

MASTERS
ECONOMICS

MASTERS FINAL WORK
DISSERTATION

**CAUSES AND CONSEQUENCES OF LATE LEAVING HOME
DECISIONS OF YOUNG ADULTS IN SOUTHERN EUROPE: A
SYSTEMATIC REVIEW**

PASCHALYN OLUEBUBE EZEIGWE

SEPTEMBER – 2024



Lisbon School
of Economics
& Management
Universidade de Lisboa

MASTERS
ECONOMICS

MASTERS FINAL WORK
DISSERTATION

CAUSES AND CONSEQUENCES OF LATE LEAVING HOME DECISIONS OF
YOUNG ADULTS IN SOUTHERN EUROPE: A SYSTEMATIC REVIEW

PASCHALYN OLUEBUBE EZEIGWE

ORIENTATION:

PAULA CRISTINA ANTUNES MATEUS DE ALBUQUERQUE

SEPTEMBER – 2024

ABSTRACT

This systematic review examines the causes and consequences of delay in leaving home decisions of young-adults in Southern Europe, with a particular focus on Greece, Italy, Portugal, and Spain. Methodologically rigorous, the review follows PRISMA-2020 guidelines, drawing on 27 studies after a comprehensive literature search on the Web of Science database. Based on the articles reviewed, the key causes of this delay in emancipation were strong family ties, job insecurities, inadequate youth policies, unemployment, and insufficient government spending on youth support. The consequences of this delay are significant, and they include: low fertility rates, reduced youth activism, and delayed independence. These findings underscore the need for targeted policies that address the socio-economic and cultural barriers inhibiting youth emancipation in Southern Europe.

Keywords; **Transition to Adulthood, Young- adults, Life-course, Leaving-home, Southern Europe.**

ACKNOWLEDGEMENT

I would like to express an endless gratitude to God for all He has done for me. A special thank you to my project supervisor, Professor P.C. Albuquerque for her immense support and guidance in accomplishing this thesis.

Besides, I extend my gratitude to all the professors that I had on my master's journey for their support.

Furthermore, I would love to extend my immense gratitude to my mom; Mrs. Pauline N. Ezennaya and my dad, Late Mr. Emmanuel A. Ezennaya, and my siblings, Chidinma, Ikenna, Franca, Genevieve & Paschal for their support, love and care. Special thanks to my brother-in-law, Dr. Vincent, and all my friends and well-wishers.

LIST OF FIGURES

Fig. 1 PRISMA flowchart	14
Fig. 2 COVID-19 and leaving home: overview of the possible scenarios and mechanisms	27
Fig. 3 The years of publication of the articles included	37

LIST OF TABLES

Table 1. Comparative table of traditional review and systematic review	5
Table 2. Reasons for exclusion of articles	16
Table 3. Overview of the causes identified	32
Table 4. Overview of the consequences identified	34
Table 5. Authorships of included articles.....	38
Table 6. Articles retrieved.....	48

TABLE OF CONTENTS

List of Figures.....	v
List of Tables.....	vi
1. Introduction.....	1
2. Methodology.....	4
2.1. General methodology for conducting a systematic review	5
2.2. Methodological approach for this Review.....	9
3. Results.....	17
3.1. What are the causes of the delay in young adults' decision to leave home in Southern Europe?.....	17
3.1.1. Cultural factors.....	17
3.1.2. Economic factors.....	20
3.1.3. Institutional factors.....	22
3.1.4. Individual variables.....	24
3.1.5. Other factors.....	25
3.2. What are the consequences the delay in young adults' decision to leave home in Southern Europe?.....	28
3.2.1. Low fertility rate.....	28
3.2.2. Delay in birth of first child.....	28
3.2.3. Postponing crucial life-cycle events.