depending on the activity: people are likely to sweep their street more often than the amount of times that they take part in social activities (since their organization requires time). Indicating different frequencies per activity was deemed too confusing.

The types of participation are the ones also elaborated upon in the literature review of this research project, namely: 'the maintenance of green spaces', 'community gardening', 'the cleaning of public spaces', 'the maintenance of playgrounds' and '(social) activities with other residents'. A couple of examples are also listed in the survey to clarify what each type might entail.

10. Concrete examples of participation projects

Respondents are asked to answer this question only if they have at least once ticked the 'sometimes' or 'often' boxes in question 8 and 9. Space is provided to write down concrete examples of the initiated or joined participation projects.

11. Participating alone or with others

Respondents are asked to answer this question only if they have at least once ticked the 'sometimes' or 'often' boxes in question 8 and 9. They are asked to indicate whether they participate 'always alone', 'mostly alone', 'mostly with others' or 'always with others'.

12. Experiences with participation projects

Respondents are asked to answer question 12 only if they have at least once ticked the 'sometimes' or 'often' boxes in question 8 and 9. Question 12 consists out of eleven statements focusing on the perceived results of the participation initiatives. The statements focus on personal developments, community developments and developments in the physical environment. All statements refer to the benefits of community participation as proposed in section 2.3. Respondents are asked whether they 'completely disagree', 'disagree', are 'neutral', 'agree' or 'completely agree' with each statement. This question thus uses a Likert scale (an interval variable) ranging from 1 to 5.

13. Reasons for nonparticipation

Respondents are asked to answer question 13 only if they have not once ticked the 'sometimes' or 'often' boxes in question 8 and 9. This question makes use of pre-determined options which center around reasons why people might not join participation projects (as discussed in section 2.5.2). This question aims to find out to what extent these reasons actually come to the fore. Since respondents might have multiple reasons for not joining the five activities, they are allowed to tick more than one box. In order for respondents to elaborate on their choice or to indicate if their choice was not available, lines are provided below the boxes.

LIFESTYLES

14. Lifestyle statements

Question 14 consists out of twenty statements, each in some way relating to the extent to which an individual might be interested in participating (table 8). All statements correspond to the preferences and behavior belonging to one or more theoretical lifestyle dimensions (i.e. self-development, personal environment, social, leisure and idealistic). The statements are composed by the researcher and are largely based on motives for participation discussed in the literature review.

Respondents are asked whether they 'completely disagree', 'disagree', are 'neutral', 'agree' or 'completely agree' with each statement. This question thus uses a Likert scale (an interval variable) ranging from 1 to 5. In order for the respondent to stay focused, some questions are deliberately phrased positively while others are phrased negatively. The questions are phrased in such a way that they could indicate both preferences and actual behavior.

Table 8. Lifestyle statements

Statement	Lifestyle Dimension
a. I find learning new things very important	Self-development
b. I appreciate taking on challenges	Self-development
c. I find it important to be successful at my work	Self-development
d. I appreciate solving problems in my neighborhood myself	Idealistic / Personal Environment
e. I appreciate spending time with other people	Social
f. I appreciate meeting people who are different than I (for instance in age or cultural background)	Social
g. I appreciate helping other people, also people whom I do not know that well	Social
h. I find the way my neighborhood looks *not* very important	Personal environment / Idealistic
i. I feel responsible for my neighborhood	Personal environment / Idealistic
j. I appreciate meeting people from my neighborhood	Social / Personal environment
k. I appreciate being with family in my free time	Leisure / Personal environment / Social
l. I appreciate spending my free time with other people	Leisure / Social
m. I appreciate being indoors in my free time	Leisure
n. I appreciate doing something useful in my free time	Leisure
o. I appreciate doing something active in my free time	Leisure
p. I do *not* appreciate spending time in my neighborhood in my free time	Leisure
q. I find connectivity between the residents of the neighborhood important	Idealistic
r. I find it important that residents feel at home in the neighborhood	Idealistic
s. I find it important that all residents of my neighborhood use the public spaces	Idealistic
t. I find it important that the public spaces of my neighborhood are well-maintained	Idealistic / Personal environment

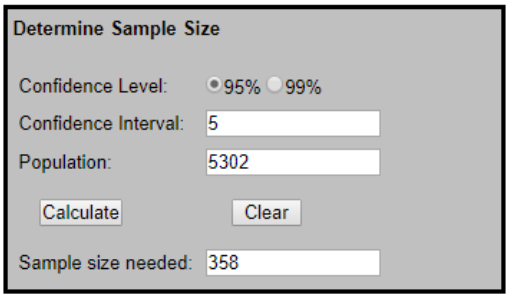
3.4.2. SAMPLING

This section will elaborate on the sampling plan, which involves the decisions made about the way of selecting the sample and its size. A sample is a randomly selected share of all the research units: all units (in this case: residents of Lombok-Leidseweg) thus have an equal chance

to be selected to participate in the research (Boeije et al., 2009). Provided that the sample is representative (a topic further discussed in section 3.6.), the selected units represent the entire population of Lombok-Leidseweg.

As described in the section on the research area, Lombok-Leidseweg houses 5,302 households. In order to be able to show results with a 95% confidence level and a 5% confidence interval, figure 6 shows that a population that size requires 358 completely filled in surveys (Surveysystem). Such a large sample size may also prevent problems relating to cells with too low frequencies in SPSS, discrediting the interpretation of the results. Unfortunately, non-response should be taken into account: people in the sample who refuse to participate in the research or who cannot be reached at all (Boeije et al., 2009). Since research by Groves et al. (2004) shows that studies have a response rate of 55.6% average, 644 households ought to be asked to fill out the survey ($\frac{358*100}{55.6}$) in order to acquire 358 respondents.

Figure 10. Needed sample size



The sampling frame used for this research is drawn from data by the City of Utrecht (Gemeente Utrecht, 2017), and a combination of a stratified sample and a simple random sample is used (Bryman, 2012). The stratified part of the sample comes into being by the division of the sub-neighborhood into three smaller districts (Lombok Oost, Lombok West and Leidseweg). A map by the City of Utrecht (figure 2) served as the basis for a list of street names of the sub-neighborhood Lombok-Leidseweg (appendix 2). Since the research area consists out of three districts with distinct features, the sample selected households in the districts relative to the total number of inhabitants of the sub-neighborhood (table 9). Next, depending on the size of the sample in each district and each district's number of streets, a certain amount of households are selected in each street. Selecting these households is done randomly by means of an application: this research project thus also uses simple random sampling in selecting its potential respondents.

Table 9. Selection of the sample

	# households	% of all households	Sample	# streets	Selected households per street
Lombok Oost	1,469	27.7 %	178	13	14
Lombok West	3,160	59.6 %	384	31	13
Leidseweg	673	12.7 %	82	7	12
Total	*5,302*	*100 %*	*644*	*51*	-

3.5. RESPONSE AND REPRESENTATIVENESS

3.5.1. RESPONSE AND NON-RESPONSE

As mentioned earlier, Lombok-Leidseweg has 5,302 households and 644 of them are part of the sample (proportional to the size of the population of each of the three districts). This would in theory account for approximately 358 completed surveys. Approaching the selected households was done over the course of three weeks (from July 1st to 23nd), mainly during evenings, as it is expected that most people will be home then.

Unfortunately, the response rate is lower than expected, since the amount of people that either refused to fill out the survey or were not home, was higher than anticipated (respectively 22.7% and 27.2%). The researcher therefore decided to stop the surveying process after 263 completed surveys, i.e. a response rate (of the total sample) of 40.9%. Table 10 shows the responses per district.

Table 10. Response rates

	Lombok Oost		Lombok West		Leidseweg		*Total*	
	n	%	n	%	n	%	*n*	*%*
Response	81	45.5	130	33.9	52	63.4	*263*	*40.9*
Refusal	40	22.5	97	25.3	9	11.0	*146*	*22.7*
Not home	57	32	157	40.9	21	25.6	*235*	*36.5*
Total	*178*	*100*	*384*	*100*	*82*	*100*	*644*	*100*

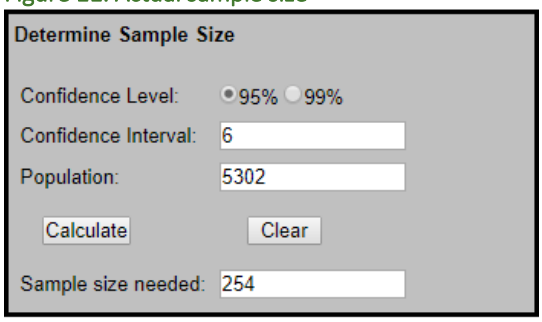
Several reasons for refusing to cooperate were heard. 52% of the people claimed to not have time to fill out the survey (also after the researcher had proposed to come back at a different time or day). Moreover, 24% of the people said to not be interested in cooperating. A third reason was that people believed to not speak Dutch sufficiently enough to be able to complete the survey. Since relatively few people (14%) gave this as a reason, the researcher deemed translating the survey into different languages unnecessary.

The researcher was unable to present the survey to 36.5% of the selected households, even after multiple visits. A probable reason for this is that Lombok-Leidseweg houses a great number of students (Gemeente Utrecht, 2017), who have relatively busy, outgoing lifestyles and might be home less often. A second explanation can be that surveying was done in the second, third and fourth week of July, i.e. in the summer vacation, during which residents of the neighborhood might be away on holiday. Students, moreover, might also spend the summer in their birth city.

Since the sample size is smaller than anticipated, the confidence level mentioned in section 3.4.2. has to be adjusted. A population of 5,302 households requires a sample size of 358 respondents for a confidence interval of 5 (figure 10); however, when the confidence interval is raised to 6, only 254 respondents are required (figure 11). The acquired 263 surveys are therefore enough for a confidence interval of 6 (Surveysystem.com). This means that results

can be shown with 95% certainty, and that they in reality may be either 6% lower or higher.

Figure 11. Actual sample size



3.5.2. REPRESENTATIVENESS

Testing the representativeness of the sample is of importance when it comes to generalizing the results to the entire population of Lombok-Leidseweg. This is also called the population validity (Boeije et al., 2009). In other words, the extent to which the sample reflects Lombok-Leidseweg at large ought to be assessed. If it does not properly reflect the population, the results are only valid for the sample.

The representativeness of the sample will be based on the variables gender and age and will be done using a Chi-Square test (appendix 3). The observed frequencies are drawn from the surveys, while the expected frequencies are drawn from data by the City of Utrecht. The results show that the observed and expected frequencies of the gender variable do not significantly differ from each other ($p = .561$). This means that based on gender, the sample mirrors the population.

Next, the representativeness of the variable age was tested. Unfortunately, this variable does not mirror the population of Lombok-Leidseweg. The categories 18-24, 55-64 and 65+ are underrepresented in the sample, while the categories 25-34, 35-44 and 45-54 are overrepresented. While factual reasons for this under- and overrepresentation are unknown, the difference between the under- and overrepresented groups in refusing and being at home to fill out the survey was also noted during the surveying process. People living in (what seemed) student houses were often not at home. This may be due to students' relatively busy, outgoing lifestyles, or to the fact that they might spend their summer holiday in their birth city or in a different country. The under-representativeness of the oldest two age groups is mainly due to unwillingness to fill out the survey.

In order to be able to generalize the sample to the entire population, the variable 'age' needs to be weighted (appendix 3). This is possible because the weight factors are all below 2.5 (Vocht, 2013). The weight factors are used throughout the entire research process.

4. LIFESTYLE ORIENTATIONS

Chapter 4 will provide the answer to the first research question, namely: *to what extent can differences in lifestyle be observed between residents of Lombok-Leidseweg?* The chapter will discuss the results of the research firstly by establishing what lifestyle dimensions can be distinguished in Lombok-Leidseweg (section 4.1). Next, the respondents will be grouped into clusters in order to identify different lifestyle orientations (section 4.2). Section 4.3 will research the relationship between traditional variables and lifestyle orientations. The last section, 4.4, summarizes the chapter and discusses the implications of the outcomes with regard to the used techniques.

4.1. IDENTIFYING EMPIRICAL LIFESTYLE DIMENSIONS

As discussed in section 2.6.1. of the literature review, 'lifestyle orientation' is defined as "an independent variable that provides insights into a consistent set of preferences and behavior in the self-development, social, personal environment, leisure and idealistic dimensions, which may affect community participation practices." Respondents of the survey were asked to rate twenty statements corresponding to one or more theoretical lifestyle dimensions (see section 3.4.1. on the statements and appendix 1 for the complete survey). Their answers will determine the empirical lifestyle dimensions. It is believed that the theoretical and empirical dimensions will show some similarities. Factor analysis will show whether this is the case.

Factor Analysis

Appendix 4 shows all relevant tables and graphs that tested the requirements for factor analysis and that resulted from the factor analysis. This section will only demonstrate the most important ones and elaborate on their results. Five significant factors were found through factor analysis, which together account for 54.2% of the total variance (in other words, the five factors together explain 54.2% of the differences in respondents' answers and the remaining 45.8% of the variance is due to other factors). The statements and their correlation with the factor they belong to (i.e. their 'loading') are depicted in table 11. It is important to note that each statement correlates with all five factors; however, only the loadings greater than 0.4 are depicted in the table since lower loadings are considered insignificant (Field, 2013). Hence, the statements "I like helping other people, also people I do not know" and "I like meeting people who are different than I am" will not be taken into consideration: their highest loadings were respectively 0.394 and 0.398. All five factors will be elaborated upon below.

Table 11.Factors and factor loadings

Statements	Factor 1	Factor 2	Factor 3	Factor 4	Factor 5
I find connectivity between residents of the neighborhood important	.750				
I like meeting people from my neighborhood	.742				
I like spending time in my neighborhood in my free time	.661				
I find it important that residents feel at home in the neighborhood	.595				
I feel responsible for my neighborhood	.554				
I find it important that all residents use the public spaces of my neighborhood	.431				
I like meeting people who are different than I am					
I like being active in my free time		.746			
I like to take on challenges		.703			
I like doing something useful in my free time		.674			
I like learning new things		.657			
I find it important to be successful at my work		.567			
I like being with other people in my free time			.771		
I like having people around			.757		
I like helping other people, also people whom I do not know that well					
I find it important that the public spaces of my neighborhood are well-maintained				.658	
I find the way my neighborhood looks important				.618	
I like being indoors in my free time					.692
I like being with family in my free time			.490		.531
I like solving problems in my neighborhood myself				.440	.451

Factor 1

The six statements belonging to factor 1 account for 14.8% of the total variance. Examining the statements, it becomes apparent that it is a mix of statements belonging to the 'social', 'personal environment' and 'idealistic' theoretical lifestyle dimensions. What unites them, is that they all to some extent involve an idealistic vision relating to the neighborhood itself or to the people living in the neighborhood. Persons scoring high on this factor thus find the (social) space of their neighborhood important. This factor will therefore be termed the *Locally Engaged and Idealistic Dimension*.

Factor 2

The five statements belonging to factor 2 contribute to the total variance with 12.8%. Two belong to the 'leisure' dimension and three originate from the 'self-development' dimension. They, however, have something in common: respondents scoring high on this factor are active, enterprising persons who like to develop themselves. This factor will therefore be called the *Enterprising and Self-Development Dimension*.

Factor 3

Factor 3 consists out of three statements (contributing to 10.2% of the total variance) that all involve contact with other people. Two of them indeed belong to the theoretical lifestyle dimension 'social'; the third originates from the 'leisure' dimension but also concerns spending time with others (i.e. family). This factor will therefore be named the *Social Dimension*.

Factor 4

Factor 4 consists out of three statements that together contribute 9.8% to the total variance. The statements all revolve around the neighborhood. Two of them refer to the (maintenance and attractiveness of the) physical neighborhood and come from the 'personal environment' and 'idealistic' dimensions. The third involves a more general assumption about readiness to solve problems in the neighborhood (which may of course also refer to problems relating to the physical neighborhood), which is part of the theoretical dimension 'idealistic'. People who score high on this factor thus deem improving and maintaining the quality of their neighborhood important. This factor will therefore be called the *Neighborhood Dimension*.

Factor 5

The fifth factor includes three statements (containing 6.6% of the total variance) from the 'leisure' and 'personal environment' dimensions. Individuals who score high on this factor might be relatively introverted as they prefer to stay indoors and spend their free time with family. Since they, moreover, like to solve problems in their neighborhood themselves, it can be concluded that they deem their direct personal environment important. This factor will therefore be named the *Personal Environment Dimension.*

The five factors were thus named based on the statements that loaded on them (with a minimum loading of 0.4). The names of the factors (i.e. *empirical* lifestyle dimensions) are shown in table 12. These dimensions will be used to cluster the residents of Lombok-Leidseweg in section 4.2.

Table 12. Theoretical versus empirical lifestyle dimensions

Theoretical Lifestyle Dimensions	Empirical Lifestyle Dimensions
• Idealistic Dimension	• Locally Engaged and Idealistic Dimension
• Self-Development Dimension	• Enterprising and Self-Development Dimension
• Social Dimension	• Social Dimension
• Personal Environment Dimension	• Neighborhood Dimension
• Leisure Dimension	• Personal Environment Dimension

Table 12 also demonstrates that the theoretical and empirical lifestyle dimensions show some differences and similarities. Firstly, the statements of the theoretical dimension '*idealistic'* are dispersed over the empirical dimensions, depending on whether they address the physical or social space of the neighborhood. Thus, even though people's preferences and behaviors regarding the neighborhood's physical and social space indeed influence people's lifestyle orientations (Hurenkamp et al., 2006; Pagano, 2013, Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010), they are to a lesser extent intertwined than expected.

Secondly, the three statements belonging to the theoretical dimension '*self-development'* belong to the same empirical dimension. The assumption that people's preferences and behaviors regarding extending comfort zones and developing oneself are related to a person's lifestyle, in this case is correct (Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010). In addition, extending comfort zones and developing oneself may also involve enterprising and active preferences and behaviors, since two statements (from the '*leisure'* dimension) addressing this also cohere with this dimension. Since this was not expected, an extension of the name of the theoretical dimension was required.

The '*social*' dimension is both a theoretical and an empirical lifestyle dimension. Even though two of the original statements belonging to it did not load on a single factor high enough and one was assigned to a different empirical dimension, preferences and behaviors regarding contact with other people indeed appear to influence a person's lifestyle orientation (Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010).

The theoretical dimension '*personal environment*' was believed to influence lifestyle orientations because people who attach importance to their personal living environment are more likely to maintain and improve their neighborhood than people who do not (Hurenkamp et al., 2006; Pagano, 2013). The statements belonging to this dimension indeed appear to influence a person's lifestyle orientation, yet due to the combinations of statements it made more sense to create both an empirical 'personal environment' and 'neighborhood' dimension: the former indicating preferences and behaviors concerning the small circle of people's own home and family, the latter concerning the physical space directly outside the home. In other words, the personal environment should be considered more broadly in order to account for finer distinctions in lifestyle orientations.

Lastly, statements belonging to the theoretical dimension '*leisure*' are dispersed over the five factors. This is not surprising, since the only resemblance between the '*leisure*' statements is that they address activities to engage in during one's free time; other than that, they range from active to inactive and extravert to introvert preferences and behaviors. Nevertheless, their significance implies that the way in which people (appreciate to) spend their free time indeed plays a role in determining lifestyle orientations (Van Houten and Winsemius, 2010).

4.2. LIFESTYLE ORIENTATIONS OF RESIDENTS OF LOMBOK-LEIDSEWEG

Five empirical lifestyle dimensions were distinguished in section 4.1. Next, we will examine the way in which each individual respondent scores on each of the five lifestyle dimensions. The respondents who score relatively similarly on each of the five dimensions will be clustered into a lifestyle orientation. It is important to note that respondents who are part of a particular cluster do not have the *exact* same lifestyle since they might score slightly different on some lifestyle dimensions: they are assigned to a lifestyle orientation based on their best fit. The clusters are therefore neither mutually exclusive nor collectively exhaustive (Caen, 2009). Because of this, the formulated categories will be called 'lifestyle orientations' rather than 'lifestyles'.

Cluster analysis grouped the respondents into five different clusters (see appendix 5 for all relevant tables and an elaboration on the decisions made). Table 13 shows the number of respondents in each cluster. This number was corrected because in order to be representative for the entire population of Lombok-Leidseweg, they are weighted by the variable age (section 3.6.2.). 40 cases are missing: this means that 35 respondents (before weighting) failed to answer all twenty lifestyle statements. Only respondents that answered *all* twenty statements were included in the analysis, in order to avoid a chaotic mass of data (Field, 2013).

Table 13. Number of cases in each cluster

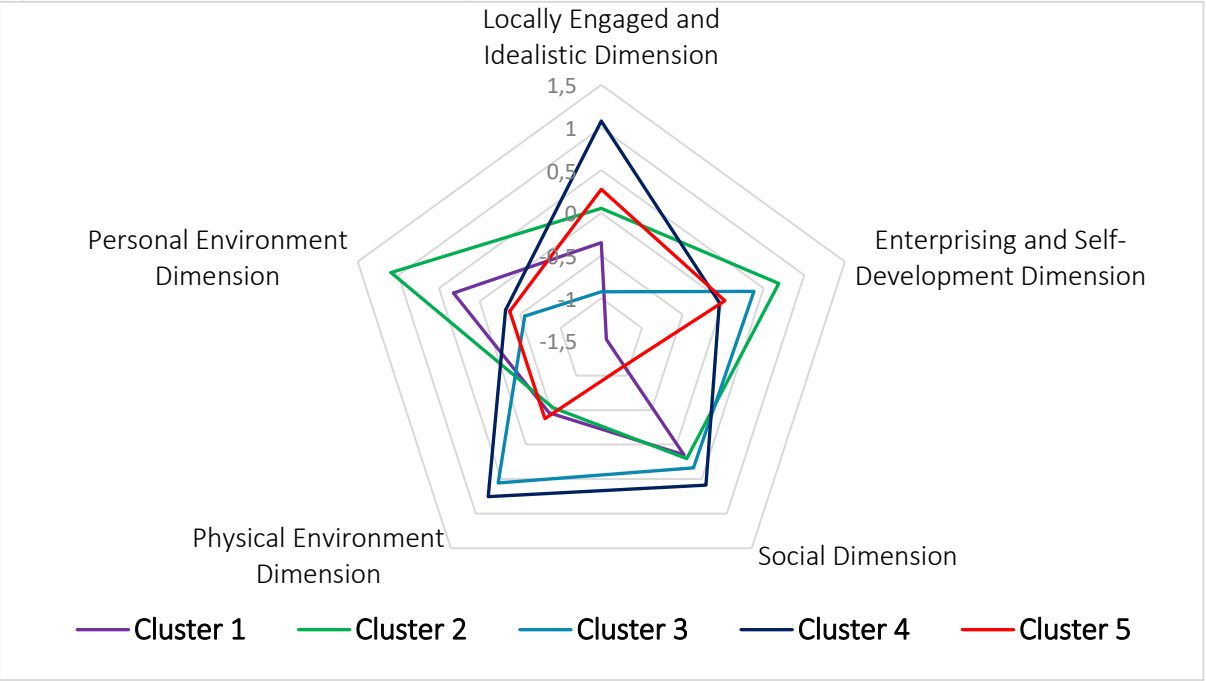
	Number of Cases in each Cluster - Unweighted	Number of Cases in each Cluster - Weighted	Percentage
Cluster 1	36	35	15.7
Cluster 2	46	45	20.2
Cluster 3	50	52	23.3
Cluster 4	43	41	18.4
Cluster 5	53	50	22.4
Total	*228*	*223*	*100*
Missing	*35*	*40*	

Next, table 14 depicts how the respondents belonging to either cluster score on the five different empirical lifestyle dimensions relative to the average (the average being zero). This is visualized in figure 12. The five clusters will be elaborated upon next, and will be named with the help of literature on lifestyles.

Table 14. Clusters and lifestyle dimensions

	Cluster 1	Cluster 2	Cluster 3	Cluster 4	Cluster 5
Locally Engaged and Idealistic Dimension	-.34890	.05314	-.92394	1.07578	.27660
Enterprising and Self-Development Dimension	-1.43673	.68579	.37976	-.04567	.02188
Social Dimension	.14897	.20289	.33714	.58616	-1.10728
Neighborhood Dimension	-.45878	-.53706	.55512	.75297	-.37669
Personal Environment Dimension	.31966	1.08949	-.55719	-.32117	-.37269

Figure 12. Scores of the clusters on the lifestyle dimensions



Cluster 1

The 35 respondents belonging to cluster 1 score very low on the *Enterprising and Self-Development Dimension*. Moreover, members of cluster 1 score lower than average on the *Locally Engaged and Idealistic Dimension* and *Neighborhood Dimension*, but above average on the *Social Dimension* and *Personal Environment Dimension* (which is the dimension they rate the highest).

It can therefore be concluded that this group of residents is mainly oriented towards their close circle of friends and family and prefers to remain within their comfort zone (both physically and mentally). Since they attach relatively little emphasis on optimizing the physical and social space of neighborhood but *do* value being at home and like to solve problems in the neighborhood, their interest in the neighborhood may be primarily driven by self-interest (Hustinx, 2009). They are quite traditional in the sense that they do not really prefer to challenge themselves: rather, they prefer the more inactive, calm and familiar things in life. This description to some extent relates to two of the five personality dimensions (i.e the 'big five') often discussed in psychology, namely 'emotional stability' and 'conscientiousness' (Ouwehand, Doff and Adriaanse, 2011). Ganzeboom (1988), moreover, defines people who prefer to stay indoors as elderly people. Since not every member of this cluster is 'old', a different name that does emphasize a calm, familial lifestyle was preferred. This cluster will therefore be called the *Stable and Traditional Orientation.*

Cluster 2

The 45 respondents belonging to cluster 2 score very high on the *Personal Environment Dimension.* They, moreover, also score relatively high on the *Enterprising and Self-Development Dimension* (the highest of all five clusters). The *Locally Engaged and Idealistic Dimension* and *Social Dimension* also score above average, albeit not very high. The *Neighborhood Dimension* is the only dimension scoring below average.

Individuals belonging to cluster 2 are thus – even more than those belonging to cluster 1 – very much oriented towards their own familiar surroundings such as their home and their family. Moreover, unlike members of cluster 1, they are quite ambitious and like to develop themselves in life, learning new things and being active. They are relatively social people who also (albeit to a small extent) care about the social space of their neighborhood. The physical space of their neighborhood, however, does not really interest them.

The above description is to some extent similar to SmartAgent's (2017) blue lifestyle, which centers around relatively ambitious, independent and introvert people. Moreover, research by Vermunt (1991) also proposes a rather similar lifestyle orientation, namely 'familistic and emancipated'. The 'emancipated' part derives from a wish to both have children and work; the 'familism' part derives from a wish to go to church, vote for a Christian party and live together with a partner. Since the statements used in this research project are more plentiful and focus on somewhat different concepts, this cluster will be named the *Familist and Enterprising Orientation*.

Cluster 3

The 52 respondents belonging to cluster 3 score very much below average on the *Locally Engaged and Idealistic Dimension*, and also quite low on the *Personal Environment Dimension.* The remaining three dimensions score above average: the *Neighborhood Dimension* is believed most (albeit not very) important, followed by the *Enterprising and Self-Development Dimension* and *Social Dimension.*

It can thus be concluded that individuals belonging to cluster 3 are relatively uninterested in the social space of their neighborhood: they do not really prefer contact with other residents and rather spend their time outside of the neighborhood. They, however, do care about the (quality of the) physical neighborhood and are relatively social, ambitious and active individuals. This description to some extent mirrors SmartAgent's (2017) red lifestyle, which among others revolves around vitality, individualism, independency, adventure, extending boundaries and personal growth. The red lifestyle also to some extent explains the preference for a physically attractive neighborhood, since red people attach much importance to the quality of their living environment. Moreover, in his research Ganzeboom (1988) speaks of a "youthful lifestyle" (translated by the author, p.43), which generally includes young people with vital, outdoor behaviors. Matching the (relative importance of the) empirical lifestyle dimensions with the mentioned literature, this cluster will be named the *Boundless and Vital Orientation*.

Cluster 4

Unlike the members of cluster 1, 2 and 3, the 41 respondents belonging to cluster 4 score very much above average on the *Locally Engaged and Idealistic Dimension*. They, moreover, also score rather high on both the *Neighborhood Dimension* and *Social Dimension.* The *Personal Dimension* is the lowest rated dimension by the members of cluster 4, followed by the *Enterprising and Self-Development Dimension*, which scores just below average.

Individuals belonging to cluster 4 have a very idealistic mindset when it comes to the social as well as physical space of their neighborhood: they seek to meet and unify their fellow residents and prefer their neighborhood to be maintained and attractive. They are very sociable, gregarious people, who prefer to be outdoors with friends. They express a relatively small liking for spending time indoors or with family, nor are they much interested in enterprising or active activities.

Research by Van Diepen and Musterd (2009, p.343) proposes a lifestyle orientation that is to some extent similar to cluster 4: namely, the "public-local orientation," a rather "'place-based' component" of which important signifiers are "contact with local people and the ample availability of semi-public and public meeting places." Moreover, comparing the scores on the five different lifestyle dimensions to SmartAgent's (2017) model, cluster 4 is quite similar to the yellow lifestyle, which involves harmony, a feeling of belonging and social connectedness – also in their neighborhood. However, people belonging to the yellow lifestyle are said to center their lives around family, which is something the members of cluster 4 to a lesser extent do. To stress the extent to which this cluster emphasizes the social and physical space and social contacts, this cluster will be termed the *Public and Social Orientation.*

Cluster 5

The 50 members of cluster 5 score the lowest of all five clusters on the *Social Dimension.* They, however, score above average on the *Locally Engaged and Idealistic Dimension*, and only just above average on the *Enterprising and Self-Development Dimension.* The remaining two dimensions, the *Neighborhood Dimension* and the *Personal Environment Dimension,* score below average.

Members of cluster 5 show relatively more dislike for the company of other people – both friends and family. This, in combination with the fact that they are relatively enterprising and focused on self-development, makes them quite individualistic people. Interestingly, they are locally quite engaged: they care about the social space of their neighborhood. They, nevertheless, attach relatively little importance to the physical neighborhood.

It seems that cluster 5 shows some similarities to SmartAgent's (2017) green lifestyle, which revolves around security, privacy and peace. Perhaps the positive score on the *Locally Engaged and Idealistic Dimension* derives from a desire for safety and security in the neighborhood. It shows dissimilarities in the sense that the green lifestyle also involves intensive contact with a small circle of close friends and family and a preference for staying indoors. Cluster 5 also shows some similarities to the blue lifestyle, which emphasizes control and individualism. This cluster will therefore be named the *Solitary and Secure Orientation*.

The five clusters have now been given names (table 15), each representing one lifestyle orientation that gives insights into the way in which a person organizes or arranges his/her spatial and social lives (Van Diepen and Arnoldus, 2002). This section thus created a variable that is predictable and systematically explainable (Ganzeboom, 1988).

Table 15. Names of the lifestyle orientations

Cluster	Lifestyle Orientation
Cluster 1	*Stable and Traditional Orientation*
Cluster 2	*Familist and Enterprising Orientation*
Cluster 3	*Boundless and Vital Orientation*
Cluster 4	*Public and Social Orientation*
Cluster 5	*Solitary and Secure Orientation*

4.3. LIFESTYLE ORIENTATIONS IN RELATION TO TRADITIONAL VARIABLES

As discussed earlier, respondents were asked to answer a number of traditional variables in the survey. These traditional variables were gender, age, income, education, nationality, household and daily occupation, since these variables may be related to a person's lifestyle (Caen, 2009; Ganzeboom, 1988; Glover et al., 2005; Hurenkamp et al., 2006; Tonkens and De Wilde, 2013; Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010). Since we seek to examine and describe the strength of the relationship between traditional variables and the five lifestyles, Chi-Square tests were believed most appropriate. This section will elaborate on the results. For all relevant tables, please see appendix 6.

The variable age (table 16) was altered in order to be able to conduct a Chi-Square test: the categories 55-64 and 65 and older were merged to correct for empty cells. This variable turned out to be significantly related to lifestyle ($p = .004$). It appears that the *Boundless and Vital Orientation* is the most common orientation among 18-24, 25-34 and 35-45-year-olds. Especially for the relatively young people, this is not very surprising: they might be less likely to have settled down in a particular neighborhood and might therefore not be as bounded by the confines of the neighborhood. Indeed, not one person who is 55 or older was clustered into this lifestyle orientation: they are most likely to belong to either the *Stable and Traditional Orientation* or *Solitary and Secure Orientation.* Relatively most 45-54-year-olds, moreover, are part of the *Solitary and Secure Orientation.* These results correspond to some extent to research by Ganzeboom (1988), who shows that relatively older people are more likely to prefer to stay indoors, which is a relatively introvert activity.

Table 16. Lifestyle orientations in relation to age
1 = Stable and Traditional Orientation, 2 = Familist and Enterprising Orientation, 3 = Boundless and Vital Orientation, 4 = Public and Social Orientation, 5 = Solitary and Secure Orientation

Orientation	18-24		25-34		35-45		45-54		55+		*Total*	
	n	%	n	%	n	%	n	%	n	%	*n*	*%*
1	5	11.4	10	11.5	5	13.5	6	23.1	10	34.5	36	16.1
2	10	22.7	21	24.1	8	21.6	2	7.7	5	17.2	46	20.6
3	17	38.6	22	25.3	10	27.0	2	7.7	0	0.0	51	22.9
4	7	15.9	17	19.5	6	16.2	6	23.1	4	13.8	40	17.9
5	5	11.4	17	19.5	8	21.6	10	38.5	10	34.5	50	22.4
Total	*44*	*100*	*87*	*100*	*37*	*100*	*26*	*100*	*29*	*100*	*223*	*100*

Lifestyle orientation is *not* significantly related to gender (p = .214), income (p = .745) and household composition (p = .370). Nevertheless, descriptive statistics will be used to examine the relationship between lifestyles and these variables (see appendix 6 for frequency tables).

24.1% of the women – the biggest group of women – belong to the *Familist and Enterprising Orientation.* Among men, a different orientation is the most popular: 28.4% of the men belong to the *Solitary and Secure Orientation.* With respect to the variable income, some numbers stand out more than others. For instance, 27.9% of the people with an income lower than €20,000 belong to the *Boundless and Vital Orientation*. They are the biggest group within their age category. Relatively most people with an income between €50,000 and €80,000 belong to the *Solitary and Secure Orientation.* The other income groups are quite evenly distributed with reference to lifestyle. Thirdly, the variable household composition shows that relatively many people living in a two-person household without children belong to the *Boundless and Vital Orientation* (30.3%). This is also a relatively popular orientation among people living in studenthouses. The *Solitary and Secure Orientation*, moreover, seems to be the most popular one among two-parent households with child(ren). Of the one-parent households with child(ren), most belong to the *Public and Social Orientation.* These results to some extent correspond with Caen's (2009) findings: namely, families/people with children are more likely to spend their time together and are more locally oriented.

With respect to nationality, level of education and daily occupation, Chi-Square tests were impossible to run due to too many empty cells. Merging categories either did not help to overcome this problem or was considered inappropriate. Therefore, for these three variables descriptive statistics will be used.

The largest group of respondents indicated to have finished an HBO/WO Master's or doctor. Of them, relatively many belong to either the *Familist and Enterprising Orientation* or *Boundless and Vital Orientation.* The latter, together with the *Solitary and Secure Orientation*, is also the most popular orientation among people whose level of education is a WO Bachelor's. Other categories have too few respondents to be able to comment on them properly. This problem also goes for the distribution of lifestyles among different nationalities. Although the differences are small, relatively many Dutch people belong to the *Boundless and Vital Orientation.* 77.8% of the people with other Western nationalities belongs to the *Familist and Enterprising Orientation.* Interestingly, all of the four Moroccans who filled out the survey, belong to the *Public and Social Orientation.* With regard to daily occupation, the *Boundless and Vital Orientation* is the most popular among employed individuals, and most unemployed

people belong to the *Public and Social Orientation*. Lastly, relatively many students (30.8%) belong to the *Boundless and Vital Orientation.*

4.4. CONCLUSION CHAPTER 4

In the literature review, it was argued that lifestyles should be awarded more recognition when distinguishing people from one another: rather than solely examining people's traditional characteristics, their different preferences and behaviors should also be considered (De Wijs-Mulkens, 1999; Pinkster and Van Kempen, 2002; Van Acker et al., 2016; Zukin, 1998). This chapter therefore firstly examined whether the lifestyle dimensions that – according to the literature – help determine a person's spatial and/or social preferences and behaviors in reality also determine those of the residents of Lombok-Leidseweg.

Theoretical and Empirical Lifestyle Dimensions

The results demonstrate that the theoretical and empirical lifestyle dimensions differ. Two statements did not cohere with dimensions sufficiently and others were initially believed to belong to a particular theoretical lifestyle dimension, but turned out to belong to a different empirical lifestyle dimension. This means that while eighteen out of twenty statements as expected relate to people's lifestyle orientations, they cohere with one another in unexpected ways. This can be explained by the fact that existing theories on 1) lifestyles and 2) participation were used to formulate the lifestyle statements; studies have not (yet) shone light on the association between the two. Since this research project examines lifestyles with a focus on a specific kind of spatial and social behavior (i.e. horizontal participation), it is not surprising that the theoretical and empirical dimensions differ to some extent.

The difference between the two kinds of dimensions can also be a result of the applied techniques. Firstly, the way in which this project phrased the lifestyle statements compared to other studies on lifestyles, may lead to different results. Respondents might answer differently while the essence of the statements is the same. Secondly, creating lifestyle dimensions remains a subjective process. Five factors (i.e. lifestyle dimensions) were chosen to be used for this research project because this was considered most appropriate; however, more or less dimensions would also have been acceptable (see appendix 4). This would have led to different combinations of statements and therefore to other empirical lifestyle dimensions.

The newly named dimensions that provide insights into community participation practices are the *Locally Engaged and Idealistic Dimension*, the *Enterprising and Self-Development Dimension*, the *Social Dimension*, the *Neighborhood Dimension* and the *Personal Environment Dimension*. Together, they account for 54.2% of the total variance.

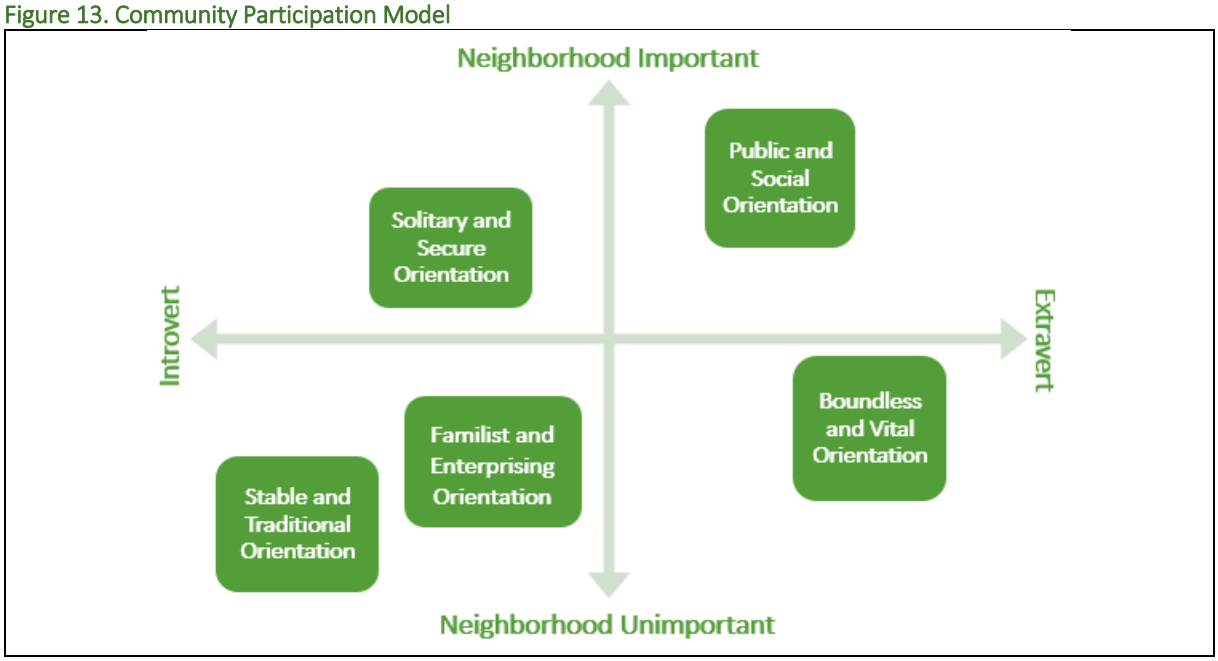
Lifestyle Orientations

Chapter 4 has subsequently identified five different clusters among residents of Lombok-Leidseweg. Respondents belonging to either cluster have rated the five empirical lifestyle dimensions relatively similarly: in other words, they show rather similar spatial and/or social behavior. By examining the way they rate each dimension and comparing this to existing literature on lifestyles, the five clusters (i.e. lifestyle orientations) were given names: the *Stable and Traditional Orientation,* the *Familist and Enterprising Orientation,* the *Boundless and Vital Orientation,* the *Public and Social Orientation* and the *Solitary and Secure Orientation.*

The five lifestyle orientations were named based on existing literature on lifestyles, but neither of the orientations entirely resembles lifestyles as discussed in such literature (Ganzeboom 1988; Ouwehand et al., 2011; SmartAgent, 2017; Van Diepen and Musterd, 2009; Vermunt, 1991). The reason for this is twofold. Firstly, this project's lifestyle orientations differ from lifestyles found by scholars because they address a specific kind of spatial and social behavior that has not been researched before. Existing research on lifestyles for instance stresses the relationship between lifestyles and residential choices (Bagley and Mokhtarian, 1999; De Wijs-Mulkens, 1999; Pinkster and Van Kempen, 2002), travel behavior (Van Acker et al., 2016; Krizek and Waddell, 2002), subsistence and personal maintenance activities (Krizek and Waddell, 2002), and cultural capital (Bourdieu, 2016). Other studies consider people's entire lifestyle (Caen, 2009; Ganzeboom, 1988; SmartAgent, 2017). This research project thus provides insights into a new kind of association, namely that between lifestyle orientation and horizontal participation activity. Secondly, the applied techniques may account for different outcomes. Residents are clustered into five different groups because – after careful consideration – this was perceived the best option: clustering is a very subjective process (Field, 2013). Clustering residents into more or fewer groups would have generated groups that rate the lifestyle dimensions in a different fashion, which would have accounted for different lifestyle orientations.

The created lifestyle orientations can be simplistically described by two variables: the relative importance people attach to their neighborhood, and whether people are either relatively introvert or extravert. The former is the average of a lifestyle orientation's scores on the *Locally Engaged and Idealistic Dimension* and *Neighborhood Dimension*; the latter of the *Enterprising and Self-Development Dimension*, *Social Dimension* and *Personal Environment Dimension.* The 'community participation model' (figure 13) provides a simplistic depiction of the stance of each of the five lifestyle orientations on the two variables. This is a useful figure to refer back to in chapter 5, in order to understand why different kinds of people engage in (different kinds of) participation activities.

Figure 13. Community Participation Model



Lifestyle Orientations in Relation to Traditional Characteristics

Section 4.3. elaborated on the relationship between people's lifestyle orientations and traditional characteristics, because existing studies show that these variables may be related (Caen, 2009; Ganzeboom, 1988; Glover et al., 2005; Hurenkamp et al., 2006; Tonkens and De Wilde, 2013; Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010). If this is the case, it would reduce the value of lifestyle characteristics, since they would hardly or not be able to provide additional information on differences between individuals.

The results show that only the variable age is significantly related to lifestyle orientation: relatively older people primarily belong to the more introvert lifestyle orientations. The traditional variables gender, income and housing composition show non-significant results in relation to lifestyle orientation. The variables nationality, level of education and daily occupation unfortunately had too many cells with too low frequencies to run a Chi-Square test. This may be a result of the fact that 1) for each traditional variable respondents were able to pick one category out of many, rendering the relative frequencies lower, 2) mainly relatively homogeneous people were willing to fill out the survey, and 3) the response was lower than expected. Because the distribution of frequencies is so uneven, appropriate conclusions cannot be formulated regarding the relationship between lifestyle orientation and these three traditional characteristics.

Apart from its relation to the variable age, for this research project 'lifestyle orientation' is a useful and important means to distinguish individuals from one another, because they are successful in explaining variances in spatial and social behavior within 'homogenous' groups. In the literature review, it was argued that lifestyle variables may account for a more holistic perspective on individuals because growing prosperity, individualism and the emancipation of marginalized groups caused differences between 'homogeneous' people to become greater (De Wijs-Mulkens, 1999; Pinkster and Van Kempen, 2002; Van Acker et al., 2016; Zukin, 1998). In other words: the newly created variable is able to distinguish individuals, and it does so in way that to a large extent honors people's distinctive preferences and behaviors.

5. COMMUNITY PARTICIPATION

This chapter will provide answers to the second, third, fourth and fifth research questions: *to what extent can people's traditional characteristics and lifestyle characteristics predict levels of community participation in Lombok-Leidseweg?* (section 5.1.), *to what extent do lifestyles influence whether or not residents take part in or organize horizontal participation practices in public space?* (section 5.2), *to what extent do horizontal participation practices differ between lifestyles?* (section 5.3) and *what are residents' experiences with participation projects in Lombok-Leidseweg?* (section 5.4). The last section, 5.5, summarizes the chapter and discusses the implications of the outcomes with regard to the used techniques.

5.1. THE EXPLANATORY POWER OF TRADITIONAL VARIABLES AND LIFESTYLE DIMENSIONS

Chapter 4 firstly discussed the lifestyle dimensions that can be used to determine an individual's lifestyle orientation and subsequently researched the extent to which residents of Lombok-Leidseweg can be distinguished based on their lifestyle orientation. The results showed that with the exception of the traditional variable age, people's lifestyle orientation is not related to their traditional characteristics and can therefore be considered a worthy instrument to distinguish individuals upon. This section will further the research on traditional and lifestyle variables by analyzing the extent to which both sets of variables are associated with different forms and levels of community participation. It will do so by employing logistic regression.

Respondents of the survey were asked to indicate whether they have 1) never, 2) sometimes or 3) often taken part in or organized five types of participation activities. Since in most cases the third category shows low frequencies, categories 2 and 3 were merged. The dependent variables (i.e. the participation types) were thus made binary: one category representing no participation, and one representing participation. Because in the cases of 'taking part in community gardening' and 'taking part in maintaining playgrounds' the frequencies of the second category remain small, logistic regression cannot be executed for these forms of participation. Moreover, the five types of participation that refer to the *organization* of activities were merged because too few respondents sometimes or often organize activities. One test will thus be executed for all five types of organization at once. Moreover, a number of categories of the independent variables also showed low frequencies (i.e. education, occupation, nationality and household): these categories were therefore merged as well. Table 17 shows the measurement of each independent variable. Lastly, prior to running the analysis, a collinearity test showed a correlation between the variables age and daily occupation of 0.695. While this is quite high, we can conclude there is no multicollinearity between de independent variables.

Table 17. Measurement of independent variables

Traditional Variables		Lifestyle Variables	
Variable	Measurement	Variable	Measurement
1. *Age*	Ratio	8. *Locally Engaged and Idealistic Dimension*	Ratio
2. *Gender*	1) Male 2) Female	9. *Enterprising and Self-Development Dimension*	Ratio
3. *Nationality*	1) Dutch 2) Not Dutch	10. *Social Dimension*	Ratio
4. *Household*	1) Without children 2) With children	11. *Neighborhood Dimension*	Ratio
5. *Income*	Ratio	12. *Personal Environment Dimension*	Ratio
6. *Daily Occupation*	1) Employed 2) Not employed		
7. *Education*	1) Low educated 2) High educated		

Taking part in the maintenance of green spaces

Including the seven traditional variables in the equation, the model significantly predicts whether a person takes part in the maintenance of green spaces (p of the model = .003, Nagelkerke R Squared .131). Nevertheless, only the variables daily occupation (p = .076, Wald statistic 3.144), income (p = .018, Wald statistic 5.626), household (p = .037, Wald statistic 4.354) and nationality (p = .074, Wald statistic 3.203) are significant contributors to the model. From this it follows that people take part in this activity more often if they are employed, have a relatively low income, live in a household with children and have a Dutch nationality. These results to some extent differ from other studies into the maintenance of green spaces. For instance, Hurenkamp et al. (2006) found that relatively older, high educated and white people are more likely to participate. Leidelmeijer's (2012) research similarly showed that relatively older and high educated people participate more, but it did not find an association between participation and ethnicity. Conversely, the research executed for this project suggests that both age and education are not significantly associated with participation in this activity at all, but instead proposes three new variables (daily occupation, income and household) as significant factors.

Adding the five lifestyle dimensions into the analysis, the model becomes more significant and the goodness of fit increases (p of the model = .001, Nagelkerke R Squared .193). The variable *Locally Engaged and Idealistic Dimension* contributes to the model most strongly (p = .007, Wald statistic 7.350): people who score high on this dimension take part in the maintenance of green spaces significantly more often than people who score lower. This variable's significance caused the importance of the before mentioned significant traditional variables to decrease: indeed, the variable daily occupation even lost its significance.

Taking part in the cleaning and maintenance of public spaces

Including the seven traditional variables, the model significantly predicts whether people take part in the cleaning and maintenance of public spaces (p of the model = .000, Nagelkerke R Squared .176). The variable contributing to the model the strongest is household (p = .000, Wald statistic 12.792): people living in households with kids appear to participate more often than people living in households without kids. Moreover, employed people participate more

often than unemployed people (p = .007, Wald statistic 7.295) and Dutch people take part more often than non-Dutch people (p = .097, Wald statistic 2.751). Leidelmeijer's (2012) study into the participators of this type of activity also shows that household composition influences participation. Nevertheless, ethnicity did not appear to be associated with participation.
Adding the five lifestyle dimensions, the model remains just as significant (p = .000) and the goodness of fit increases (Nagelkerke R Squared .246). The variable household still contributes to the model most strongly, although its influence has decreased (p = .001, Wald statistic 10.352). This is a consequence of the significance of the *Locally Engaged and Idealistic Dimension* (p = .023, Wald statistic 5.204) and the *Personal Environment Dimension* (p = .068, Wald statistic 3.324). The higher people score on both of these dimensions, the more likely they are to take part in the cleaning and maintenance of public spaces.

Taking part in social activities

With the seven traditional variables included in the equation, the model significantly predicts whether people take part in social activities in their neighborhood (p of the model = .000, Nagelkerke R Squared .250). Two variables significantly contribute to levels of participation: household (p = .000, Wald statistic 14.177) and daily occupation (p = .006, Wald statistic 7.613). This means that people living in households with children take part more often than people living in households without children, and employed people participate more than unemployed people. Both Leidelmeijer (2012) and Wandersman et al. (1987) also found that people living in households with children participate more. On the other hand, Wandersman et al. (1987) argue that occupation does not significantly influence participation in social activities. Instead, gender, age and whether someone is married matters.
After adding the lifestyle dimensions to the model, it remains just as significant (p = .000) but the goodness of fit increases (Nagelkerke R Squared .305). While household remains the variable that contributes to the model the strongest, its Wald statistic has decreased to 13.188 as a result of the significance of the *Locally Engaged and Idealistic Dimension* (p = .004, Wald statistic 8.301).

Organizing participation activities

Including the seven traditional variables in the equation, the model significantly predicts whether people organize participation activities (p of the model = .002, Nagelkerke R Squared .146). Both household (p = .001, Wald statistic 10.439) and age (p = .050, Wald statistic 3.836) have a significant influence on the model: people living in households with kids organize activities more often than those in households without kids, and the older someone is, the more likely it is that he/she organizes activities. These results differ from those found by other scholars. Tonkens and Verhoeven (2011), for instance, showed that relatively young people are more active when it comes to organizing activities. They also found that gender, ethnicity, education and income are associated with levels of activity, while the regression analysis does not indicate significant relationships between those variables and participation.
Entering the lifestyle dimensions into the equation renders the model more significant (.000) and the goodness of fit higher (Nagelkerke R Squared .234). The variable that influences participation levels the strongest is the *Locally Engaged and Idealistic Dimension* (p = .001, Wald statistic 10.931). Its influence also accounted for a decrease in the explanatory power of the variables household and age: their Wald statistics decreased to respectively 9.093 and 3.419.

In summary, in the cases of organizing community participation activities and taking part in the maintenance of green spaces, the cleaning and maintenance of public spaces and social

activities, the lifestyle dimension *Locally Engaged and Idealistic* significantly predicts the extent to which people participate. As described in section 4.1, this lifestyle dimension consists out of statements that involve an idealistic vision relating to the neighborhood itself or to the people living in the neighborhood. Individuals who rate this dimension relatively high hold the social space of their neighborhood in high regard. The fact that this influences the extent to which they participate is also argued by various scholars (Hurenkamp et al., 2006; Pagano, 2013; Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010), which is why the statements were composed to begin with. More surprising therefore, is the fact that except from the *Personal Environment Dimension* the other lifestyle dimensions are not significantly associated with forms and levels of participation. Thus, different than what scholars may suggest, whether residents of Lombok-Leidseweg value entrepreneurism, self-development, being with other people, their physical neighborhood and (in some cases) their personal environment does not significantly influence the extent to which they are active in community participation practices (Hurenkamp et al., 2006; Pagano, 2013; Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010).

5.2. JOINING AND ORGANIZING PARTICIPATION ACTIVITIES

This section will elaborate on the extent to which residents of Lombok-Leidseweg engage in or organize participation activities in their neighborhood. In the survey, respondents were asked to indicate whether they have 1) never, 2) sometimes or 3) often taken part in five different types of participation activities in the past year (i.e. maintaining the green spaces of the neighborhood, community gardening projects, cleaning or maintaining public spaces, maintaining playgrounds or social activities). The objective is to research whether there exist differences in the extent to which people belonging to different lifestyle orientations participate. Therefore, the five types of participation were merged. This led to a scale ranging from 5 to 15: 5 representing no participation in each of the five activities, and 15 representing frequent participation in all five activities. In order to work with the scale used in the survey, the outcome was divided by 3. Therefore, the dependent variable can be considered as an interval variable ranging from 1 to 3 (the higher, the more often people participate) and the independent variable consists of out five categories (the five lifestyles). An ANOVA analysis was run for both taking part in participation activities and organizing them. All relevant tables can be found in appendix 7.

5.2.1. TAKING PART IN PARTICIPATION ACTIVITIES

The ANOVA analysis shows that the extent to which residents of Lombok-Leidseweg take part in participation activities is significantly related to a person's lifestyle ($p = .005$). Table 18 displays the mean of each lifestyle orientation. This mean should be considered the same as the original dependent variable: 1 is no participation, 2 is occasionally taking part in participation activities and 3 is often taking part. People belonging to the *Public and Social Orientation* appear to be the most active in participation activities, closely followed by the *Solitary and Secure Orientation.* Residents with a *Boundless and Independent Orientation* are the most unlikely to take part in participation activities.

A Bonferroni test was conducted to indicate to what extent the five lifestyle orientations differ from each other. The results show that significant relationships only exist between the

Boundless and Independent Orientation and the *Public and Social Orientation* (p = .019), and between the *Boundless and Independent Orientation* and the *Solitary and Secure Orientation* (p = .032). Other combinations of lifestyle orientations are *not* significantly associated with one another, meaning that lifestyle orientation not always predicts taking part in participation activities. Therefore, only the lifestyle orientations that are part of a significant relationship will be discussed below.

Table 18. Lifestyles in relation to taking part in participation activities

Lifestyle Orientation	N	Mean	Std. Deviation
Balanced and Traditional Orientation	36	1.3611	.36667
Individualistic and Enterprising Orientation	46	1.2783	.28434
Boundless and Independent Orientation	50	1.2320	.28388
Public and Social Orientation	42	1.4619	.38124
Solitary and Secure Orientation	53	1.4377	.41520
Total	*227*	*1.3524*	*.35875*

To briefly recapitulate: the *Public and Social Orientation* comprises people who score relatively high on the *Locally Engaged and Idealistic Dimension* – the highest of all five orientations. They thus (prefer to) spend time in their neighborhood, (prefer to) meet people from their neighborhood and care for the social space of their neighborhood. Their idealistic mindset about their place of residence may thus very well have led them to participate more than others. This is quite similar to what Leidelmeijer (2012) found: namely, that participators are mainly driven by emotional interests (i.e. their connection to the neighborhood). Moreover, this particular lifestyle orientation also stresses the importance of a well-maintained and attractive neighborhood. The people belonging to this orientation appear to have carried out this desire in practice. This corresponds to Van Houten and Winsemius (2010) and Tonkens and Verhoeven's (2011) statements that participators are motivated by a wish to enhance the neighborhood and/or the community.

That people with a *Solitary and Secure Orientation* participate relatively often may also derive from their emotional interests in their neighborhood: they, too, score above average on the *Locally Engaged and Idealistic Dimension.* However, they score below or around average on the other lifestyle dimensions and very low on the *Social Dimension.* A potential explanation for their activity can be that their motivation to participate derives from self-interest: they could for instance seek to benefit financially (Van Houten and Winsemius, 2010; Tonkens and Verhoeven, 2011). Other motives may revolve around a desire for a safe neighborhood and a want for knowledge about developments and activities in the area. Their motivation might thus be of a more pragmatic nature (Hustinx, 2009; Irvin and Stansbury, 2004; Michels and De Graaf, 2010; Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010). Nevertheless, since the lifestyle statements do not address specific reasons (such as *why* people deem connectivity between residents important or *why* they find it important that residents use the public spaces of the neighborhood), this cannot be said with certainty.

The *Boundless and Vital Orientation* has the lowest mean with regard to taking part in participation activities. In contrast to the previously mentioned orientations, this orientation scores very low on the *Locally Engaged and Idealistic Dimension*. People belonging to this orientation are less interested in optimizing the neighborhood's social space and might

therefore also undertake less action. Interestingly, this lifestyle orientation did score high on the *Neighborhood Dimension.* Thus, while these people deem attractiveness and maintenance of the neighborhood important, they are the least active in attempting to optimize it. The opposite was expected (Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010).

5.2.2. ORGANIZING PARTICIPATION ACTIVITIES

Similar tests were run to examine the extent to which people belonging to a particular lifestyle orientation organize participation activities more often than other people do. The ANOVA test is, again, significant (p = .016). The *Solitary and Secure Orientation* has the highest mean, followed by the *Public and Social Orientation* (table 19). People belonging to the *Boundless and Vital Orientation* appear to organize activities the least. A Bonferroni test shows that not all lifestyle orientations differ significantly from each other with respect to organizing participation activities. A significant relationship exists only between the *Boundless and Vital Orientation* and the *Solitary and Secure Orientation* (p = .009). Other combinations of lifestyle orientations thus do *not* show significant relationships.

Table 19. Lifestyles in relation to organizing participation activities

Lifestyle Orientation	N	Mean	Std. Deviation
Stable and Traditional Orientation	36	1.1000	.23176
Familist and Enterprising Orientation	46	1.0826	.19585
Boundless and Vital Orientation	50	1.0200	.09258
Public and Social Orientation	42	1.1333	.23651
Solitary and Secure Orientation	53	1.1736	.32825
Total	*227*	1.1022	.23602

Tonkens and Verhoeven (2011) argued that people who initiate participation projects are relatively rooted and feel at home in their neighborhood. They, moreover, have many strong and weak ties in the area. This indeed corresponds to the description of the *Solitary and Secure Orientation*, which includes people who deem (optimizing) the social space of their neighborhood important and appreciate meeting fellow residents (which are statements belonging to the *Locally Engaged and Idealistic Dimension)*. Nevertheless, given Tonkens and Verhoeven's (2011) theory, it is quite surprising that this group more often organizes participation projects than the people belonging to the *Public and Social Orientation,* even though the latter scores higher on both the *Locally Engaged and Idealistic Dimension* and the *Neighborhood Dimension.* The fact that the *Solitary and Secure Orientation* rates the *Enterprising and Self-Development Dimension* higher, might have accounted for their more active stance in participation projects. According to Tonkens and Verhoeven (2011), people who appreciate taking on challenges, being active or doing something useful in their free time, more often organize participation projects.

Surprisingly, the lifestyle orientation scoring the highest on the *Enterprising and Self-Development Dimension* (the *Familist and Enterprising Orientation*) organizes participation practices the second least of the five lifestyle orientations. What is more, the lifestyle orientation scoring the second highest on the *Enterprising and Self-Development Dimension (*i.e. the *Boundless and Vital Orientation*) appears to organize participation projects the least of the five orientations. Their relative indifference towards the social space of the neighborhood

combined with their extravert, outgoing lifestyle might have caused these people to not be interested in local participation practices.

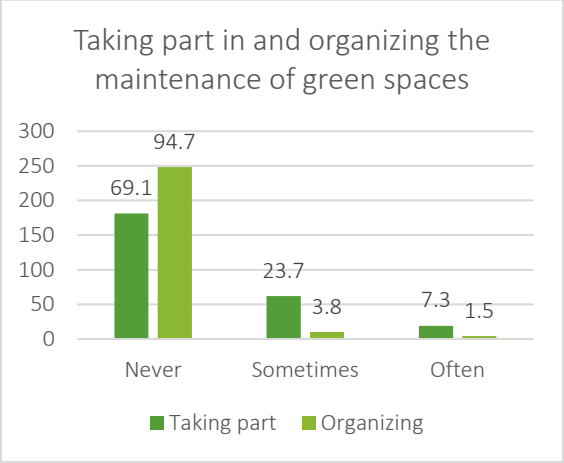
5.3. DIFFERENCES IN PARTICIPATION PRACTICES ACROSS LIFESTYLES

This section will elaborate on differences in the extent to which the five different lifestyle orientations participate in each of the five activities. Since both the dependent (to participate never, sometimes and often) and the independent variable (the five lifestyle orientations) are categorical, a Chi-Square test would be most suitable. However, a look at the distribution of frequencies tells us that the 'often' category repeatedly shows too low frequencies to execute a Chi-Square analysis. Since merging or deleting categories was considered as a loss of important data, an ANOVA analysis will be run instead. Because ANOVA is primarily suited for dependent variables with an interval scale, the dependent variable used for this research question will be regarded as such (Field, 2013). In other words, the mean can lie between 1 and 3 and the higher, the more often people participate. All relevant tables can be found in appendix 7.

5.3.1. TAKING PART IN AND ORGANIZING THE MAINTENANCE OF GREEN SPACES

More than half of the respondents indicated to have never taken part in the maintenance of green spaces in the past year (69.1%). Almost a quarter (23.7%) sometimes takes part, and only 7.3% of the respondents say to take part often. With regard to organizing such activities, 94.7% indicate to have never done so in the past year.

Figure 14. Activity in taking part and organizing the maintenance of green spaces



The ANOVA analysis shows that whether people take part in maintaining the green spaces of their neighborhood, is significantly related to their lifestyle orientation ($p = .036$). Of the people who participate, most indicate to either weed in front of their houses or maintain tree driplines or front gardens (owned by the local government). The highest mean for this activity is that of the *Public and Social Orientation* (1.62). Indeed, this is also the orientation that rated the *Neighborhood Dimension* the highest. Their preference for an attractive and well-maintained neighborhood may thus have caused them to maintain the green spaces of their neighborhood more than other people do (Van Houten and Winsemius, 2010; Tonkens and Verhoeven, 2011). The *Familist and Enterprising Orientation* and *Boundless and Vital Orientation* both participate in this activity the least (a mean of 1.26). The former indeed rates the *Neighborhood Dimension*

the lowest of all five lifestyle orientations. However, the latter deems the physical attractiveness of their neighborhood relatively important. Their inactivity is therefore rather surprising, but could be explained by the fact that they are not very locally engaged (due to which they might not be interested in carrying out such activities).

Adversely, organizing these kinds of projects is not significantly related to lifestyle orientation (p= .594). The means of each lifestyle orientation range between 1.02 (*Boundless and Vital Orientation)* and 1.11 (*Solitary and Secure Orientation*). People who have indicated to have organized such activities were mainly involved in the organization of the so-called 'Greenday' or served in the 'greencommittee'.

Figure 15. Maintaining front gardens (photo by Wishing Well West)

5.3.2. TAKING PART IN AND ORGANIZING COMMUNITY GARDENING PROJECTS

The group of people that takes part in or organizes community gardening projects is very small: only 10.7% has taken part in such activities in the past year, and 3.5% has organized them. Most people who indicated to either take part in or organize community gardening projects, are active in the Cremertuin. Others name taking care of tree driplines, which is an activity that would have better fitted in the category 'maintenance of green spaces'. The results of this ANOVA analysis should therefore be considered cautiously.

Figure 16. Activity in taking part and organizing community gardening projects

There is no significant relationship between a person's lifestyle orientation and their level of activity in community gardening projects (p = .124). Means range from 1 (*Boundless and Vital Orientation)* to 1.24 (*Public and Social Orientation*).

However, whether people help organize community gardening projects is significantly related to their lifestyle orientation (p = .040). Individuals belonging to the *Solitary and Secure Orientation* seem to organize such projects most often (with a mean of 1.13). This is surprising, since community gardening projects often involve contact with other people (especially in the Cremertuin), and this lifestyle orientation scores very low on the *Social Dimension.* However, people belonging to this orientation relatively dislike being indoors, find connectivity between residents important and like to spend time in their neighborhood with other residents. These are preferences that community gardening projects provide a platform for.

People belonging to both the *Stable and Traditional Orientation* and *Boundless and Vital Orientation* have a mean of 1, meaning that not one of the respectively 36 and 50 respondents have indicated to sometimes or often organize such projects. This is rather surprising since both orientations score positively on the *Social Dimension.* The fact that they both rate the *Locally Engaged and Idealistic Dimension* below average, may explain their inactivity in organizing community gardening projects.

Figure 17. Maintaining the Cremertuin (photo by a resident of Lombok-Leidseweg)

5.3.3. TAKING PART IN AND ORGANIZING CLEANING OR MAINTAINING PUBLIC SPACES

Taking part in the cleaning or maintenance of public spaces is a relatively popular activity, compared to the ones previously mentioned: more than half of the respondents has taken part in such activities in the past year. Organizing these kinds of activities is not as popular: 87.8% indicated to have never done so.

Figure 18.Activity in taking part and organizing the cleaning or maintenance of public spaces

Most respondents who indicated to take part in cleaning and maintaining space, gave examples related to occasionally picking up trash and clearing the sidewalk in front of their house of leaves or snow. Taking part in cleaning or maintaining public space is not significantly related to a person's lifestyle (p = .125). This activity, however, is more popular than the previous two activities: means range from 1.52 (*Boundless and Vital Orientation*) to 1.83 (*Stable and Traditional Orientation*).

Organizing activities involving cleaning or maintaining public space is also not related to lifestyle orientation (p = .101). Means range from 1.02 (*Boundless and Vital Orientation*) to 1.25 (*Stable and Traditional Orientation*). Examples that were given by respondents who sometimes or often organize activities regarding the cleaning or maintaining of public space, include the organization of the 'Easter Clean-up Party Schimmelplein' or the 'greenday'. However, it needs to be acknowledged that many respondents gave simply sweeping their sidewalk as an example, which this research project actually does not consider as '*organizing* cleaning or maintaining public space'.

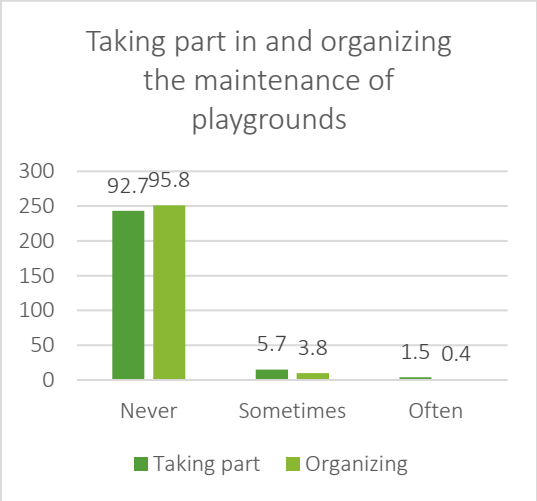
What is noteworthy about these means is that the *Stable and Traditional Orientation* has rated the *Neighborhood Dimension* below average; yet, people belonging to this orientation both take part in and organize cleaning and maintenance activities more often than the other lifestyle orientations do. Conversely, the *Boundless and Vital Orientation,* scoring above average on the *Neighborhood Dimension*, appears to take part in and organize such activities the least. The negative score on the *Locally Engaged and Idealistic Dimension* as well as on the *Personal Environment Dimension* might have caused this group to not actively engage in such activities.

Figure 19. Collectively cleaning Molenpark (photo by Lombox)

5.3.4. TAKING PART IN AND ORGANIZING THE MAINTENANCE OF PLAYGROUNDS

Maintaining playgrounds is not a common activity among the respondents: only 7.2% has sometimes or often taken part in this activity, and 4.2% has helped to organized them.

Figure 20. Activity in taking part and organizing the maintenance of playgrounds



People who take part in the maintenance of playgrounds indicated to clear the playgrounds near their homes of leaves, snow or trash. The relationship between whether people take part in such activities and their lifestyle orientation is non-significant (p = .132). The highest mean belongs to the *Solitary and Secure Orientation* (1.17); the *Familist and Enterprising Orientation* participates in this activity the least (1.02). The difference between these two groups might be partly due to the fact that the former orientation scores higher on the *Locally Engaged and Idealistic Dimension* and on the *Neighborhood Dimension.*

Whether individuals help organize activities that involve the maintenance of playgrounds is also unrelated to their lifestyle orientation (p = .654). Means vary between 1.02 (both the *Familist and Enterprising Orientation* and the *Boundless and Vital Orientation)* and 1.08 (*Solitary and Secure Orientation*). Examples of people who organize the maintenance of playgrounds involved the playground on the Bankaplein, the re-designing process of the playground on the Laurens Reaalstraat, the windmill 'De Ster' and 'Easter Clean-up Party Schimmelplein'.

Figure 21. Maintaining playground Bankaplein (photo by playground Bankaplein)

5.3.5. TAKING PART IN AND ORGANIZING SOCIAL ACTIVITIES

Even though more than half of the respondents never takes part in or organizes social activities (respectively 61.2% and 84.0%), this form of participation belongs to the more popular ones. 31.2% indicated to sometimes take part and 11.0% sometimes organizes social activities. People who often take part in or organize them, are more scarce (respectively 7.6% and 4.9%).

Figure 22. Activity in taking part and organizing social activities

The most common examples given by people who take part in or organize social activities are yearly street picnics, barbecues, annual street parties and new year's eve parties. Taking part in social activities in the neighborhood is significantly related to an individual's lifestyle ($p = 0.10$). People with a *Boundless and Vital Orientation* appear to take part in such activities the least (with a mean of 1.32), while individuals with a *Solitary and Secure Orientation* quite regularly participate (1.66). Interestingly, the former scores on the *Social Dimension* the second highest, while the latter rates that dimension the lowest. The fact that people with a *Boundless and Vital Orientation* value the social space of their neighborhood to a lesser extent than the *Solitary and Secure Orientation* does, might have caused the difference in participation in social activities.

The same goes for organizing social activities, which also appears to be significantly related to a person's lifestyle orientation ($p = .003$). Again, the *Boundless and Vital Orientation* has the lowest mean (1.04) and the *Solitary and Secure Orientation* the highest (1.38). The *Public and Social Orientation* is a close second (1.35).

Figure 23. Social event (photo by Wishing Well West)

5.3.6. PARTICIPATING ALONE OR WITH OTHERS

This section elaborates on the extent to which people belonging to each of the five lifestyle orientations participate 1) always alone, 2) mostly alone, 3) mostly with others or 4) always with others. Only respondents who at least once indicated to 'sometimes' or 'often' take part in or organize participation activities are considered here.

The results show that participating alone or with others is *not* significantly related to people's lifestyle orientation (p = .308). Table 20 shows the distribution of frequencies, which indeed is rather even. The largest group within the *Stable and Traditional Orientation* and the *Boundless and Vital Orientation* always participates alone. This is to some extent in accordance with their score on the *Locally Engaged and Idealistic Dimension:* these are the only two lifestyle orientations that rate this dimension below average. Their relative indifference towards fellow residents and the social space of their neighborhood may thus play a role here.

Within the *Familist and Enterprising Orientation* and the *Solitary and Secure Orientation* the largest group participates mostly with others. This is interesting especially with regard to the people belonging to the latter orientation, since they have expressed a relative dislike for spending time with other people.

The largest group within the *Public and Social Orientation* indicated to always participate with others. This corresponds to the way in which they rate the lifestyle dimensions: people belonging to this orientation are relatively social and care about their fellow residents and the larger social space of their neighborhood.

Table 20. Lifestyle orientations in relation to participating alone or with others

	Stable and Traditional Orientation		Familist and Enterprising Orientation		Boundless and Vital Orientation		Public and Social Orientation		Solitary and Secure Orientation		*Total*	
	n	%	n	%	n	%	n	%	n	%	*n*	*%*
Always Alone	7	31.8	8	28.6	9	33.3	4	12.9	6	17.1	*34*	*23.8*
Mostly Alone	6	27.3	8	28.6	6	22.2	8	25.8	6	17.1	*34*	*23.8*
Mostly with Others	4	18.2	10	35.7	8	29.6	8	25.8	13	37.1	*43*	*30.1*
Always with Others	5	22.7	2	7.1	4	14.8	11	35.5	10	28.6	*32*	*22.4*
Total	*22*	*100*	*28*	*100*	*27*	*100*	*31*	*100*	*35*	*100*	*143*	*100*

5.4. EXPERIENCES WITH PARTICIPATION

The last section of this chapter will contribute to answering the fourth research question: *what are people's experiences with horizontal participation in Lombok-Leidseweg?* It will do so by analyzing what participators deem the effects of their participation activities, and by examining what nonparticipators say are the reasons for their inactivity.

5.4.1. EFFECTS OF PARTICIPATION

Respondents who at least once answered 'sometimes' or 'often' with regard to either of the five different types of participation activities were presented eleven statements reflecting on the effects of participation activities. They rated these statements varying from 'strongly disagree' to 'strongly agree' (see appendix 1 for the complete survey). An ANOVA analysis was run for every statement, with the statement as the dependent variable and the five lifestyle orientations as independent variables.

The means of each statement are shown in table 21. They vary from 2.81 ('there are fewer problems between the residents of my neighborhood as a result of the activities') to 3.73 ('taking part in or organizing such activities was a positive experience'). On average, respondents have thus rated the statements between 'neutral' and 'agree'. This means that in general, taking part in or organizing participation activities accounted for quite positive effects and outcomes on both the individual and the neighborhood level. Three statements show a significant relationship with lifestyle orientation. These will be elaborated upon next.

Table 21. Lifestyle orientations in relation to perceived effects of participation

	Stable & Traditional Orientation	Familist & Enterprising Orientation	Boundless & Vital Orientation	Public & Social Orientation	Solitary & Secure Orientation	Total
Increase in quality of contact between residents	3.52	3.44	3.32	3.87	3.58	*3.56*
Increase in connectivity with other residents	3.30	3.48	3.44	4.03	3.78	*3.64*
I met people I did not know before	3.43	3.26	3.32	3.66	3.53	*3.45*
The group of people that I know has become more diverse	2.70	3.00	2.64	2.93	3.00	*2.87*
Increase in trust for fellow residents	2.64	3.04	2.92	3.10	2.86	*2.92*
Increase in feeling at home	3.21	3.59	3.40	3.70	3.28	*3.44*
Increase in enjoyment of living	3.04	3.74	3.50	3.97	3.56	*3.58*
Decrease in social problems among residents	2.58	3.00	2.54	2.90	2.92	*2.81*
Increase in physical attractiveness of neighborhood	3.54	3.52	3.84	3.77	3.69	*3.68*
Increase in usage of public space by residents	2.48	3.04	2.79	3.03	3.00	*2.90*
Participation as a positive experience	3.43	3.74	3.40	4.16	3.78	*3.73*
Total	*3.08*	*3.35*	*3.19*	*3.56*	*3.36*	*3.33*

'I feel more connected to my fellow residents because of the activities'

Whether participators experience an increase in the extent to which they feel connected to their fellow residents, is significantly related to their lifestyle orientation (p = .006). The *Public and Social Orientation* rated this statement the highest, with a mean of 4.03. This was expected, given what the previous sections have shown: this orientation stresses the importance of optimizing the *social* space of their neighborhood. Also, section 5.1.1. showed that people belonging to this orientation take part in participation activities more often than the other orientations do, and section 5.2.6. showed that this orientation participates more with other people than the other orientations. Hence, the assumption that participation activities have the ability to engender connectivity between residents of a neighborhood in this case seems to be correct (Amin, 2002; Blokland and Nast; 2014, Putnam, 2007).

What is more, connectivity-inducing activities do not necessarily have to be social events. Compared to the other four lifestyle orientations, the *Public and Social Orientation* only significantly participates more in the maintenance of green spaces; not in social activities in the neighborhood (section 5.2.). The fact that these people experience an increase in connectivity with other residents might thus be a result of an activity that mainly involves engagement with *physical* space. This corresponds to Michels and De Graaf (2010) and Florin and Wandersman's (1990) arguments on empowerment: through participation, citizens to a larger extent feel responsible for the neighborhood, which could enable them to also feel more part of the neighborhood's larger social space.

Nevertheless, unexpected was that the lifestyle orientation that experienced an increase in connectivity the least (the *Stable and Traditional Orientation* with a mean of 3.30), does not take part in participation activities the least. In fact, they clean and maintain public spaces relatively more often than the other people do (section 5.2.3.). This, however, corresponds to this lifestyle orientation's characteristics: people belonging to this orientation value their own homes and like to solve problems in their neighborhood, yet place little emphasis on the neighborhood's social space. Their interest in the neighborhood might thus primarily be driven by self-interest (Hustinx, 2009; Irvin and Stansbury, 2004; Michels and De Graaf, 2010). The fact that the largest group within this lifestyle orientation always participates alone (31.8%) confirms this. This implies that taking part or organizing participation activities not necessarily leads to a substantial enhancement of the neighborhood's social space: whether people participate with others and are interested in optimizing or becoming part of the social realm also plays a role.

'I experienced an increase in my enjoyment of living'

Whether participating has led to an increase in the respondent's enjoyment of living is also significantly related to a person's lifestyle (p = .001). The *Public and Social Orientation* again rated this statement the highest (3.97) and the *Stable and Traditional Orientation* the lowest (3.04). Again, this is rather surprising as the latter orientation does not participate the least. Examining their participation activities shows that they mainly engage in sweeping their street and throwing away litter waste. In the survey, one respondent indicated that "there is always lots of trash on the street" (own research, translated by the author). Such activities may thus be driven by annoyances and dissatisfaction: residents believe the neatness of their street does not suffice, so they take charge. This might have negative effects for their enjoyment of living.

'Taking part in or organizing participation activities was a positive experience'

The third statement that shows a significant relation to lifestyle orientation is whether taking part in or organizing activities was considered a positive experience (p = 0.10). The *Public and Social Orientation* rated this statement the highest (4.16), while the *Boundless and Vital Orientation* rated it the lowest (3.40). Looking at these two orientations' greatest differences, an explanation for this might be that the former orientation scores very high on the *Locally Engaged and Idealistic Dimension,* while the latter rates said dimension very low. Since the groups thus participate with different motivations, their overall experience might differ, too.

Negatively Rated Statements

Statements that residents disagree with (i.e. score lower than 3.00 average) are 'the group of people that I know has become more diverse' (2.87), 'increase in trust for fellow residents' (2.92), 'decrease in social problems among residents' (2.81), and 'increase in usage of public space by residents' (2.90). The first three indicate that participation activities accounted for some *negative* effects with regard to the social space of the neighborhood: rather than bringing different types of people together and enhancing the quality of contact between residents, the activities appear to have done the opposite. This thus contradicts statements relating to participation's positive effects for bridging and bonding social capital, made by various authors (Amin, 2002; Michels and De Graaf, 2010; Pagano, 2013; Tonkens and Verhoeven, 2011). One respondent wrote the following: "Lombok is a neighborhood in which the share of high-educated adults rapidly increases. I mainly see contacts within this group, yet few between different social/cultural groups within the neighborhood" (own research, translated by the author). Another indicated that "cultural diversity or some residents' low education levels render it difficult to work towards a common objective. I have become rather sceptic and am disappointed by the 'social' behavior of my upstairs-neighbors and some fellow residents" (ibid). These quotes demonstrate that in these cases participation activities have not (yet) brought different kinds of people together, and that they see obstacles in achieving that goal. The decrease in residents' usage of public space confirms this, but may also have a self-perpetuating effect in reinforcing social exclusion (Putnam, 2007).

Examining the way in which the different lifestyle orientations rated these four statements clarifies some things. The *Boundless and Vital Orientation* rated two of the statements lowest, and the *Stable and Traditional Orientation* the other two. A reason for this may be that these two lifestyle orientations indicate to more often participate alone than the other orientations. Since they to a lesser extent meet and engage with fellow residents, they might also experience fewer social benefits (Amin, 2002). This, however, does not explain why they rated these statements *negatively* (rather than 'neutral'). A second reason could therefore be that these two lifestyle orientations are the only ones that rated the *Locally Engaged and Idealistic Dimension* below average. In other words: compared to the other three lifestyle orientations, they find the neighborhood's social space relatively unimportant. The intentions behind their participation practices may have affected the effects that they experienced: since they do not participate in order to optimize or become part of the neighborhood's social space, they might also put relatively little effort into it.

Effects in Relation to Participating Alone or with Others

Effects can also be examined in relation to whether people participate always alone, mostly alone, mostly with others or always with others. ANOVA tests showed that a significant relationship exists between with whom people participate and 'increase in quality of contact between residents' ($p = .000$), 'increase in connectivity with other residents' ($p = .000$), 'I met people I did not know before' ($p = .000$), 'increase in enjoyment of living' ($p = .030$), 'decrease in social problems among residents' ($p = .035$) and 'participation as a positive experience' ($p = .006$). In general, these statements were answered more positively by people who participated mostly or always with other people, than by people who mostly or always participate alone (table 22). This concurs with statements made by various scholars: participation activities that involve interdependency and habitual engagement allow for the enhancement of a neighborhood's social space (Amin, 2002; Pagano, 2013).

Table 22. Effects in relation to participating alone or with others

	Always Alone	Mostly Alone	Mostly with Others	Always with Others
Increase in quality of contact between residents	3.09	3.10	3.86	3.94
Increase in connectivity with other residents	3.14	3.42	3.90	4.11
I met people I did not know before	2.86	2.97	3.93	3.90
Increase in enjoyment of living	3.56	3.31	3.82	3.76
Decrease in social problems among residents	2.89	2.47	2.95	2.95
Participation as a positive experience	3.31	3.66	3.76	4.09

5.4.2. REASONS FOR NONPARTICIPATION

Respondents who had never taken part in and organized all five participation activities were presented with eight options regarding reasons for nonparticipation. They could tick as many as they preferred. Table 23 shows their answers, and table 24 shows their answers across lifestyle orientations.

Table 23. Reasons for nonparticipation

Reason for Nonparticipation	N	% of Cases	% of Answers
a. I am not interested in participating in such activities	39	28.3	15.4
b. I do not know anyone who participates in such activities	41	29.7	16.2
c. I did not know such activities exist	59	42.8	23.3
d. I did not know I could join such activities	22	15.9	8.7
e. I do not have good experiences with the people that join such activities	0.0	0.0	0.0
f. I do not feel comfortable during such activities	10	7.2	4.0
g. I do not feel I can contribute to such activities	2	1.4	0.8
h. I think it is the job of the government	19	13.8	7.5
i. Other	61	44.2	24.1
j. Total	*138*	*100*	*100*

Table 24. Lifestyle orientations in relation to reasons for nonparticipation

	Stable and Traditional Orientation		Familist and Enterprising Orientation		Boundless and Vital Orientation		Public and Social Orientation		Solitary and Secure Orientation	
	n	%	n	%	n	%	n	%	n	%
a.	10	55.6	5	20.8	7	23.3	2	9.5	8	34.8
b.	1	5.6	10	41.7	12	40.0	6	28.6	4	17.4
c.	7	38.9	13	52.2	16	53.3	11	52.4	6	26.1
d.	1	5.6	4	16.7	6	20.0	7	33.3	2	8.7
e.	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
f.	2	11.1	0	0.0	3	10.0	1	4.8	4	17.4
g.	0	0.0	2	8.3	0	0.0	0	0.0	0	0.0
h.	2	11.1	5	20.8	3	10.0	2	9.5	4	17.4
i.	8	44.4	10	41.6	15	50.0	9	42.9	11	47.8
Total	*18*		*24*		*30*		*21*		*23*	

Disinterest and Ignorance

A couple of the proposed reasons for inactivity center around a simple disinterest to participate and not knowing of the existence of participation activities. Among these are the two most ticked options. The 'other' option was ticked 61 times, by 44.2% of the nonparticipators. Among the people who answered 'other', 23 indicated to not have the time to participate due to a busy social, family and/or work life and 9 said to have only just moved to the neighborhood. One respondent wrote: "unfortunately, there is not much green to maintain – all plant boxes and benches have metal chains" (own research, translated by the author). This implies that people might participate more if the neighborhood would provide better tools or conditions to participate.

The second most ticked option is 'I did not know such activities exist', which was answered 59 times (by 42.8% of the nonparticipators). For people belonging to the *Public and Social Orientation* this is the most important reason for nonparticipation (52.4% of them indicated this). A possible explanation for this may be that they are relatively unenterprising (e.g. they appreciate doing active, useful and new things to a lesser extent than three of the other orientations) and may therefore have to hear about the possibility to participate rather than finding out about it themselves.

Moreover, the fourth most ticked option is 'I am not interested in participating in such activities' (ticked by 28.3% of the nonparticipators). This is the most important reason for nonparticipators belonging to the *Stable and Traditional Orientation*. This was expected as these people rate the *Locally Engaged and Idealistic Dimension* as well as the *Neighborhood Dimension* below average. A respondent belonging to this orientation wrote: "I do not feel involved in the social happenings in this neighborhood. The question is: how do I become involved?" (own research, translated by the author). This respondent thus perceives feeling included in the neighborhood's social sphere a condition rather than a consequence of participation. This implies that interest in participating may increase if he/she would feel involved more, for instance by being invited by fellow residents.
Lastly, 13.8% of the nonparticipators say that they refrain from activities because they believe undertaking action is the local government's job. Respondents wrote: "the local government has an important role in the maintenance of public space" and "I believe cleaning is a task for

the local government, but I like social activities!" (own research, translated by the author). Differences between lifestyle orientations are in this case small.

Self-Exclusion

People might also refrain from taking part in or organizing participation activities for reasons that involve self-exclusion, meaning that their exclusion is not caused by fellow residents' exclusionary behavior, but by their own exclusionary thoughts or behaviors (Verba et al., 1995; Verhoeven and Tonkens, 2011). The reason 'I do not know anyone who participates in such activities' is part of this, because one does not necessarily have to know anyone or be asked in order to become part of participation activities (Verba et al., 1995). This is the third most ticked option (29.7% of the nonparticipators) and mainly appears to be a reason for people belonging to the *Familist and Enterprising* and *Boundless and Vital Orientation*. One respondent belonging to the former stated that "if I were asked and if I knew more people, I would probably join" (own research, translated by the author). This may be explained by their preferences and behaviors. Both lifestyle orientations consist of social people: they might therefore deem participating with others nicer than participating alone. They are, however, both not very locally engaged, causing them to not know many people in the neighborhood and to therefore not have anyone to participate with. To the *Stable and Traditional Orientation,* however, this reason is less important in determining levels of participation. This was expected, as they mainly engage in solo participation activities.

Moreover, 15.9% of the nonparticipators said to not know they could join such activities. They thus might have the impression that they ought to be invited in other to join (Verba et al., 1995). Relatively many people of the *Public and Social Orientation* indicated this. Again, this could be a result of their relatively unenterprising preferences and behaviors. Only 1.4% of the nonparticipators indicated to not participate because they do not believe they can contribute to such activities (1.4.% of the nonparticipators).

Exclusion by fellow residents

Options that could indicate exclusion by fellow residents were answered to a lesser extent. The option 'I do not have good experiences with the people that join such activities' was not once given as a reason for nonparticipation and people hardly indicated to not feel comfortable during such activities (only 7.2.% of the nonparticipators). Thus, while many scholars (Barnes et al., 2004; Chatterton and Bradley, 2000; Hustinx, 2009; Irvin and Stansbury, 2004; Rogers, 2006) address the fact that participators can (negatively) influence activities to such an extent that it might deter other residents from joining, in Lombok-Leidseweg this hardly seems to be a problem.

5.5. CONCLUSION CHAPTER 5

The Explanatory Power of Traditional and Lifestyle Characteristics

Section 5.1. researched the extent to which people's traditional characteristics and people's score on the five lifestyle dimensions are able to predict levels of participation. Various scholars have noted that as a result of globalization, emancipation and welfare, traditional variables have lost in explanatory power in favor of lifestyle variables (De Wijs-Mulkens, 1999; Pinkster and Van Kempen, 2002; Van Acker et al., 2016; Zukin, 1998). Nevertheless, contrary to what these scholars suggest, the results of this study show that when seeking to explain participation

levels, a number of traditional variables remain important factors: people's age, nationality, income, daily occupation and whether they live in a household with children significantly influences the extent to which they take part in or organize particular activities. More importantly, most of these variables retain their significance when lifestyle variables are also added into the analysis. Therefore, with regard to studies into or policies referring to community participation, one should not neglect the importance of certain traditional characteristics.

The significant traditional variables found in this research to some extent differ from the significant factors found by contemporary studies. A reason for this is that naturally, the exact type of participation that the different studies refer to may differ, as does their time, location and way of measuring participation. These factors increase the likelihood of acquiring different results. In any case, it seems that with regard to the significant traditional variables this project's results contribute to the aforementioned inconsistency of research into the participators of community participation. The following sections will establish whether differentiating people based on lifestyle orientation might provide a solution for this inconclusiveness.

While some traditional variables are indeed capable of explaining variances in participation among residents of Lombok-Leidseweg, the regression analysis shows that these variances can even better be explained when the five lifestyle dimensions are *also* taken into account. Especially the way in which people rate the *Locally Engaged and Idealistic Dimension* and (in the case of the cleaning and maintenance of public space) the *Personal Environment Dimension* influences the extent to which they participate. In other words: in order to be able to describe participation patterns with a citizen-perspective, one should include both traditional and lifestyle characteristics of participators and nonparticipators. Table 25 provides an overview of the explanatory power of all the variables that were included in the equation.

Table 25. (Significant) factors influencing participation levels

	Taking part in the maintenance of green spaces	Taking part in the cleaning and maintenance of public space	Taking part in social activities	Organizing participation activities
Gender	*Unrelated*	*Unrelated*	*Unrelated*	*Unrelated*
Age	*Unrelated*	*Unrelated*	*Unrelated*	Older
Income	Lower	*Unrelated*	*Unrelated*	*Unrelated*
Household	With children	With children	With children	With children
Education	*Unrelated*	*Unrelated*	*Unrelated*	*Unrelated*
Nationality	Dutch	Dutch	*Unrelated*	*Unrelated*
Daily Occupation	Employed	Employed	Employed	*Unrelated*
Locally Engaged and Idealistic Dimension	+	+	+	+
Enterprising and Self-Development Dimension	*Unrelated*	*Unrelated*	*Unrelated*	*Unrelated*
Social Dimension	*Unrelated*	*Unrelated*	*Unrelated*	*Unrelated*
Neighborhood Dimension	*Unrelated*	*Unrelated*	*Unrelated*	*Unrelated*
Personal Environment Dimension	*Unrelated*	+	*Unrelated*	*Unrelated*

Taking Part in and Organizing Participation Activities

Section 5.2. described differences in levels of participation in Lombok-Leidseweg by analyzing the extent to which different lifestyle orientations are represented in participation activities. The results that were significant showed that people belonging to the *Public and Social Orientation* and *Solitary and Secure Orientation* take part relatively often, while the *Boundless and Vital Orientation* takes part the least. With regard to organizing participation activities, the *Solitary and Secure Orientation* is the most active and the *Boundless and Vital Orientation* the least. These results are visualized in table 26. The cells in the rows indicate the score of the lifestyle orientation for taking part in or organizing activities, relative to that of the other four lifestyle orientations.

Table 26. Lifestyle orientations in relation to taking part in and organizing participation activities

	Stable and Traditional Orientation	Familist and Enterprising Orientation	Boundless and Vital Orientation	Public and Social Orientation	Solitary and Secure Orientation	Sig.
Taking part in participation activities	0	-	- -	+ +	+	.005*
Organizing participation activities	0	-	- -	+	+ +	.016*

Taking Part in and Organizing Specific Participation Activities

Section 5.3. delved deeper into the different types of participation. Significant relationships were found between lifestyle orientation and taking part in the maintenance of green spaces and social activities in public space, and between lifestyle orientation and organizing community gardening activities and social activities in public space. The results (both significant and non-significant) are shown in table 27. The cells in the rows indicate the score of the lifestyle orientation per activity, relative to that of the other four lifestyle orientations. This table thus visualizes the lifestyle perspective on the participators and nonparticipators of the five types of horizontal participation practices in Lombok-Leidseweg.

Table 27. Lifestyle orientations in relation to taking part in and organizing specific participation activities

	Stable and Traditional Orientation	Familist and Enterprising Orientation	Boundless and Vital Orientation	Public and Social Orientation	Solitary and Secure Orientation	Sig.
TAKING PART IN PARTICIPATION ACTIVITIES						
Maintenance of Green Spaces	0	-	-	+ +	+	.036*
Community Gardening	-	- -	0	+ +	+	.124
Cleaning and Maintenance of Public Spaces	+ +	-	- -	+	0	.125
Maintenance of Playgrounds	+	- -	0	-	+ +	.132
Social Activities in Public Space	-	0	- -	+	+ +	.010*
ORGANIZING PARTICIPATION ACTIVITIES						
Maintenance of Green Spaces	0	+	- -	-	+ +	.594
Community Gardening	-	+	-	0	+ +	.040*
Cleaning and Maintenance of Public Spaces	+ +	-	- -	+	0	.101
Maintenance of Playgrounds	0	-	-	+	+ +	.654
Social Activities in Public Space	-	0	- -	+	+ +	.003*

Examining the above tables, it becomes clear that certain lifestyle orientations are substantially more active in particular participation activities than others. People belonging to the *Boundless and Vital Orientation* hardly take part in and organize any activities, while the *Solitary and Secure Orientation* is active in both taking part and organizing various activities. People belonging to the *Stable and Traditional Orientation*, moreover, mainly engage in cleaning and maintaining public spaces and show less interest in other activities. Also noticeable is the fact that the *Familist and Enterprising Orientation* more often organizes than takes part in activities.

These results show similarities and differences compared to existing research on participators and compared to expectations based on their score on the lifestyle dimensions. This is not surprising, since the lifestyle statements that allowed for the creation of lifestyle orientations were based on *actual behavior*: namely, the motivations of participators as discussed by existing studies on horizontal participation (section 2.5.2.). This research project, however, considers *preferences and behaviors* in order to describe participators as well as nonparticipators. People's preferences may differ from their behaviors, which may account for unexpected and previously unconsidered results. A concrete example of this difference is the following. Similar to what Leidelmeijer (2012), Van Houten and Winsemius (2010) and Tonkens

and Verhoeven's (2011) found, the results show that idealistic interests regarding the physical and social neighborhood may influence to participation activity (e.g. in the case of the *Public and Social Orientation*). Nevertheless, this is not always the case: people belonging to the *Boundless and Vital Orientation* indicate that they harbor idealistic interests regarding their physical environment, but they take part in participation activities the least. This means that their idealistic *preferences* do not result in idealistic *behavior.* A quote by a person belonging to the *Boundless and Vital Orientation* helps to illustrate this: "I do not have the impression that I am indifferent about my neighborhood. However, filling out this survey, it does sound like it. It is nice to reflect on myself this way" (own research, translated by the author).

Knowing the difference between people's preferences and behavior is useful for local governments that seek to increase levels of participation using a citizen-oriented approach (Hafer and Ran, 2016; Peterson, 2004). For instance, if the objective is to increase participation in the maintenance of green spaces, focusing on non-participators belonging to the *Familist and Enterprising Orientation* might not have satisfactory outcomes since they do not attach importance to both the social and physical neighborhood. Targeting non-participators belonging to the *Boundless and Vital Orientation*, however, might be more fruitful: they deem their physical neighborhood important and could potentially be more willing to help improve it. . This proves the value of a perspective on both participators *and* nonparticipators that takes into account both preferences *and* behaviors.

It should be noted that respondents' written examples of their participation activities occasionally indicated that their answers did not fit the type of participation referred to. For instance, some respondents indicated to take part in community gardening projects and as an example wrote that they maintain tree driplines (which is considered as the maintenance of green spaces). The difference between taking part in and organizing also was not always clear: a number of respondents indicated to *organize* activities regarding cleaning or maintaining public space, but subsequently wrote down that they often sweep their sidewalk. These examples relate to a general weak point of self-administered surveys: because the researcher is not present while respondents answer the questions, correcting or checking their answers is not possible. Moreover, respondents might have interpreted the options 'sometimes' and 'often' differently, as the survey did not indicate the amount of times meant by those terms. This might have for instance caused some people who attended four social events in the past year to check the 'sometimes' box, while others perceive four visits as 'often'.

Participating Alone or with Others

In section 5.3.6. descriptive statistics were used to illustrate differences between the lifestyle orientations in participating alone or with others. The results show that this is, however, not significantly related to people's lifestyle orientation. The next section shows whether it does relate to participators' experiences with participation, for instance with regard to the effects in the neighborhood's social environment.

Effects of Participation

Section 5.4.1 presented participators' perceived effects of participation. Participators generally believe that horizontal participation has positive effects. Significant relationships were found between lifestyle orientation and whether participation led to increased connectivity between the respondent and fellow residents, whether the respondent experienced an increase in

his/her enjoyment of living and whether the respondent regarded participating as a positive experience. Statements that were rated negatively indicate a decrease in the quality of the neighborhood's social space. Moreover, people who mostly or always participate with others indicated to have experienced more positive social effects (compared to people who mostly or always participate alone).

Comparing these results to the extent to which the different lifestyle orientations participate, it becomes clear that that the more individuals take part in activities with other people and the more they attach importance to the neighborhood's social space, the more likely they are to experience positive benefits on the individual and community level. For this research project in particular, this means that while scholars are correct in suggesting that horizontal participation can lead to a greater sense of personal inclusion in the neighborhood (Alaimo et al., 2010; Brisson and Usher, 2005; Chavis and Wandersman, 1990) and to an enhancement of the larger social sphere (Amin, 2002; Blokland and Nast, 2014; Lofland, 2000), it only does so under the conditions that people engage with fellow residents and that people's preferences and behaviors are oriented towards achieving such benefits. The latter condition underlines the importance of the implementation of lifestyle variables in research into community participation.

Reasons for Nonparticipation

Reasons for nonparticipation indicating a disinterest or indifference towards participation activities were among the most often ticked options. After 'other', the largest share of nonparticipators indicated to be unaware of the existence of such activities (of which relatively many belong to the *Public and Social Orientation*). People also frequently indicated to simply not be interested in participating (mainly people belonging to the *Stable and Traditional Orientation*). A relatively smaller part of the nonparticipators stated that they believe it is the government's task to carry out such activities. Moreover, self-exclusion from horizontal participation activities appears to play a role in Lombok-Leidseweg. Some people (especially those belonging to the *Familist and Enterprising* and *Boundless and Vital Orientation*) deem knowing someone who already takes part in or organizes participation practices an important condition upon deciding whether they will engage in activities themselves. A smaller portion of the nonparticipants indicate that they did not know that they could join. Furthermore, exclusion by fellow residents hardly seems to be a reason for nonparticipation in the research area. Not one respondent indicated to not have good experiences with the people that join participation activities and very few people indicated to not feel comfortable during such activities.

In comparing reasons for nonparticipation across lifestyle orientations, these results provide a citizen-oriented perspective on nonparticipators that is useful for local governments. In the literature review a definition of participation in public space was composed which ended with: "the municipality grants civilians the space they need and facilitates on the basis of reciprocity." Because different kinds of citizens and projects need different levels of governmental involvement, the local government should take into account these differences in order to achieve the most beneficial outcomes (Pagano, 2013). Knowing which type of person refrains from participation activities for what reason may thus aid them in enhancing and encouraging participation and optimizing benefits for the individual and community.

6. CONCLUSION AND DISCUSSION

This chapter will answer the five sub-research questions (as presented in section 1.3.) by summarizing the results and by discussing prior expectations and explanations drawn from both existing literature and own interpretations. It will, moreover, discuss the limitations of the research and give suggestions for further research. Finally, section 6.5. will answer the main research question:

> To what extent do lifestyles influence residents' horizontal participation practices in the public spaces of Lombok-Leidseweg and what are residents' experiences with participation in the neighborhood?

6.1. SUB-RESEARCH QUESTION 1

The first sub-research question answers the following question: *to what extent can differences in lifestyle be observed between residents of Lombok-Leidseweg?* Factor analysis examined whether the lifestyle dimensions that according to scholars (Hurenkamp et al., 2006; Pagano, 2013; Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010) help determine a person's spatial and/or social preferences and behavior in reality also determine those of the residents of Lombok-Leidseweg. The results demonstrate that the empirical and theoretical lifestyle dimensions differ. Five empirical lifestyle dimensions were identified: the *Locally Engaged and Idealistic Dimension,* the *Enterprising and Self-Development Dimension,* the *Social Dimension,* the *Neighborhood Dimension* and the *Personal Environment Dimension.* Cluster analysis subsequently analyzed the way each respondent rated the dimensions and created five groups, each consisting of respondents who rated the dimensions relatively similarly. The formed groups form the lifestyle orientations, which include the following:

Stable and Traditional Orientation

People belonging to this orientation mainly deem their close circle of friends and family important, and (appreciate to) remain within their comfort zone (both physically and mentally). Their interest in their neighborhood possibly mainly derives from self-interest and a pragmatic point of view, since they value their personal environment yet attach relatively little emphasis on the neighborhood's larger physical and social space. 15.7% of the residents of Lombok-Leidseweg belong to this lifestyle orientation.

Familist and Enterprising Orientation

This lifestyle orientation consists out of people who find their personal environment (i.e. their family and home) very important. They are ambitious and active people who appreciate to develop themselves. They are relatively social people who also (albeit to a small extent) care about the social space of their neighborhood. The physical space of their neighborhood, however, does not really interest them. 20.2% of the residents belong to this lifestyle orientation.

Boundless and Vital Orientation

People belonging to this lifestyle orientation have an outward-looking perspective: they (prefer to) spend relatively little time indoors, in their neighborhood and/or with fellow residents.

While they deem the social space of their neighborhood rather unimportant, they do place emphasis on an attractive and well-maintained neighborhood. They are social, ambitious and active individuals. Relatively most residents of Lombok-Leidseweg have this lifestyle orientation: 23.3%.

Public and Social Orientation

This lifestyle orientation comprises people who think very idealistically about the social as well as physical space of their neighborhood. They are very sociable, gregarious people, who prefer to be outdoors with friends. They express a relatively small liking for spending time indoors or with family, nor are they much interested in enterprising or active activities. 18.4% of the residents belong to this lifestyle orientation.

Solitary and Secure Orientation

The fifth lifestyle orientation consists out of people who show a relative dislike for the company of other people – both friends and family. This, in combination with the fact that they are relatively enterprising and focused on self-development, makes them quite individualistic people. Interestingly, they are locally quite engaged: they care about the social space of their neighborhood. They, nevertheless, attach relatively little importance to the physical neighborhood. 22.4% of the residents belong to this lifestyle orientation.

While existing literature shows some similarities to the lifestyle dimensions and orientations found in this research, not all dimensions and orientations completely mirror those in the literature (Ganzeboom 1988; Ouwehand et al., 2011; SmartAgent, 2017; Van Diepen and Musterd, 2009; Vermunt, 1991). This makes sense, since as discussed in the literature review, research on lifestyles with specific emphasis on social and spatial behavior has not been conducted before. This project therefore adds to the existing literature. Nonetheless, the dissimilarities also partly originate from the methodological approach, as the selected method and the decisions made regarding the factors (i.e. lifestyle dimensions) and clusters (i.e. lifestyle orientations) influenced the results. The selected factors and clusters, however, were chosen because they corresponded with contemporary studies well and because (compared to other options) they were deemed most appropriate.

It can moreover be concluded that people with certain similar traditional characteristics may have different lifestyle orientations (and vice versa), since only the variable age is significantly related to lifestyle. Because lifestyle orientation is not significantly related to gender, income and household composition, this project shows that distinguishing people based on their lifestyle could provide insights into a person's spatial and social behavior when traditional variables fall short. Lifestyle can therefore be a useful addition to certain research practices as well as governmental policies. A limitation of the study concerns the fact that with regard to the variables nationality, level of education and daily occupation, the sample was too homogeneous to establish whether these variables are significantly related to lifestyle orientation. A larger and/or less homogenous sample would help gain insights into those relationships, which would further the knowledge of the added value of lifestyle variables.

6.2. SUB-RESEARCH QUESTION 2

The second research question, *to what extent can people's traditional characteristics and lifestyle characteristics predict levels of community participation in Lombok-Leidseweg?* sought to identify the explanatory power of traditional and lifestyle variables. It did so by executing a two-block logistic regression analysis. The results show that (depending on the type of participation) the traditional variables age, nationality, income, daily occupation and whether people live in a household with children influence the extent to which people participate. Yet, the model's explained variance increased after having added the five lifestyle dimensions into the analysis. The *Locally Engaged and Idealistic Dimension* and *Personal Environment Dimension* in particular appear to influence people's participation activities. Hence, this project adds to the existing literature by showing that distinguishing individuals based on their traditional characteristics *as well as* on their lifestyle characteristics yields more encompassing data than distinguishing them on only one of the two types of variables.

These results are in harmony with the expectation that the extent to which people value their (social) living environment structures their community participation endeavors (Hurenkamp et al., 2006; Pagano, 2013, Tonkens and Verhoeven, 2011; Van Houten and Winsemius, 2010). On the other hand, unexpected was that the importance people attach to the remaining three lifestyle dimensions does not significantly influence their participation practices. With respect to the *Social Dimension,* this can perhaps be explained by the fact that almost 50% of the respondents participates (mostly) alone. Since for many participating is a solitary activity, 'being social' is not necessarily a prerequisite for participation. An explanation for the insignificance of the *Enterprising and Self-Development Dimension*, can possibly be that self-development mainly is a motive for a different type of participator, such as vertical participators (Van Houten and Winsemius, 2010) and people who are active in associations, clubs or volunteer programs (Hurenkamp et al., 2006). Lastly, the insignificant (yet in the cases of taking part in activities positive) relationship between the *Neighborhood Dimension* and participation levels suggests that valuing an attractive and well-maintained neighborhood hardly translates into behavior oriented towards accomplishing that. Sub-research question 5 will attempt to provide an explanation for this surprising result.

A recommendation for further research concerns analyzing the extent to which certain traditional variables that this project did not take into consideration, affect people's score on the (significant) *Locally Engaged and Idealistic Dimension* and *Personal Environment Dimension*. People's length of residence, for instance, may positively influence levels of participation because people who live in the neighborhood longer have had more time to develop a sense of ownership and to connect to the neighborhood (Tonkens and Verhoeven, 2011). This connection may translate into a higher score on the two dimensions, which address values concerning the (social and physical) neighborhood and the home. Moreover, the intended length of residence may also play a role, as a short-term stay may cause residents to deem actively engaging with the social and physical neighborhood pointless (Wandersman, 1987). Further research should be carried out to discover the explanatory power of such variables that potentially influence lifestyle dimensions and thereby levels of participation.

6.3. SUB-RESEARCH QUESTIONS 3 AND 4

The third research question is *to what extent do lifestyles influence whether or not residents take part in or organize horizontal participation practices in public space?* and the fourth *to what extent do horizontal participation practices differ between lifestyles?*

An ANOVA analysis (section 5.2.) showed that levels of taking part in as well as organizing participation activities differ between lifestyle orientations. People belonging to the *Public and Social Orientation* and *Solitary and Secure Orientation* take part relatively often, while the *Boundless and Vital Orientation* takes part the least. With regard to organizing activities the *Solitary and Secure Orientation* is the most active and the *Boundless and Vital Orientation* the least. The succeeding section (5.3.) delved deeper into these differences by differentiating between the forms of participation. Significant relationships were found between lifestyle orientation and *taking part in* the maintenance of green spaces and social activities in public space, and between lifestyle orientation and *organizing* community gardening activities and social activities in public space. It can therefore be concluded that a citizen-oriented perspective on community participation can be successfully centered around lifestyle orientations (Chavis and Wandersman, 1990; Hafer and Ran, 2016; Peterson, 2004). However, the results of the analysis were nonsignificant with regard to the associations between lifestyle orientation and *organizing* the cleaning and maintenance of public spaces, the maintenance of green spaces and the maintenance of playgrounds, and *taking part in* community gardening projects, the cleaning and maintenance of public spaces, and the maintenance of playgrounds. Table 27 gives a clear overview of which lifestyle orientations are (in)active in each form of participation.

Often, the extent to which people participate was not expected, given the way in which they rated the lifestyle dimensions. For instance, the *Boundless and Vital Orientation,* while valuing the attractiveness and maintenance of the physical neighborhood, is the least active in most activities. The *Solitary and Secure Orientation*, moreover, expresses a relative dislike for contact with other people and disinterest in the physical neighborhood, yet is active in multiple activities. An explanation for these unexpected results can be traced back to the fact that, as sub-research question 2 shows, only the *Locally Engaged and Idealistic Dimension* and (in the case of the cleaning and maintenance of public spaces) the *Personal Environment Dimension* significantly influence levels of community participation. The extent to which individuals value being with other people, their physical neighborhood and self-development and entrepreneurism, hardly contributes to explaining differences in participation.

Moreover, a Chi-Square test shows that there is no significant relationship between people's lifestyle orientation and whether they (mostly) participate alone or with others. Nevertheless, differences can be observed. Descriptive statistics show that within the *Stable and Traditional Orientation* and the *Boundless and Vital Orientation* the largest group participates alone, which was expected given their relative indifference towards their fellow residents and the neighborhood's greater social space. Moreover, within the *Familist and Enterprising Orientation* and the *Solitary and Secure Orientation* the largest group participates mostly with others. In the case of the latter orientation this was unexpected, since people belonging to it show a relative dislike for spending time with other people. The fact that the largest group within the *Public and Social Orientation* indicated to always participate with others, was

expected, as they are relatively social and locally engaged.

A limitation of the research is that due to its cross-sectional design conclusions cannot be drawn about causal relationships (Bryman, 2012). In other words, the results only indicate whether there exists an association between the independent and the dependent variables. While a situation in which people's preferences and behaviors influence their community participation activities is deemed more probable than vice versa, longitudinal research is required to determine whether this assumption is correct.

6.4. SUB-RESEARCH QUESTION 5

The fifth sub-research question is: *what are residents' experiences with (non)participation projects in Lombok-Leidseweg?* The effects of participation in relation to personal developments, community developments and developments in the physical environment were generally perceived positively by participators. This implies that participation gave rise to positive benefits on the individual and the community level, which was expected (Alaimo et al., 2010; Amin, 2002; Blokland and Nast, 2014; Brisson and Usher, 2005; Chavis and Wandersman, 1990; Lofland, 1998 & 2000). In other words, in order to enhance Lombok-Leidseweg's social space, encouraging participation (among a larger number of people) can account for beneficial outcomes .

Nevertheless, participators also indicated some negative effects with regard to whether they experienced an increase in trust for fellow residents, a decrease in social problems among residents, an increase in usage of public space by residents and whether the group of people that they know had become more diverse. As argued in the literature review (section 2.5.3.) the development of such positive social effects can be hampered by residents' (self-)exclusion from participation activities (Hustinx, 2009; Michels and De Graaf, 2010; Verba et al., 1995). That this could be the case in Lombok-Leidseweg is demonstrated by the fact that the lifestyle orientations that rated said four statements the lowest (the *Boundless and Vital Orientation* and the *Stable and Traditional Orientation*) more often participate alone than the other orientations. Since they thus exclude themselves from collective activities, it is likely that they also experience fewer social benefits (Amin, 2002). A second possible explanation is that these two lifestyle orientations place relatively little value on the neighborhood's social space (i.e. the *Locally Engaged and Idealistic Dimension*), which may cause them to put little effort into optimizing it while they engage in participation activities.

Significant relationships were found between lifestyle orientation and whether participation led to increased connectivity between the respondent and his/her fellow residents, whether the respondent experienced an increase in his/her enjoyment of living and whether the respondent regarded participating as a positive experience. Overall, the lifestyle orientations that participate the most and that regularly participate with other people, think more positively about the effects of participation activities. Yet, similar to the argument made above, the perceived effects are also likely consequences of a difference in preferences and behaviors. People who participate often deem the quality of their neighborhood's social space relatively important, and might therefore also put more effort into connecting with fellow residents during participation activities.

Based on the described results, two limitations of the research should be acknowledged. Firstly, the survey presented respondents pre-determined options regarding the perceived effects of participation, while people's experiences are subjective. Respondents could not elaborate on their answers or indicate experiences not thought of by the researcher. The explanations given above for the way in which respondents rated the effects are therefore assumptions that are based on their answers to other questions. In order to gain more profound insights into people's experiences, qualitative research is recommended. Secondly, because the question on the effects of participation has a retrospective nature, respondents' answers ought to be considered tentatively (Boeije et al., 2009). Since memory is fallible, the correctness of the answers cannot be guaranteed. Longitudinal research conducted prior and after people's participation activities would help determine the perceived effects of participation with more certainty.

Nonparticipators' most frequently named reasons for nonparticipation involve disinterest and not knowing about participation activities. The former was given as a reason by relatively many people belonging to the *Stable and Traditional Orientation*; the latter by those belonging to the *Public and Social Orientation*. A relatively smaller part of the nonparticipators stated that they believe it is the government's task to carry out such activities. Moreover, self-exclusion from horizontal participation activities appears to play a role in Lombok-Leidseweg (Verba et al., 1995). Especially individuals belonging to the *Familist and Enterprising* and *Boundless and Vital Orientation* prefer to know people who participate upon deciding whether they will participate themselves. Some also indicated that they did not know that they could join activities. Lastly, exclusion by fellow residents hardly seems to be a reason for nonparticipation in Lombok-Leidseweg, even though a range of scholars have noticed this in other areas (Barnes et al., 2004; Chatterton and Bradley, 2000; Hustinx, 2009; Irvin and Stansbury, 2004; Rogers, 2006). Not one respondent indicated to not have good experiences with the people that join participation activities and very few people indicated to not feel comfortable during such activities.

This project thus showed that for most lifestyle orientations the simplest way to increase participation numbers is by telling them about the possibilities to participate, and by personally inviting them. The biggest reason for nonparticipation appears to be that residents of Lombok-Leidseweg do not take the initiative to look for options themselves, which does not necessarily mean that they lack interest.

6.5. MAIN RESEARCH QUESTION

The five sub-research questions together answer the main research question: *to what extent do lifestyles influence residents' horizontal participation practices in the public spaces of Lombok-Leidseweg and what are residents' experiences with (non)participation in the neighborhood?* This section will briefly summarize the most important results, discuss its limitations and provide recommendations for further research on the association between lifestyles and community participation.

Contemporary research demonstrates that people's traditional characteristics are significantly associated with participation activity. The results of this research showed that lifestyle variables also significantly predict the extent to which people participate. Whether people value their neighborhood's social space and their personal environment is particularly important.

Therefore, in order to best explain differences in participation practices across individuals, researchers ought to take into account both traditional variables and lifestyle variables.

People's lifestyle orientation plays an important role with regard to specific activities: taking part in the maintenance of green spaces and social activities in public spaces, and organizing community gardening activities and social activities in public spaces are the four activities significantly associated with lifestyle orientation. Lifestyle orientation, however, does *not* significantly influence whether individuals take part in community gardening projects and clean and maintain public spaces and playgrounds, and whether they organize activities regarding the maintenance of green spaces, public spaces and playgrounds. Moreover, whether people participate alone or with others is also not related to lifestyle orientation.

A limitation of the employed method is that these results only apply to this particular research area and project. The most important argument against using traditional variables to research levels of participation is that such variables *show inconsistent results in various studies* (section 2.5.1.). Since this (probably) is the first study on lifestyles in relation to these specific horizontal participation practices, the created lifestyle orientations cannot be compared to those of other studies. Further research in multiple neighborhoods is needed to examine whether lifestyle orientations in relation to horizontal participation practices show less ambiguous results than traditional characteristics in relation to horizontal participation practices. Employing different statistic tests would, moreover, also contribute to the understanding of the matter. Choosing certain tests is a subjective process, as multiple options can be appropriate. While the tests that were run are considered most suitable, examining the outcomes of other tests would shine light on how the acquired data can be interpreted otherwise. This would benefit the understanding and importance of the variable lifestyle orientation.

Participators' experiences with participation in Lombok-Leidseweg are fairly positive: most of them indicated that taking part in or organizing participation activities accounted for positive effects and outcomes on both the individual and the neighborhood level. Moreover, whether people feel more connected to their fellow residents and experience an increase in their enjoyment of living as a result of participation, is related to their lifestyle orientation. People who participate more (both in activities relating to the social and physical neighborhood) and who participate with other people, also experience such effects to a larger extent. This shows that the researched five types of community participation may indeed engender positive developments for the individual and the neighborhood's social space. Nevertheless, respondents did indicate that participation activities neither allow for diverse people to come together nor for an increase in the quality of contact between residents. In those cases, participation may thus not have been successful in improving social problems in the neighborhood. Nonparticipators, however, did not often indicate that issues relating to exclusion are a reason for their inactivity; rather, the main reasons for nonparticipation include a disinterest in participation activities, unawareness of the existence of activities, not knowing people who take part in them and not knowing they could join. The last two reasons imply self-exclusion: some people would like to be asked rather than that they take the initiative themselves.

As argued throughout this research project, in formulating policies around participation local governments should adopt an approach that pays close attention to differences between

projects and individuals. Written comments on the survey indicated that individuals hold opposing views with regard to governmental involvement in their neighborhood. While some respondents believe the government facilitates in inadequate ways, some deem the extent to which the local government allows or facilitates participation not enough and some think residents should not have to participate at all. In some cases, dissatisfaction with the way in which the local government has previously dealt with participation activities also appeared to be a reason for nonparticipation. Gaining insights into how particular lifestyle orientations desire different levels of governmental involvement in their community, would help local governments to facilitate more effectively and efficiently. This could be an interesting topic for further research.

7. POLICY RECOMMENDATIONS

Currently, the City of Utrecht assumes a relatively passive stance towards community participation: while it strives to facilitate people's ideas and initiatives, it hardly works to stimulate people who are not yet active (City of Utrecht, 2017). Given the fact that participation has positive effects for a neighborhood's individuals, community and physical appearance, more actively encouraging residents to participate and remedying problems surrounding participation can prove very worthwhile – especially in a segregated neighborhood such as Lombok-Leidseweg. As argued in the literature review, adopting a policy or approach that takes into account people's differences may be most fruitful in achieving beneficial outcomes (Chavis and Wandersman, 1990; Hafer and Ran, 2016; Peterson, 2004). Hence, this project's results provide local governments and participators with valuable insights into the characteristics of participators and nonparticipators, participators' experiences with participation and nonparticipators' reasons for their inactivity. Table 25 and table 27 in particular give a useful overview.

This section will recommend ways to go about encouraging horizontal participation. As shown throughout this research project, people can be differentiated from one another based on their lifestyle characteristics. Based on ways in which they rated the lifestyle dimensions, their activity in community participation practices and their written comments on the survey, recommendations will be provided as to where to find people that belong to particular lifestyle orientations. Moreover, this thesis shows that different people are active in different ways. Therefore, depending on what local governments aim to achieve, they might want to target specific types of individuals. Lastly, different people appear to refrain from participation for various reasons. When targeting a particular group of people, certain strategies might therefore be more effective than others. This will be discussed below. Table 28 and 29 give an overview of the recommended approaches.

Maintenance/improvement of the neighborhood's physical space

For local governments, a reason to encourage residents to participate in the maintenance or improvement of physical spaces, may be that they seek to lower their expenditures on the maintenance of public spaces (RMO, 2013; Rose, 2000). For participators, a motivation to encourage fellow residents in maintaining the physical neighborhood may for instance derive from annoyances concerning litter or weeds (Pagano, 2013; Tonkens and Verhoeven, 2011; own research). Encouraging nonparticipants who have certain traditional characteristics or who are part of a lifestyle orientation that generally is active in the maintenance or cleaning of public spaces (grey) and green spaces, might then be most fruitful.

Maintenance/improvement of the neighborhood's social space

This research project showed that community participation has the ability to improve a neighborhood's social space by means of increasing contact and connectivity between participators. For Lombok-Leidseweg in particular, this would be a welcome development given the fact that social problems prevail between (for instance) gentrifiers and long-time residents and people with different sociocultural backgrounds. Yet, the results of this project show that participation has not led to a decrease in social problems among residents, and has not diversified the group of people that participators know. This implies that residents mainly participate with people who are relatively similar to them. Hence, in order to overcome the

current social problems, the group of people that takes part in participation activities has to become more diverse. The City of Utrecht may thus benefit from addressing or investing in people with certain traditional characteristics or people with certain lifestyle orientations that are *in*active in participation practices. This would allow different types of people to engage habitually, which can enhance the neighborhood's social space (Amin; 2002; Blokland and Nast, 2014).

Increasing overall levels of participation

Local governments or participators might also seek to increase overall levels of participation. For local governments, having a large number of citizens participate enables them to implement fitting and effective policies, since citizens' perspectives, conducts and activities may account for solutions that the local government did not consider before (Hafer and Ran, 2016). For participators, naturally, a larger number of people who put effort into cleaning or maintaining the public spaces or green spaces of their neighborhood, would contribute to a more neat and well-maintained living environment. Obviously, in seeking to encourage residents, all nonparticipators can be targeted. Depending on people's lifestyle orientation, different strategies may prove most effective.

Table 28 (for traditional characteristics) and 29 (for lifestyle orientations) summarizes all of the above and therefore gives practical recommendations for ways to go about encouraging participation.

Table 28. Encouraging participation based on traditional characteristics

TRADITIONAL CHARACTERISTICS	
Aim	**Who to address?**
Maintenance/ improvement of the neighborhood's physical space	People with lower incomes (green spaces)
	People with children at home (green and grey spaces)
	Dutch people (green and grey spaces)
	Employed people (green and grey spaces)
Maintenance/ improvement of the neighborhood's social space	People with higher incomes
	People with no children at home
	Non-Dutch people
	Unemployed people
Increasing overall levels of participation	Younger people
	People with higher incomes
	People with no children at home
	Non-Dutch people
	Unemployed people

Table 29. Encouraging participation based on lifestyle orientation

LIFESTYLE ORIENTATIONS			
Who	Who are they?	When to address them?	How to encourage them?
Stable and Traditional Orientation	- Relatively many people older than 55 - People with neat back/front gardens - People who are part of small committees or clubs (e.g. book- or cooking clubs)	Maintenance/ improvement of the physical space (grey) Maintenance/ improvement of the social space Increasing overall levels of participation	a. Informing them about participation activities
Familist and Enterprising Orientation	- Relatively many people between 25 and 34 - People who are active in (their children's) schools or sports clubs - People who volunteer - People who are part of vertical neighborhood committees - People who attend meetings organized by the local government	Maintenance/ improvement of the social space Increasing overall levels of participation	a. Informing them about participation activities b. Personally inviting them to join
Boundless and Vital Orientation	- Relatively many people between 18 and 24 - People who are active in (their children's) schools or sports clubs - People who attend meetings organized by the local government	Maintenance/ improvement of the social space Increasing overall levels of participation	a. Informing them about participation activities b. Personally inviting them to join
Public and Social Orientation	- Relatively many people between 45 and 54 - People who visit the neighborhood's public spaces regularly (e.g. parks, neighborhood cafes) - People who shop at the neighborhood's smaller stores - People who attend meetings organized by the local government - People who are part of vertical neighborhood committees	Maintenance/ improvement of the physical space (grey and green) Increasing overall levels of participation	a. Informing them about participation activities b. Personally inviting them to join
Solitary and Secure Orientation	- Relatively many people older than 45 - People who visit the neighborhood's public spaces regularly (e.g. parks and neighborhood cafes) - People who shop at the neighborhood's smaller stores	Maintenance/ improvement of the physical space (green) (also for the organization) Increasing overall levels of participation	a. Informing them about participation b. Personally inviting them to join

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APPENDICES

APPENDIX 1: SURVEY

Mijn naam is Stanzi Winkel en ik ben een Masterstudent Stadsgeografie aan de Universiteit Utrecht. Mijn afstudeerscriptie met als onderwerp participatie in de openbare ruimte[1] schrijf ik in opdracht van adviesbureau PLAN terra. Het doel van mijn scriptie is om de relatie tussen verschillende leefstijlen en participatie te onderzoeken in de wijk Lombok/Leidseweg. Omdat u een bewoner bent van deze wijk, wil ik u uitnodigen voor het invullen van deze enquête. Als deelnemer maakt u kans op één van de vijf bioscoopbonnen t.w.v. €10,-.

Uw antwoorden blijven volledig anoniem. Ze zullen bovendien vertrouwelijk worden verwerkt door mijzelf, en niet worden gedeeld met derden. Het invullen van deze enquête zal ongeveer tien minuten duren. Omdat uw antwoorden over uw eigen inzichten en meningen gaan, bestaan er geen verkeerde antwoorden.

Persoonsgegevens

1. Wat is uw geslacht?
□ Man
□ Vrouw

2. Tot welke leeftijdscategorie behoort u?
□ 18 t/m 24 jaar
□ 25 t/m 34 jaar
□ 35 t/m 44 jaar
□ 45 t/m 54 jaar
□ 55 t/m 64 jaar
□ 65 jaar en ouder

3. In welke inkomenscategorie valt uw bruto jaarinkomen? *Uw bruto inkomen is uw loon vóór aftrek van premies en belastingen.*
□ Tot €20.000
□ Tussen €20.000 en €30.000
□ Tussen €30.000 en €40.000
□ Tussen €40.000 en €50.000
□ Tussen €50.000 en €80.000
□ €80.000 en hoger
□ Weet ik niet

4. Wat is de samenstelling van uw huishouden?
□ Eenpersoonshuishouden
□ Tweepersoons huishouden zonder (thuiswonende) kinderen
□ Eénoudergezin met kind(eren)
□ Tweeoudergezin met kind(eren)
□ Studentenhuis
□ Anders, namelijk ……

5. Wat is uw hoogst afgeronde opleiding?
□ Lagere school, basisschool of geen opleiding
□ VMBO/MAVO
□ HAVO/VWO
□ MBO
□ HBO bachelor
□ WO bachelor
□ HBO/WO master of doctor
□ Anders, namelijk ……

6. Wat is uw nationaliteit?
□ Nederlands
□ Overig Westers
□ Marokkaans
□ Turks
□ Surinaams
□ Antilliaans
□ Overig niet-Westers

7. Tot welke categorie rekent u zichzelf?
□ Scholier
□ Student
□ Werkend
□ Vrijwilliger
□ Werkloos / werkzoekend
□ Gepensioneerd
□ Arbeidsongeschikt
□ Anders, namelijk ……

[1] De openbare ruimte is de ruimte die voor iedereen toegankelijk is, zoals stoepen, straten, parken en pleinen.

Vragen over Participatie in de Openbare Ruimte

8. Heeft u in het afgelopen jaar onderstaande activiteiten *ondernomen*?

Activiteit	*Nooit*	*Soms*	*Vaak*
a) Het onderhouden van groen in de openbare ruimte (zoals het knippen van heggen en het wieden van onkruid)	☐	☐	☐
b) Het onderhouden van gemeenschapstuinen of moestuinen	☐	☐	☐
c) Het schoonmaken of opruimen van de openbare ruimte (zoals het vegen van straten en opruimen van afval)	☐	☐	☐
d) Het onderhouden van speeltuinen	☐	☐	☐
e) (Sociale) bewonersactiviteiten in de openbare ruimte (zoals buurtfeesten en buurtbarbecues)	☐	☐	☐

9. Heeft u in het afgelopen jaar onderstaande activiteiten helpen *organiseren*?

Activiteit	*Nooit*	*Soms*	*Vaak*
a) Het onderhouden van groen in de openbare ruimte (zoals het knippen van heggen en het wieden van onkruid)	☐	☐	☐
b) Het onderhouden van gemeenschapstuinen of moestuinen	☐	☐	☐
c) Het schoonmaken of opruimen van de openbare ruimte (zoals het vegen van straten en opruimen van afval)	☐	☐	☐
d) Het onderhouden van speeltuinen	☐	☐	☐
e) (Sociale) bewonersactiviteiten in de openbare ruimte (zoals buurtfeesten en buurtbarbecues)	☐	☐	☐

Ga verder naar vraag 10, 11 en 12 als u minstens één keer 'soms' of 'vaak' heeft aangekruist bij vraag 8 of 9. Indien u overal 'nooit' hebt ingevuld, ga dan verder naar vraag 13.

10. U heeft aangekruist dat u mee heeft gedaan met een activiteit en/of dat u een activiteit heeft helpen organiseren. Kunt u beschrijven wat voor activiteiten u precies gedaan heeft, en waar u dat gedaan heeft?

Project	*Omschrijving en locatie*
Het onderhouden van groen in de openbare ruimte	
Het onderhouden van gemeenschapstuinen of moestuinen	
Het schoonmaken of opruimen van de openbare ruimte	
Het onderhouden van speeltuinen	
(Sociale) bewonersactiviteiten in de openbare ruimte	

11. Toen u de bij vraag 10 beschreven activiteiten uitoefende, deed u dat dan alleen of met anderen?

□ Altijd alleen	□ Meestal alleen	□ Meestal met anderen	□ Altijd met anderen

12. De onderstaande stellingen gaan over <u>de effecten van het organiseren van en/of meedoen met</u> de door u beschreven activiteiten. Wilt u op elk van de stellingen reageren door het vakje aan te kruisen dat het meest op u van toepassing is?

Stelling	*Volledig oneens*	*Oneens*	*Neutraal*	*Eens*	*Volledig eens*
Mijn contact met andere bewoners is verbeterd	□	□	□	□	□
Ik voel me door de activiteiten meer verbonden met andere bewoners van mijn wijk	□	□	□	□	□
Ik heb mensen leren kennen die ik nog niet kende	□	□	□	□	□
De groep mensen die ik ken in mijn wijk is meer divers geworden (bijvoorbeeld in leeftijd en culturele achtergrond)	□	□	□	□	□
Door de activiteiten ben ik andere bewoners van mijn wijk meer gaan vertrouwen	□	□	□	□	□
Ik ben me meer thuis gaan voelen in mijn wijk	□	□	□	□	□
Mijn woonplezier is groter geworden door de activiteiten	□	□	□	□	□
Door de activiteiten zijn er minder problemen tussen bewoners van mijn wijk	□	□	□	□	□
Door de activiteiten ziet mijn wijk er beter uit	□	□	□	□	□
Bewoners zijn de openbare ruimte meer gaan gebruiken door de activiteiten	□	□	□	□	□
Ik heb het organiseren van en/of meedoen met zulke activiteiten als positief ervaren	□	□	□	□	□

Vul vraag 13 alleen in als u bij vraag 8 en 9 overal 'nooit' hebt ingevuld.

13. Kunt u vertellen waarom u nooit heeft meegedaan met de in vraag 8 en 9 genoemde activiteiten? U kunt meerdere vakjes aankruisen, en eventuele extra uitleg geven op de stippellijnen.

□ Ik heb geen interesse in het meedoen met zulke activiteiten
□ Ik ken niemand die mee doet met zulke activiteiten
□ Ik wist niet van het bestaan van zulke activiteiten af
□ Ik wist niet dat ik ook mee kan doen met zulke activiteiten
□ Ik heb geen goede ervaringen met de mensen die aan zulke activiteiten meedoen
□ Ik voel mij niet op mijn plek bij zulke activiteiten
□ Ik heb niet het gevoel dat ik iets bij kan dragen
□ Ik vind dat het de taak is van de gemeente
□ Extra uitleg / anders:
……
……
……
……
……
……
……
……

Vragen over uw Leefstijl

14. De onderstaande stellingen gaan over uw leefstijl. Wilt u op elk van de stellingen reageren door het vakje aan te kruisen dat het meest op u van toepassing is?

Stelling	*Volledig oneens*	*Oneens*	*Neutraal*	*Eens*	*Volledig eens*
Ik hecht veel waarde aan het leren van nieuwe dingen	☐	☐	☐	☐	☐
Ik ga graag uitdagingen aan	☐	☐	☐	☐	☐
Ik vind het belangrijk succesvol te zijn op mijn werk	☐	☐	☐	☐	☐
Ik los problemen in mijn wijk graag zelf op	☐	☐	☐	☐	☐
Ik heb graag mensen om mij heen	☐	☐	☐	☐	☐
Ik ontmoet graag mensen die anders zijn dan ik (bijvoorbeeld in leeftijd of culturele achtergrond)	☐	☐	☐	☐	☐
Ik help andere mensen graag, ook mensen die ik niet zo goed ken	☐	☐	☐	☐	☐
Ik vind het *niet* erg belangrijk hoe mijn wijk er uit ziet	☐	☐	☐	☐	☐
Ik voel me verantwoordelijk voor mijn wijk	☐	☐	☐	☐	☐
Ik ontmoet graag mensen uit mijn wijk	☐	☐	☐	☐	☐
Mijn vrije tijd breng ik graag met familie door	☐	☐	☐	☐	☐
Ik ben graag met andere mensen in mijn vrije tijd	☐	☐	☐	☐	☐
Ik ben graag binnenshuis in mijn vrije tijd	☐	☐	☐	☐	☐
Ik doe graag iets nuttigs in mijn vrije tijd	☐	☐	☐	☐	☐
Ik doe graag iets actiefs in mijn vrije tijd	☐	☐	☐	☐	☐
Ik besteed *niet* graag tijd in mijn wijk als ik vrij ben	☐	☐	☐	☐	☐
Ik vind het belangrijk dat bewoners van mijn wijk zich verbonden voelen met elkaar	☐	☐	☐	☐	☐
Ik vind het belangrijk dat bewoners van mijn wijk zich thuis voelen in de wijk	☐	☐	☐	☐	☐
Ik vind het belangrijk dat alle bewoners van mijn wijk de openbare ruimte gebruiken	☐	☐	☐	☐	☐
Ik vind het belangrijk dat de openbare ruimte van mijn wijk goed onderhouden is	☐	☐	☐	☐	☐

Hiermee zijn we aan het einde van de enquête gekomen. Als u geïnteresseerd bent in de resultaten van dit onderzoek en/of kans wilt maken op een bioscoopbon, vul dan hieronder uw e-mailadres of telefoonnummer in.

□ Ja, ik wil graag de resultaten van dit onderzoek ontvangen □ Ja, ik wil kans maken op één van de bioscoopbonnen	E-mailadres / telefoonnummer: ……

Heeft u nog opmerkingen of vragen, dan kunt u die hieronder invullen:

……

……

Hartelijk bedankt voor het invullen van deze enquête!

APPENDIX 2: STREET LIST OF LOMBOK-LEIDSEWEG

Table 30. Streets in Lombok-Leidseweg

Street	District	Street	District
Vleutenseweg	Lombok West	Damstraat	Lombok Oost
Semarangstraat	Lombok West	Sumatrastraat	Lombok Oost
Bandoengstraat	Lombok West	Borneostraat	Lombok Oost
Ternatestraat	Lombok West	Javastraat	Lombok Oost
Van Heutszstraat	Lombok West	Balistraat	Lombok Oost
Bantamstraat	Lombok West	Riouwstraat	Lombok Oost
Jan Pieterszoon Coenstraat	Lombok West	Lombokstraat	Lombok Oost
Eerste Atjehstraat	Lombok West	Ceramstraat	Lombok Oost
Eerste Delistraat	Lombok West	Tidorpad	Lombok Oost
Van Imhoffstraat	Lombok West	Timorkade	Lombok Oost
Johannes Camphuisstraat	Lombok West	Floresstraat	Lombok Oost
Pieter Bothstraat	Lombok West	Halmaherastraat	Lombok Oost
Maetsuykerstraat	Lombok West	Vleutenseweg	Lombok Oost
Tweede Delistraat	Lombok West		
Tweede Atjehstraat	Lombok West	Street	District
Padangstraat	Lombok West	Leidseweg	Leidseweg
Billitonkade	Lombok West	Graadt van Roggenweg	Leidseweg
Bankaplein	Lombok West	Koningsbergerstraat	Leidseweg
Bankastraat	Lombok West	Krugerstraat	Leidseweg
Malakkastraat	Lombok West	De Wetstraat	Leidseweg
Soendastraat	Lombok West	Steijnstraat	Leidseweg
Laurens Reaalstraat	Lombok West	Muntkade	Leidseweg
Abel Tasmanstraat	Lombok West		
Van den Boschstraat	Lombok West		
Van Diemenstraat	Lombok West		
Daendelsstraat	Lombok West		
Leidsekade	Lombok West		
Palembangstraat	Lombok West		
Medanstraat	Lombok West		
Soerabayastraat	Lombok West		
Van Riebeeckstraat	Lombok West		

APPENDIX 3: REPRESENTATIVENESS OF THE SAMPLE

Table 31. Chi-Square test of the variable 'gender'

Gender	Observed Frequency	Expected Frequency	Residual
Male	129	124.3	4.7
Female	133	137.7	-4.7
Total	*262*	*262*	

Test Statistics	
Chi-Square	0.339
Df	1
Asymp. Sig.	0.561

Table 32. Chi-Square test of the variable 'age'

Age	Observed Frequency	Expected Frequency	Residual
18-24	21	52.0	-31
25-34	105	93.8	11.2
35-44	67	43.3	23.7
45-54	36	29.6	6.4
55-64	21	21.1	-0.1
65 +	13	23.1	-10.1
Total	263		

Test Statistics	
Chi-Square	38.575
Df	5
Asymp. Sig.	0.000

Table 33. Weights of the variable 'age'

Age	Weight Factors (E / O)
18-24	2.4762
25-34	0.8933
35-44	0.6463
45-54	0.8222
55-64	1.005
65 +	1.7769

APPENDIX 4: FACTOR ANALYSIS

Requirements

1. The 20 statements involve a Likert scale ranging from completely disagree to completely agree. This is an interval variable.
2. Factor analysis requires a sample of 300 respondents. Since this research project has 'only' 263 respondents, factor analysis can only be done when the Kaiser-Meyer-Olkin criterium (KMO) is met. The KMO should be higher than 0.5. A test shows that in the case of this project, the KMO is 0.715 (table 34). According to Hutcheson and Sofroniou (1999) this value falls in the category 'middling', which is good enough. Factor analysis can therefore be executed. Moreover, since the Bartlett's Test of Sphericity is significant, we can assume that there are no too low correlations between variables.
3. The last requirement for performing factor analysis is that there should be no multicollinearity between variables: the r should not exceed 0.8. Table 35 shows that every r is below 0.8. This means that the statements are neither too homogeneous nor too heterogeneous.

All requirements are met. Factor analysis can therefore be performed.

Table 34. KMO and Bartlett's test

Kaiser-Meyer-Olkin Measure of Sampling Adequacy		0.720
Bartlett's Test of Sphericity	Approx. Chi-Square	1166.904
	Df	190
	Sig.	0.000

Table 35. Multicollinearity between statements

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T
A	1	0,605	0,372	0,109	0,12	0,332	0,23	0,219	0,103	0,173	-0	0,181	0,084	0,251	0,285	-0,03	0,166	0,165	0,089	0,189
B	0,605	1	0,414	0,209	0,211	0,342	0,181	0,222	0,093	0,166	0,066	0,288	-0,03	0,285	0,373	0,093	0,236	0,19	0,168	0,265
C	0,372	0,414	1	0,19	0,107	0,095	0,049	0,092	0,003	0,016	0,083	0,139	-0,17	0,204	0,176	-0,1	0,011	0,027	-0,12	0,093
D	0,109	0,209	0,19	1	-0,04	0,201	0,168	0,197	0,3	0,111	0,02	-0,12	0,12	0,211	0,055	-0,09	0,198	0,074	0,112	0,177
E	0,12	0,211	0,107	-0,04	1	0,337	0,282	0,219	0,016	0,15	0,151	0,536	-0,12	0,047	-0,01	0,117	0,08	0,171	0,069	0,22
F	0,332	0,342	0,095	0,201	0,337	1	0,34	0,212	0,349	0,362	0,021	0,203	0,02	0,167	0,17	0,124	0,353	0,27	0,137	0,199
G	0,23	0,181	0,049	0,168	0,282	0,34	1	0,215	0,138	0,292	0,241	0,118	0,124	0,095	0,036	0,259	0,241	0,285	0,169	0,282
H	0,219	0,222	0,092	0,197	0,219	0,212	0,215	1	0,38	0,255	-0,06	0,057	-0,06	0,103	0,107	0,1	0,335	0,175	0,154	0,414
I	0,103	0,093	0,003	0,3	0,016	0,349	0,138	0,38	1	0,395	-0,04	-0,09	0,149	0,14	0,001	0,191	0,499	0,253	0,246	0,217
J	0,173	0,166	0,016	0,111	0,15	0,362	0,292	0,255	0,395	1	0,092	0,055	0,041	0,188	0,023	0,399	0,548	0,367	0,177	0,136
K	-0	0,066	0,083	0,02	0,151	0,021	0,241	-0,06	-0,04	0,092	1	0,243	0,044	0,028	-0,1	0,147	-0,06	-0,06	0,09	-0,03
L	0,181	0,288	0,139	-0,12	0,536	0,203	0,118	0,057	-0,09	0,055	0,243	1	-0,04	-0,01	0,177	0,155	-0,03	0,035	-0,08	0,012
M	0,084	-0,03	-0,17	0,12	-0,12	0,02	0,124	-0,06	0,149	0,041	0,044	-0,04	1	0,076	-0,14	0,016	0,094	0,033	0,036	-0
N	0,251	0,285	0,204	0,211	0,047	0,167	0,095	0,103	0,14	0,188	0,028	-0,01	0,076	1	0,495	0,085	0,226	0,099	0,064	0,151
O	0,285	0,373	0,176	0,055	-0,01	0,17	0,036	0,107	0,001	0,023	-0,1	0,177	-0,14	0,495	1	0,081	0,059	-0,01	-0,06	0,03
P	-0,03	0,093	-0,1	-0,09	0,117	0,124	0,259	0,1	0,191	0,399	0,147	0,155	0,016	0,085	0,081	1	0,274	0,234	0,178	0,085
Q	0,166	0,236	0,011	0,198	0,08	0,353	0,241	0,335	0,499	0,548	-0,06	-0,03	0,094	0,226	0,059	0,274	1	0,491	0,369	0,277
R	0,165	0,19	0,027	0,074	0,171	0,27	0,285	0,175	0,253	0,367	-0,06	0,035	0,033	0,099	-0,01	0,234	0,491	1	0,303	0,232
S	0,089	0,168	-0,12	0,112	0,069	0,137	0,169	0,154	0,246	0,177	0,09	-0,08	0,036	0,064	-0,06	0,178	0,369	0,303	1	0,281
T	0,189	0,265	0,093	0,177	0,22	0,199	0,282	0,414	0,217	0,136	-0,03	0,012	-0	0,151	0,03	0,085	0,277	0,232	0,281	1

Descriptive Statistics

To get a sense of the way each statement is rated, descriptive statistics (the mean, standard deviations and N of each statement) are shown (table 36). The lowest mean is 3.06 (I like being inside when I am free), and the highest is 4.39 (I find learning new things important). 223 respondents answered all twenty statements.

Table 36. Descriptive statistics of lifestyle statements

Statement	Mean	Std. Deviation	N
I find learning new things important	4.28	0.678	223
I like taking on (new) challenges	4.04	0.763	223
I find having a successful career important	4.10	0.734	223
I like solving problems in my neighborhood myself	3.25	0.787	223
I like spending time with other people	3.96	0.745	223
I like meeting people who are different than I (for instance in age, ethnicity or level of education)	3.73	0.806	223
I like meeting people from my neighborhood	3.59	0.729	223
I like helping other people, also people whom I do not know that well	3.91	0.764	223
I find the way my neighborhood looks important	4.08	0.834	223
I like spending my free time with family	3.58	0.913	223
I like spending my free time with other people	3.84	0.799	223
I like being inside when I am free	3.06	0.858	223
I like doing something useful in my free time	3.53	0.787	223
I like doing something active in my free time	3.79	0.774	223
I like being in my neighborhood in my free time	3.42	0.903	223
I find it important that residents feel at home in the neighborhood	4.01	0.632	223
I find it important to feel connected to the people who live in my neighborhood	3.58	0.778	223
I feel responsible for my neighborhood	3.32	0.841	223
I find it important that all residents of my neighborhood use the public spaces	3.51	0.800	223
I find it important that the public spaces of my neighborhood are well-maintained	4.24	0.602	223

Performing Factor Analysis

Factor analysis is executed by means of the Principal Component Method. This method analyses the total variance. The first table shown are the communalities, depicting the part of the variance that is predicted by each variable. The closer to 1, the better the variable explains the original data (Field, 2013).

Table 37. Communalities factor analysis

Statement	Extraction	Statement	Extraction
A	.544	K	.557
B	.644	L	.651
C	.467	M	.525
D	.532	N	.566
E	.668	O	.694
F	.417	P	.586
G	.482	Q	.675
H	.510	R	.421
I	.520	S	.307
J	.581	T	.496

Factor analysis was run with both a Varimax and an Oblimin rotation. Because the Component Correlation Matrix (showing the correlation coefficients between factors) after running an Oblimin rotation implied that de factors have only small relationships with each other, we can conclude that the constructs measured are hardly interrelated (Field, 2013). Therefore, in this case an orthogonal rotation would make more sense. Factor analysis will therefore be performed using a Varimax rotation.

Table 38. Component correlation matrix with Oblimin rotation

	Factor 1	Factor 2	Factor 3	Factor 4	Factor 5	Factor 6
Factor 1	1.000	.175	.037	.018	.109	.314
Factor 2	.175	1.000	.179	-.077	.037	.117
Factor 3	.037	.179	1.000	.009	.041	.161
Factor 4	.018	-.077	.009	1.000	.040	.010
Factor 5	.109	.037	.041	.040	1.000	.073
Factor 6	.314	.117	.161	.010	.073	1.000

Next, a certain amount of factors need to be extracted. According to Field, this is a rather subjective process. We will therefore use a couple techniques to decide on the number of factors that will be retained and discarded.

According to the Kaiser criterium, factors with an eigenvalue greater than 1 should be retained (Field, 2013). After running factor analysis with a Varimax rotation, six factors meet this requirement. Together they account for 59.3% of the total variance (this variance is the same before and after rotation). The sixth factor, however, has an eigenvalue of 1,025 and therefore only just suffices. Examining all six factors shows that three factors consist of only two statements. However, according to Field (2013) the Kaiser criterium is accurate “when there

are fewer than 30 variables and communalities after extraction are greater than .7" (p.698). In our case, none of the communalities after extraction exceed .7. Kaiser's criterium might therefore be inappropriate for our data set. In order to provide more insights into the way the factors are distributed, we therefore have a look at the scree plot (figure 13). The rule of thumb here, is to retain the amount of factor at the 'point of inflexion' minus 1. The point of inflexion is where the curve transitions from a vertical to a more horizontal line. In our case, the curve is rather difficult to interpret because there are points of inflexion at both 4 and 6 factors. According to Field (2013), we could justify retaining either 3 or 5 factors.

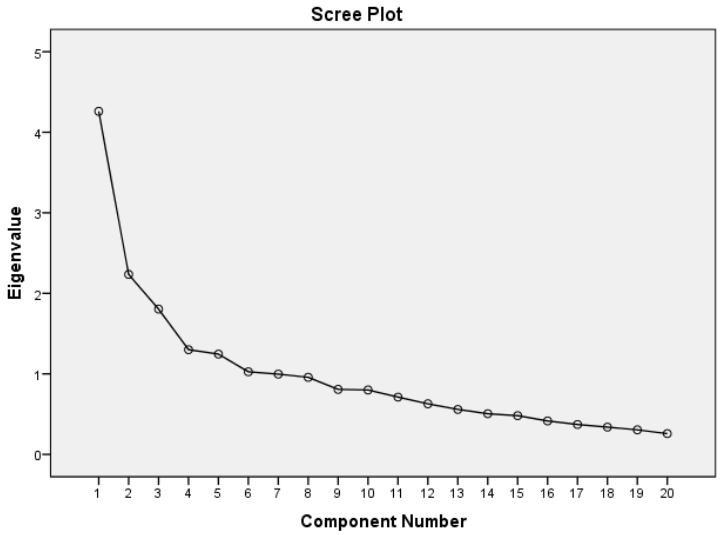

Figure 13. Scree Plot Factor Analysis

After having run factor analysis with a Varimax rotation for 3, 5 and 6 factors, it became apparent that the distribution of statements with 5 factors makes the most sense, since common themes could more easily be identified. 5 factors was also regarded as better than 3 factors, because the total variance is respectively 54.2% and 41.5%.

Table 39 shows the results of the factor analysis before ("extraction sums of squared loadings) and after (rotation sums of squared loadings) rotation while retaining 5 factors. It shows that the 5 factors together account for 54.2% of the total variance (before and after rotation). While rotation influences the variance of the individual factors, it thus does not influence the total variance.

Table 39. Factor analysis

Factor	Initial Eigenvalues			Extraction Sums of Squared Loadings			Rotation Sums of Squared Loadings		
	Total	% of Variance	Cumu-lative %	Total	% of Variance	Cumu-lative %	Total	% of Variance	Cumu-lative %
1	4.260	21.298	21.298	4.260	21.298	21.298	2.969	14.843	14.843
2	2.234	11.172	32.470	2.234	11.172	32.470	2.550	12.750	27.592
3	1.804	9.020	41.489	1.804	9.020	41.489	2.032	10.158	37.750
4	1.300	6.501	47.990	1.300	6.501	47.990	1.964	9.820	47.571
5	1.245	6.224	54.214	1.245	6.224	54.214	1.329	6.643	54.214
6	1.025	5.127	59.341						

7	.997	4.985	64.325						
8	.957	4.786	69.112						
9	.807	4.036	73.147						
10	.800	3.999	77.146						
11	.711	3.557	80.703						
12	628	3.141	83.844						
13	.558	2.792	86.636						
14	.505	2.525	89.161						
15	.481	2.404	91.565						
16	.415	2.076	93.641						
17	.371	1.854	95.495						
18	.339	1.693	97.188						
19	.305	1.524	98.712						
20	.258	1.288	100.000						

The tables below show the component matrixes before (table 40) and after (table 41) rotation. They thus both show each statement's loading on each of the five factors, but the results are better interpretable after rotation because they are rearranged in order for each statement to strongly load on only one factor instead of multiple. Only loadings higher than .3 are displayed.

Table 40. Component matrix (before rotation)

Lifestyle Statement	F. 1	F. 2	F. 3	F. 4	F. 5
Find connectivity in neighborhood important	.685	-.399			
Appreciate meeting people who are different	.635				
Appreciate meeting people from neighborhood	.613	-.307		.308	
Appreciate challenges	.602	.515			
Find feeling at home in neighborhood important	.547				
Feeling responsible for neighborhood	.542	-.418			
Find physical attractiveness of the neighborhood important	.536			-.367	
Appreciate helping people	.531		.302		.316
Appreciate learning new things	.526	.462			
Find maintenance of public space important	.509			-.459	
Find usage of public space important	.402	-.365			
Appreciate being successful at work		.572			
Appreciate being active in free time		.512	-.306	.462	
Appreciate having people around	.389		.602		
Appreciate spending free time with people		.480	.601		
Appreciate solving problems in neighborhood	.347		-.424		.397
Appreciate being in neighborhood in free time	.364		.371	.496	
Appreciate spending free time doing something useful	.410		-.380	.420	
Appreciate spending free time inside					.660
Appreciate spending free time with family			.476		.553

Table 41. Pattern matrix (after Varimax rotation)

Lifestyle Statement	F. 1	F. 2	F. 3	F. 4	F. 5
Find connectivity in neighborhood important	**.750**				
Appreciate meeting people from neighborhood	**.742**				
Appreciate being in neighborhood in free time	**.661**				
Find feeling at home in neighborhood important	**.595**				
Feeling responsible for neighborhood	**.554**			.367	
Find usage of public space important	**.431**			.311	
Appreciate meeting people who are different	**.398**	.312			
Appreciate being active in free time		**.746**			
Appreciate challenges		**.703**			
Appreciate spending free time doing something useful		**.674**			
Appreciate learning new things		**.657**			
Appreciate being successful at work		**.567**			
Appreciate spending free time with people			**.771**		
Appreciate having people around			**.757**		
Appreciate helping people	.348		**.394**		.393
Find maintenance of public space important				**.658**	
Find physical attractiveness of the neighborhood important				**.618**	
Appreciate spending free time inside					**.692**
Appreciate spending free time with family			.490		**.531**
Appreciate solving problems in neighborhood				.440	**.451**

The 5 factors were subsequently named based on the statements that loaded the highest on them. The names of each factors are shown in table 42.

Table 42. Factor names

Factor	Title
1.	Locally Engaged and Idealistic Orientation
2.	Enterprising and Self-Development Orientation
3.	Social Orientation
4.	Physical Environment Orientation
5.	Personal Environment Orientation

APPENDIX 5. CLUSTER ANALYSIS

Requirements

1. Cluster analysis can only be done if there is no multicollinearity between the five factors. Table 43 shows that the factors do not correlate.
2. The second and last requirement for performing cluster analysis is that high standard deviations need to be standardized. Because cluster analysis is run using a regression method, “differences in units of measurement and variable variances” are stabilized through SPSS (Field, 2013, p.673).

All requirements are met. Cluster analysis can therefore be performed.

Table 43. Correlations between factors

Factor		F. 1	F. 2	F. 3	F. 4	F. 5
1	Pearson Correlation	1	.000	.000	.000	.000
	Sig. (2-tailed)		1.000	1.000	1.000	1.000
	N	223	223	223	223	223
2	Pearson Correlation	.000	1	.000	.000	.000
	Sig. (2-tailed)	1.000		1.000	1.000	1.000
	N	223	223	223	223	223
3	Pearson Correlation	.000	.000	1	.000	.000
	Sig. (2-tailed)	1.000	1.000		1.000	1.000
	N	223	223	223	223	223
4	Pearson Correlation	.000	.000	.000	1	.000
	Sig. (2-tailed)	1.000	1.000	1.000		1.000
	N	223	223	223	223	223
5	Pearson Correlation	.000	.000	.000	.000	1
	Sig. (2-tailed)	1.000	1.000	1.000	1.000	
	N	223	223	223	223	223

Performing Cluster Analysis

Cluster analysis is done using the K-Means method. This method allows the researcher to indicate the number of desired clusters prior to running the analysis. Since the factor analysis showed that five factors can be identified, cluster analysis is firstly done with five clusters. This accounted for a fairly even distribution of cases per cluster. Nevertheless, cluster analysis was also performed for four and six clusters. In the case of four clusters, the biggest cluster consists out of 70 cases while the smallest consists out of 42 cases. In the case of six clusters, these numbers were respectively 47 and 11. It is therefore believed that using five clusters was the best option.

Table 44. Number of cases in each cluster

	Number of Cases in each Cluster - Unweighted	Number of Cases in each Cluster - Weighted	Percentage
Cluster 1	36	35	15.7
Cluster 2	46	45	20.2
Cluster 3	50	52	23.3
Cluster 4	43	41	18.4
Cluster 5	53	50	22.4
Total	*228*	*223*	*100*
Missing	*35*	*40*	

Next, the scores of each cluster in relation to the five factors were examined (table 45).

Table 45. Score of respondents within cluster on lifestyle orientations

	C. 1	C. 2	C. 3	C. 4	Cl. 5

Locally Engaged and Idealistic Orientation	-.34890	.05314	-.92394	1.07578	.27660
Enterprising and Self-Development Orientation	-1.43673	.68579	.37976	-.04567	.02188
Social Orientation	.14897	.20289	.33714	.58616	-1.10728
Physical Environment Orientation	-.45878	-.53706	.55512	.75297	-.37669
Personal Environment Orientation	.31966	1.08949	-.55719	-.32117	-.37269

APPENDIX 6: LIFESTYLE ORIENTATIONS VERSUS TRADITIONAL VARIABLES

Lifestyle Orientations versus Gender

The variable 'gender' is not significantly related to the variable 'lifestyle'.

Table 46. Lifestyle orientation in relation to gender
1 = Stable and Traditional Orientation, 2 = Familist and Enterprising Orientation, 3 = Boundless and Vital Orientation, 4 = Public and Social Orientation, 5 = Solitary and Secure Orientation

	Male		Female		*Total*	
	n	%	n	%	*n*	*%*
1	16	13.8	19	17.6	*35*	*15.6*
2	19	16.4	26	24.1	*45*	*20.1*
3	28	24.1	24	22.2	*52*	*23.2*
4	20	17.2	21	19.4	*41*	*18.3*
5	33	28.4	18	16.7	*51*	*22.8*
Total	*116*	*100*	*108*	*100*	*224*	*100,0*

Table 47. Chi-Square test lifestyle orientation in relation to gender

	Value	df	Sig.
Pearson Chi-Square	5.812	4	.214
Likelihood Ratio	5.875	4	.209
Cramer's V	0.161		0.214

Lifestyle Orientations versus Age

The categories 55-64 and 65 and older were merged, in order to correct for the empty cells. The variable 'age' is significantly related to the variable 'lifestyle' (sig. = .004).

Table 48. Lifestyle orientation in relation to age
1 = Stable and Traditional Orientation, 2 = Familist and Enterprising Orientation, 3 = Boundless and Vital Orientation, 4 = Public and Social Orientation, 5 = Solitary and Secure Orientation

	18-24		25-34		35-45		45-54		55+		*Total*	
	n	%	n	%	n	%	n	%	n	%	*n*	*%*
1	5	11.4	10	11.5	5	13.5	6	23.1	10	34.5	*36*	*16.1*
2	10	22.7	21	24.1	8	21.6	2	7.7	5	17.2	*46*	*20.6*
3	17	38.6	22	25.3	10	27.0	2	7.7	0	0.0	*51*	*22.9*
4	7	15.9	17	19.5	6	16.2	6	23.1	4	13.8	*40*	*17.9*
5	5	11.4	17	19,5	8	21.6	10	38.5	10	34.5	*50*	*22.4*
Total	*44*	*100*	*87*	*100*	*37*	*100*	*26*	*100*	*29*	*100*	*223*	*100*

Table 49. Chi-Square test lifestyle orientation in relation to age

	Value	df	Sig.
Pearson Chi-Square	34.744	16	.004
Likelihood Ratio	40.458	16	.001
Cramer's V	.197		.004

Lifestyle Orientations versus Income

The variable 'income' is not significantly related to the variable 'lifestyle'.

Table 50. Lifestyle orientation in relation to income
1 = Stable and Traditional Orientation, 2 = Familist and Enterprising Orientation, 3 = Boundless and Vital Orientation, 4 = Public and Social Orientation, 5 = Solitary and Secure Orientation

	Lower than €20.000		€20.000 to €30.000		€30.000 to €40.000		€40.000 to €50.000		€50,000 to €80,000		€80,000+		*Total*	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
1	9	14.8	6	18.2	8	17.4	1	3.7	5	20.0	1	8.3	*30*	*14.7*
2	13	21.3	6	18.2	11	23.9	3	11.1	5	20.0	2	16.7	*40*	*19.6*
3	17	27.9	6	18.2	9	19.6	8	29.6	5	20.0	4	33.3	*49*	*24.0*
4	11	18.0	8	24.2	6	13.0	8	29.6	1	4.0	3	25.0	*37*	*18.1*
5	11	18.0	7	21.2	12	26.1	7	25.9	9	36.0	2	16.7	*48*	*23.5*
Total	*61*	*100*	*33*	*100*	*46*	*100*	*27*	*100*	*25*	*100*	*12*	*100*	*204*	*100*

Table 51. Chi-Square test lifestyle orientation in relation to income

	Value	df	Sig.
Pearson Chi-Square	16.629	20	.677
Likelihood Ratio	18.524	20	.553
Cramer's V	.286		.677

Lifestyle Orientations versus Education

26 cells (65.0%) have expected count less than 5. The minimum expected count is .31.

Table 52. Lifestyle orientation in relation to education
1 = Stable and Traditional Orientation, 2 = Familist and Enterprising Orientation, 3 = Boundless and Vital Orientation, 4 = Public and Social Orientation, 5 = Solitary and Secure Orientation

	Primary school, no education		VMBO/ MAVO		HAVO/ VWO		MBO		HBO Bachelor		WO Bachelor		HBO/WO master of doctor		*Other*		*Total*	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	*n*	*%*
1	2	100	2	40	6	20	2	15	6	11	3	18	11	12	3	60	*35*	*16*
2	0	0	2	40	5	17	3	23	11	19	1	6	24	25	0	0	*46*	*21*
3	0	0	0	0	10	33	1	8	12	21	6	35	22	23	0	0	*51*	*23*
4	0	0	1	20	3	10	3	23	14	25	1	6	19	20	0	0	*41*	*18*
5	0	0	0	0	6	20	4	31	14	25	6	35	19	20	2	40	*51*	*23*
To-tal	*2*	*100*	*5*	*100*	*30*	*100*	*13*	*100*	*57*	*100*	*17*	*100*	*95*	*100*	*5*	*100*	*224*	*100*

Lifestyle Orientations versus Nationality

25 cells (83.3%) have expected count less than 5. The minimum expected count is .16.

Table 53. Lifestyle orientation in relation to nationality
1 = Stable and Traditional Orientation, 2 = Familist and Enterprising Orientation, 3 = Boundless and Vital Orientation, 4 = Public and Social Orientation, 5 = Solitary and Secure Orientation

	Dutch		Other Western		Moroccan		Turkish		Surinam/ Antillean		Other non-Western		*Total*	
	n	%	n	%	n	%	n	%	n	%	n	%	*n*	*%*
1	32	15.8	1	11.1	0	0.0	2	33.3	0	0.0	0	0.0	*35*	*15.6*
2	38	18.8	7	77.8	0	0.0	1	16.7	0	0.0	0	0.0	*46*	*20.5*
3	48	23.8	0	0.0	0	0.0	2	33.3	0	0.0	2	100	*52*	*23.2*
4	35	17.3	1	11.1	4	100	0	0.0	0	0.0	0	0.0	*40*	*17.9*
5	49	24.3	0	0.0	0	0.0	1	16.7	1	100	0	0.0	*51*	*22.8*
Total	*202*	*100*	*9*	*100*	*4*	*100*	*6*	*100*	*1*	*100*	*2*	*100*	*224*	*100*

Lifestyle Orientations versus Household Composition

10 cells (33.3%) have expected count less than 5. The minimum expected count is .32.

Table 54. Lifestyle orientation in relation to household composition
1 = Stable and Traditional Orientation, 2 = Familist and Enterprising Orientation, 3 = Boundless and Vital Orientation, 4 = Public and Social Orientation, 5 = Solitary and Secure Orientation

	One-person household		Two-person household without children		One-parent household with child(ren)		Two-parent household with child(ren)		Student-house		Other		*Total*	
	n	%	n	%	n	%	n	%	n	%	n	%	*n*	*%*
1	7	13.5	13	19.7	3	20.0	7	13.5	6	16.2	0	0.0	*36*	*16.1*
2	10	19.2	12	18.2	4	26.7	9	17.3	10	27.0	0	0.0	*45*	*20.1*
3	11	21.2	20	30.3	1	6.7	9	17.3	10	27.0	1	50.0	*52*	*23.2*
4	10	19.2	9	13.6	6	40.0	12	23.1	4	10.8	0	0.0	*41*	*18.3*
5	14	26.9	12	18.2	1	6.7	15	28.8	7	18.9	1	50.0	*50*	*22.3*
To-tal	*52*	*100*	*66*	*100*	*15*	*100*	*52*	*100*	*37*	*100*	*2*	*100*	*224*	*100*

Table 55.Chi-Square test lifestyle orientation in relation to household composition

	Value	df	Sig.
Pearson Chi-Square	17.246	16	.370
Likelihood Ratio	17.556	16	.351

Cramer's V	.139		.370

Lifestyle Orientations versus Daily Occupation

25 cells (71.4%) have expected count less than 5. The minimum expected count is .16.

Table 56. Lifestyle orientation in relation to daily occupation
1 = Stable and Traditional Orientation, 2 = Familist and Enterprising Orientation, 3 = Boundless and Vital Orientation, 4 = Public and Social Orientation, 5 = Solitary and Secure Orientation

	Student		Employed		Volunteer		Un-employed		Retired		Incapa-citated		Other		*Total*	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	*n*	*%*
1	6	15.4	22	13.5	0	0.0	2	28.6	3	30.0	2	50.0	1	50.0	*36*	*15.9*
2	11	28.2	33	20.2	0	0.0	0	0.0	2	20.0	0	0.0	0	0.0	*46*	*20.4*
3	12	30.8	39	23.9	0	0.0	1	14.3	0	0.0	0	0.0	0	0.0	*52*	*23.0*
4	4	10.3	32	19.6	1	100	3	42.9	0	0.0	1	25.0	0	0.0	*41*	*18.1*
5	6	15.4	37	22.7	0	0.0	1	14.3	5	50.0	1	25.0	1	50.0	*51*	*22.6*
Total	*39*	*100*	*163*	*100*	*1*	*100*	*7*	*100*	*10*	*100*	*4*	*100*	*2*	*100*	*226*	*100*

APPENDIX 7: COMMUNITY PARTICIPATION

EXPLANATORY POWER OF TRADITIONAL VARIABLES AND LIFESTYLE DIMENSIONS

Table 57. Categorical Variables Codings

Variable	Category	Parameter Coding
Gender	Male	.000
	Female	1.000
Daily Occupation	Employed	.000
	Unemployed	1.000
Household	No children	1.000
	Children	.000
Nationality	Dutch	.000
	Not Dutch	1.000
Education	Low	.000
	High	1.000

Table 58. Model coefficients and model summary of taking part in the maintenance of green spaces

		Chi-square	df	Sig.	-2 Loglikelihood	Nagelkerke R Square
Step 1	Step	21.285	7	.003	247.495	.131
	Block	21.285	7	.003		
	Model	21.285	7	.003		
Step 2	Step	10.891	5	.054	236.604	.193
	Block	10.891	5	.054		
	Model	32.176	12	.001		

Table 59. Variables in the equation of taking part in the maintenance of green spaces

	Step 1				Step 2			
Variable	B	S.E.	Wald	Sig.	B	S.E.	Wald	Sig.
Constant	-.073	.848	.007	.931	-.158	.861	.034	.854
Gender(1)	-.328	.313	1.098	.295	-.368	.332	1.229	.268
Age	.198	.155	1.639	.200	.175	.167	1.086	.297
Education(1)	.329	.470	.492	.483	.281	.492	.325	.568

Occupation(1)	-1.484	.837	3.144	.076	-1.351	.850	2.528	.112
Income	-.266	.112	5.626	.018	-.256	.117	4.759	.029
Household(1)	-.709	.340	4.354	.037	-.586	.353	2.761	.097
Nationality(1)	-1.423	.795	3.203	.074	-1.423	.809	3.095	.079
Factor 1					.489	.180	7.350	.007
Factor 2					-.171	.176	.949	.330
Factor 3					-.026	.173	.022	.881
Factor 4					.231	.179	1.657	.198
Factor 5					-.039	.175	.049	.824

Table 60. Model coefficients & model summary of taking part in the cleaning and maintenance of public spaces

		Chi-square	df	Sig.	-2 Loglikelihood	Nagelkerke R Square
Step 1	Step	30.398	7	.000	267.311	.176
	Block	30.398	7	.000		
	Model	30.398	7	.000		
Step 2	Step	13.461	5	.019	253.850	.246
	Block	13.461	5	.019		
	Model	43.859	12	.000		

Table 61. Variables in the equation of taking part in the cleaning and maintenance of public spaces

	Step 1				Step 2			
Variable	**B**	**S.E.**	**Wald**	**Sig.**	**B**	**S.E.**	**Wald**	**Sig.**
Constant	1.827	.792	5.319	.021	2.050	.836	6.018	.014
Education(1)	-.340	.417	.665	.415	-.362	.445	.662	.416
Occupation(1)	-1.505	.557	7.295	.007	-1.300	.584	4.945	.026
Income	.019	.112	.029	.864	.040	.120	.112	.738
Household(1)	-1.300	.363	12.792	.000	-1.228	.382	10.352	.001
Nationality(1)	-.903	.545	2.751	.097	-1.092	.576	3.595	.058
Gender(1)	.160	.297	.289	.591	.076	.315	.058	.809
Age	-.098	.132	.553	.457	-.209	.152	1.893	.169
Factor 1					.373	.163	5.204	.023
Factor 2					-.175	.178	.970	.325
Factor 3					-.267	.174	2.345	.126
Factor 4					.190	.161	1.394	.238
Factor 5					.304	.167	3.324	.068

Table 62. Model coefficients & model summary of taking part in social activities

		Chi-square	df	Sig.	-2 Loglikelihood	Nagelkerke R Square
Step 1	Step	43.649	7	.000	241.619	.250
	Block	43.649	7	.000		
	Model	43.649	7	.000		
Step 2	Step	11.010	5	.051	230.609	.305
	Block	11.010	5	.051		
	Model	54.659	12	.000		

Table 63. Variables in the equation of taking part in social activities

	Step 1				Step 2			
Variable	**B**	**S.E.**	**Wald**	**Sig.**	**B**	**S.E.**	**Wald**	**Sig.**
Constant	.364	.800	.207	.649	.115	.822	.020	.889

Education(1)	.576	.453	1.618	.203	.253	.479	.278	.598
Occupation(1)	-2.123	.769	7.613	.006	-1.785	.799	4.993	.025
Income	-.109	.114	.918	.338	-.052	.120	.190	.663
Household(1)	-1.335	.354	14.177	.000	-1.336	.368	13.188	.000
Nationality(1)	-.056	.559	.010	.920	.020	.586	.001	.973
Gender(1)	-.376	.317	1.401	.237	-.274	.338	.659	.417
Age	.116	.137	.713	.398	.185	.156	1.395	.238
Factor 1					.523	.182	8.301	.004
Factor 2					.177	.185	.916	.339
Factor 3					-.009	.176	.003	.958
Factor 4					.121	.167	.527	.468
Factor 5					-.186	.174	1.133	.287

Table 64. Model coefficients & model summary of organizing participation activities

		Chi-square	df	Sig.	-2 Loglikelihood	Nagelkerke R Square
Step 1	Step	22.066	7	.002	209.248	.146
	Block	22.066	7	.002		
	Model	22.066	7	.002		
Step 2	Step	14.414	5	.013	194.834	.234
	Block	14.414	5	.013		
	Model	36.480	12	.000		

Table 65. Variables in the equation of organizing participation activities

	Step 1				Step 2			
Variable	**B**	**S.E.**	**Wald**	**Sig.**	**B**	**S.E.**	**Wald**	**Sig.**
Constant	-.928	.886	1.098	.295	-1.114	.923	1.455	.228
Education(1)	-.168	.470	.128	.721	-.548	.507	1.170	.279
Occupation(1)	-.592	.875	.458	.499	-.362	.908	.159	.690
Income	-.108	.122	.787	.375	-.045	.131	.121	.728
Household(1)	-1.175	.364	10.439	.001	-1.161	.385	9.093	.003
Nationality(1)	.119	.598	.039	.843	.194	.629	.095	.758
Gender(1)	-.189	.349	.293	.588	-.058	.371	.025	.875
Age	.317	.162	3.836	.050	.322	.174	3.419	.064
Factor 1					.730	.221	10.931	.001
Factor 2					.133	.200	.443	.505
Factor 3					-.148	.193	.587	.444
Factor 4					-.216	.202	1.153	.283
Factor 5					.137	.198	.480	.488

TAKING PART IN PARTICIPATION ACTIVITIES

Table 66. Descriptive statistics lifestyle orientations in relation to taking part in participation activities

	N	Mean	Std. Deviation
Stable and Traditional Orientation	36	1.3611	.36667
Familist and Enterprising Orientation	46	1.2783	.28434
Boundless and Vital Orientation	50	1.2320	.28388
Public and Social Orientation	42	1.4619	.38124
Solitary and Secure Orientation	53	1.4377	.41520
Total	*227*	*1.3524*	*.35875*

Table 67. ANOVA test for taking part in activities

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1.870	4	.467	3.813	.005
Within Groups	27.216	222	.123		
Total	29.086	226			

Table 68. Bonferroni test for taking part in activities

Lifestyle Orientation	Lifestyle Orientation	Mean Difference	Std. Error	Sig.
Stable and Traditional Orientation	Familist and Enterprising Orientation	.08285	.07791	1.000
	Boundless and Vital Orientation	.12911	.07653	.930
	Public and Social Orientation	-.10079	.07953	1.000
	Solitary and Secure Orientation	-.07662	.07562	1.000
Familist and Enterprising Orientation	Stable and Traditional Orientation	-.08285	.07791	1.000
	Boundless and Vital Orientation	.04626	.07153	1.000
	Public and Social Orientation	-.18364	.07473	.148
	Solitary and Secure Orientation	-.15947	.07056	.248
Boundless and Vital Orientation	Stable and Traditional Orientation	-.12911	.07653	.930
	Familist and Enterprising Orientation	-.04626	.07153	1.000
	Public and Social Orientation	**-.22990***	.07329	.019
	Solitary and Secure Orientation	**-.20574***	.06903	.032
Public and Social Orientation	Stable and Traditional Orientation	.10079	.07953	1.000
	Familist and Enterprising Orientation	.18364	.07473	.148
	Boundless and Vital Orientation	**.22990***	.07329	.019
	Solitary and Secure Orientation	.02417	.07233	1.000
Solitary and Secure Orientation	Stable and Traditional Orientation	.07662	.07562	1.000
	Familist and Enterprising Orientation	.15947	.07056	.248
	Boundless and Vital Orientation	**.20574***	.06903	.032
	Public and Social Orientation	-.02417	.07233	1.000

ORGANIZING PARTICIPATION ACTIVITIES

Table 69. Descriptive statistics lifestyle orientations in relation to organizing participation activities

	N	Mean	Std. Deviation
Stable and Traditional Orientation	36	1.1000	.23176
Familist and Enterprising Orientation	46	1.0826	.19585
Boundless and Vital Orientation	50	1.0200	.09258
Public and Social Orientation	42	1.1333	.23651
Solitary and Secure Orientation	53	1.1736	.32825
Total	*227*	1.1022	.23602

Table 70. ANOVA test for organizing participation activities

	Sum of Squares	df	Mean Square	F	Sig.

Between Groups	.666	4	.167	3.102	.016
Within Groups	11.922	222	.054		
Total	12.589	226			

Table 71. Bonferroni test for organizing participation activities

Lifestyle Orientation	Lifestyle Orientation	Mean Difference	Std. Error	Sig.
Stable and Traditional Orientation	Familist and Enterprising Orientation	.01739	.05157	1.000
	Boundless and Vital Orientation	.08000	.05065	1.000
	Public and Social Orientation	-.03333	.05264	1.000
	Solitary and Secure Orientation	-.07358	.05005	1.000
Familist and Enterprising Orientation	Stable and Traditional Orientation	-.01739	.05157	1.000
	Boundless and Vital Orientation	.06261	.04735	1.000
	Public and Social Orientation	-.05072	.04946	1.000
	Solitary and Secure Orientation	-.09098	.04670	.527
Boundless and Vital Orientation	Stable and Traditional Orientation	-.08000	.05065	1.000
	Familist and Enterprising Orientation	-.06261	.04735	1.000
	Public and Social Orientation	-.11333	.04851	.204
	Solitary and Secure Orientation	**-.15358***	.04569	.009
Public and Social Orientation	Stable and Traditional Orientation	.03333	.05264	1.000
	Familist and Enterprising Orientation	.05072	.04946	1.000
	Boundless and Vital Orientation	.11333	.04851	.204
	Solitary and Secure Orientation	-.04025	.04787	1.000
Solitary and Secure Orientation	Stable and Traditional Orientation	.07358	.05005	1.000
	Familist and Enterprising Orientation	.09098	.04670	.527
	Boundless and Vital Orientation	**.15358***	.04569	.009
	Public and Social Orientation	.04025	.04787	1.000

LIFESTYLE ORIENTATIONS IN RELATION TO PARTICIPATION ACTIVITIES

Table 72. Descriptive statistics lifestyle orientation in relation to participation activities

Activity	Lifestyle Orientation	N	Mean	Std. Deviation
Taking part in the maintenance of green spaces	Stable and Traditional Orientation	36	1,36	,543
	Familist and Enterprising Orientation	46	1,26	,575
	Boundless and Vital Orientation	50	1,26	,443
	Public and Social Orientation	42	1,62	,795
	Solitary and Secure Orientation	53	1,43	,665
	Total	227	1,38	,623
Taking part in community gardening projects	Stable and Traditional Orientation	36	1,14	,351
	Familist and Enterprising Orientation	46	1,15	,470
	Boundless and Vital Orientation	50	1,00	,000
	Public and Social Orientation	42	1,24	,617
	Solitary and Secure Orientation	53	1,19	,557
	Total	227	1,14	,458
Taking part in cleaning and	Stable and Traditional Orientation	36	1,83	,737
	Familist and Enterprising Orientation	46	1,59	,580
	Boundless and Vital Orientation	50	1,52	,614

maintaining public space	Public and Social Orientation	43	1,79	,742
	Solitary and Secure Orientation	53	1,74	,655
	Total	228	1,68	,668
Taking part in cleaning and maintaining playgrounds	Stable and Traditional Orientation	36	1,14	,351
	Familist and Enterprising Orientation	46	1,02	,147
	Boundless and Vital Orientation	50	1,06	,314
	Public and Social Orientation	42	1,05	,216
	Solitary and Secure Orientation	53	1,17	,470
	Total	227	1,09	,327
Taking part in social activities	Stable and Traditional Orientation	36	1,33	,535
	Familist and Enterprising Orientation	46	1,37	,532
	Boundless and Vital Orientation	50	1,32	,551
	Public and Social Orientation	43	1,63	,655
	Solitary and Secure Orientation	53	1,66	,758
	Total	228	1,47	,632
Organizing the maintenance of green spaces	Stable and Traditional Orientation	36	1,06	,232
	Familist and Enterprising Orientation	46	1,07	,327
	Boundless and Vital Orientation	50	1,02	,141
	Public and Social Orientation	42	1,05	,216
	Solitary and Secure Orientation	53	1,11	,423
	Total	227	1,06	,291
Organizing community gardening projects	Stable and Traditional Orientation	36	1,00	,000
	Familist and Enterprising Orientation	46	1,04	,206
	Boundless and Vital Orientation	50	1,00	,000
	Public and Social Orientation	42	1,02	,154
	Solitary and Secure Orientation	53	1,13	,440
	Total	227	1,04	,245
Organizing cleaning and maintaining public space	Stable and Traditional Orientation	36	1,25	,554
	Familist and Enterprising Orientation	46	1,13	,400
	Boundless and Vital Orientation	50	1,02	,141
	Public and Social Orientation	42	1,19	,455
	Solitary and Secure Orientation	53	1,17	,427
	Total	227	1,15	,411
Organizing cleaning and maintaining playgrounds	Stable and Traditional Orientation	36	1,06	,232
	Familist and Enterprising Orientation	46	1,02	,147
	Boundless and Vital Orientation	50	1,02	,141
	Public and Social Orientation	42	1,07	,261
	Solitary and Secure Orientation	53	1,08	,331
	Total	227	1,05	,235
Organizing social activities	Stable and Traditional Orientation	36	1,14	,424
	Familist and Enterprising Orientation	46	1,15	,420
	Boundless and Vital Orientation	50	1,04	,198
	Public and Social Orientation	43	1,35	,650
	Solitary and Secure Orientation	53	1,38	,657
	Total	228	1,21	,516

Table 73. ANOVA tests lifestyle orientation in relation to participation activities

		Sum of Squares	df	Mean Square	F	Sig.
Taking part in the maintenance of green spaces	Between Groups	3,938	4	,984	2,610	,036
	Within Groups	83,719	222	,377		
	Total	87,656	226			
Taking part in community gardening projects	Between Groups	1,516	4	,379	1,831	,124
	Within Groups	45,973	222	,207		
	Total	47,489	226			

Taking part in cleaning and maintaining public space	Between Groups	3,213	4	,803	1,827	,125
	Within Groups	98,050	223	,440		
	Total	101,263	227			
Taking part in cleaning and maintaining playgrounds	Between Groups	,758	4	,189	1,791	,132
	Within Groups	23,480	222	,106		
	Total	24,238	226			
Taking part in social activities	Between Groups	5,254	4	1,314	3,425	,010
	Within Groups	85,531	223	,384		
	Total	90,785	227			
Organizing the maintenance of green spaces	Between Groups	,238	4	,059	,698	,594
	Within Groups	18,899	222	,085		
	Total	19,137	226			
Organizing community gardening projects	Between Groups	,595	4	,149	2,546	,040
	Within Groups	12,965	222	,058		
	Total	13,559	226			
Organizing cleaning and maintaining public space	Between Groups	1,307	4	,327	1,967	,101
	Within Groups	36,895	222	,166		
	Total	38,203	226			
Organizing cleaning and maintaining playgrounds	Between Groups	,136	4	,034	,612	,654
	Within Groups	12,331	222	,056		
	Total	12,467	226			
Organizing social activities	Between Groups	4,089	4	1,022	4,043	,003
	Within Groups	56,381	223	,253		
	Total	60,469	227			

PARTICIPATING ALONE OR WITH OTHERS

Table 74. Lifestyle orientation in relation to participating alone or with others

	Stable and Traditional Orientation		Familist and Enterprising Orientation		Boundless and Vital Orientation		Public and Social Orientation		Solitary and Secure Orientation		*Total*	
	n	%	n	%	n	%	n	%	n	%	*n*	*%*
Always Alone	7	31,8	8	28,6	9	33,3	4	12,9	6	17,1	*34*	*23,8*
Mostly Alone	6	27,3	8	28,6	6	22,2	8	25,8	6	17,1	*34*	*23,8*
Mostly with Others	4	18,2	10	35,7	8	29,6	8	25,8	13	37,1	*43*	*30,1*
Always with Others	5	22,7	2	7,1	4	14,8	11	35,5	10	28,6	*32*	*22,4*
Total	*22*	*100*	*28*	*100*	*27*	*100*	*31*	*100*	*35*	*100*	*143*	*100*

Table 75. Chi-Square test lifestyle orientation in relation to participating alone or with others

	Value	df	Sig.
Pearson Chi-Square	13.885	12	.308
Likelihood Ratio	14.989	12	.242
Cramer's V	.180		.308

EFFECTS OF PARTICIPATION

Table 76. Descriptive statistics lifestyle orientation in relation to effects of participation

	Stable & Traditional Orientation	Familist & Enterprising Orientation	Boundless & Vital Orientation	Public & Social Orientation	Solitary & Secure Orientation	Total

Increase in quality of contact between residents	3.52	3.44	3.32	3.87	3.58	*3.56*
Increase in connectivity with other residents	3.30	3.48	3.44	4.03	3.78	*3.64*
I met people I did not know before	3.43	3.26	3.32	3.66	3.53	*3.45*
The group of people that I know has become more diverse	2.70	3.00	2.64	2.93	3.00	*2.87*
Increase in trust for fellow residents	2.64	3.04	2.92	3.10	2.86	*2.92*
Increase in feeling at home	3.21	3.59	3.40	3.70	3.28	*3.44*
Increase in enjoyment of living	3.04	3.74	3.50	3.97	3.56	*3.58*
Decrease in social problems among residents	2.58	3.00	2.54	2.90	2.92	*2.81*
Increase in physical attractiveness of neighborhood	3.54	3.52	3.84	3.77	3.69	*3.68*
Increase in usage of public space by residents	2.48	3.04	2.79	3.03	3.00	*2.90*
Participation as a positive experience	3.43	3.74	3.40	4.16	3.78	*3.73*
Total	*3.08*	*3.35*	*3.19*	*3.56*	*3.36*	*3.33*

Table 77. ANOVA tests lifestyle orientation in relation to effects of participation

		Sum of Squares	df	Mean Square	F	Sig.
Increase in quality of contact between residents	Between Groups	4,675	4	1,169	1,499	,206
	Within Groups	106,062	136	,780		
	Total	110,738	140			
Increase in connectivity with other residents	Between Groups	9,594	4	2,398	3,751	,006
	Within Groups	86,959	136	,639		
	Total	96,553	140			
I met people I did not know before	Between Groups	2,849	4	,712	,642	,634
	Within Groups	149,801	135	1,110		
	Total	152,650	139			
The group of people that I know has become more diverse	Between Groups	3,189	4	,797	,908	,461
	Within Groups	118,496	135	,878		
	Total	121,686	139			
Increase in trust for fellow residents	Between Groups	3,240	4	,810	1,035	,392
	Within Groups	104,889	134	,783		
	Total	108,129	138			
Increase in feeling at home	Between Groups	4,931	4	1,233	1,593	,180
	Within Groups	105,999	137	,774		
	Total	110,930	141			
Increase in enjoyment of living	Between Groups	12,313	4	3,078	4,984	,001
	Within Groups	83,999	136	,618		
	Total	96,312	140			
Decrease in social problems among residents	Between Groups	4,588	4	1,147	1,788	,135
	Within Groups	87,242	136	,641		
	Total	91,830	140			
Increase in physical attractiveness of neighborhood	Between Groups	2,034	4	,508	,676	,610
	Within Groups	103,065	137	,752		
	Total	105,099	141			
Increase in usage of public space by residents	Between Groups	5,454	4	1,363	1,693	,155
	Within Groups	107,126	133	,805		
	Total	112,580	137			
Participation as a positive experience	Between Groups	10,578	4	2,644	3,442	,010
	Within Groups	105,253	137	,768		
	Total	115,831	141			

Table 78. Descriptive statistics effects of participation in relation to participating alone or with others

		N	Mean	Std. Deviation
Increase in quality of contact between residents	Always alone	34	3.09	.820
	Mostly alone	41	3.10	.998
	Mostly with others	36	3.86	.775
	Always with others	32	3.94	.863
	Total	142	3.48	.954
Increase in connectivity with other residents	Always alone	34	3.14	.836
	Mostly alone	40	3.42	.793
	Mostly with others	35	3.90	.771
	Always with others	32	4.11	.750
	Total	141	3.62	.867
I met people I did not know before	Always alone	34	2.86	.902
	Mostly alone	40	2.97	1.065
	Mostly with others	36	3.93	.898
	Always with others	32	3.90	.979
	Total	142	3.40	1.079
The group of people that I know has become more diverse	Always alone	34	2.84	.935
	Mostly alone	42	2.90	.889
	Mostly with others	36	3.06	1.092
	Always with others	31	2.97	.923
	Total	142	2.94	.954
Increase in trust for fellow residents	Always alone	34	2.70	.958
	Mostly alone	42	2.81	.858
	Mostly with others	35	3.21	.836
	Always with others	31	3.12	.944
	Total	141	2.95	.912
Increase in feeling at home	Always alone	35	3.34	.831
	Mostly alone	42	3.30	.966
	Mostly with others	36	3.46	.983
	Always with others	32	3.73	.668
	Total	144	3.44	.887
Increase in enjoyment of living	Always alone	35	3.56	.667
	Mostly alone	39	3.31	.883
	Mostly with others	33	3.82	.743
	Always with others	32	3.76	.830
	Total	139	3.60	.805
Decrease in social problems among residents	Always alone	35	2.89	.853
	Mostly alone	38	2.47	.778
	Mostly with others	36	2.95	.762
	Always with others	32	2.95	.873

	Total	141	2.80	.832
Increase in physical attractiveness of neighborhood	Always alone	35	3.79	.821
	Mostly alone	42	3.88	.883
	Mostly with others	36	3.58	.917
	Always with others	32	3.52	.855
	Total	144	3.70	.875
Increase in usage of public space by residents	Always alone	33	2.81	.931
	Mostly alone	39	2.76	.930
	Mostly with others	35	3.05	.907
	Always with others	32	2.92	.941
	Total	139	2.88	.924
Participation as a positive experience	Always alone	34	3.31	.732
	Mostly alone	39	3.66	.806
	Mostly with others	37	3.76	1.107
	Always with others	32	4.09	.803
	Total	142	3.70	.908

Table 79. ANOVA tests for effects of participation in relation to participating alone or with others

		Sum of Squares	df	Mean Square	F	Sig.
Increase in quality of contact between residents	Between Groups	22,920	3	7,640	9,976	.000
	Within Groups	105,688	138	,766		
	Total	128,607	141			
Increase in connectivity with other residents	Between Groups	19,796	3	6,599	10,537	.000
	Within Groups	85,169	136	,626		
	Total	104,966	139			
I met people I did not know before	Between Groups	35,035	3	11,678	12,409	.000
	Within Groups	128,939	137	,941		
	Total	163,974	140			
The group of people that I know has become more diverse	Between Groups	,906	3	,302	,326	.807
	Within Groups	127,944	138	,927		
	Total	128,850	141			
Increase in trust for fellow residents	Between Groups	6,288	3	2,096	2,599	.055
	Within Groups	110,512	137	,807		
	Total	116,801	140			
Increase in feeling at home	Between Groups	3,848	3	1,283	1,650	.181
	Within Groups	108,811	140	,777		
	Total	112,659	143			
Increase in enjoyment of living	Between Groups	5,745	3	1,915	3,075	.030
	Within Groups	83,454	134	,623		
	Total	89,199	137			
	Between Groups	5,878	3	1,959	2,946	.035
	Within Groups	91,113	137	,665		

Decrease in social problems among residents	Total	96,991	140			
Increase in physical attractiveness of neighborhood	Between Groups	3,259	3	1,086	1,430	.237
	Within Groups	106,378	140	,760		
	Total	109,637	143			
Increase in usage of public space by residents	Between Groups	1,727	3	,576	,669	.573
	Within Groups	116,202	135	,861		
	Total	117,929	138			
Participation as a positive experience	Between Groups	10,021	3	3,340	4,304	.006
	Within Groups	106,321	137	,776		
	Total	116,342	140			

REASONS FOR NONPARTICIPATION

Table 80. Frequencies reasons for nonparticipation

Reason for Nonparticipation	N	%	% of Cases
I am not interested in participating in such activities	39	15.4	28.3
I do not know anyone who participates in such activities	41	16.2	29.7
I did not know such activities exist	59	23.3	42.8
I did not know I could join such activities	22	8.7	15.9
I do not have good experiences with the people that join such activities	0	0	0
I do not feel comfortable during such activities	10	4	7.2
I do not feel I can contribute to such activities	2	0.8	1.4
I think it is the job of the government	19	7.5	13.8
Other	61	24.1	44.2
Total	*249*	*100*	*182.5*

Table 81. Descriptive statistics lifestyle orientation in relation to reasons for nonparticipation

	Stable and Traditional Orientation		Familist and Enterprising Orientation		Boundless and Vital Orientation		Public and Social Orientation		Solitary and Secure Orientation		*Total*	
	n	%	n	%	n	%	n	%	n	%	*n*	*%*
a.	10	32.3	5	10.2	7	11.3	2	5.3	8	20.5	*32*	*14.6*
b.	1	3.2	10	20.4	12	19.4	6	15.8	4	10.3	*33*	*15.1*
c.	7	22.6	13	26.5	16	25.8	11	28.9	6	15.4	*53*	*24.2*
d.	1	3.2	4	8.2	6	9.7	7	18.4	2	5.1	*20*	*9.1*
e.	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	*0*	*0*
f.	2	6.5	0	0,0	3	4.8	1	2.6	4	10.3	*10*	*4.6*
g.	0	0.0	2	4,1	0	0.0	0	0.0	0	0.0	*2*	*0.9*
h.	2	6.5	5	10,2	3	4.8	2	5.3	4	10.3	*16*	*7.3*
i.	8	25.8	10	20.4	5	24.2	9	23.7	11	28.2	*13*	*5.9*
Total	*31*	*100*	*49*	*100*	*62*	*100*	*38*	*100*	*39*	*100*	*219*	*100*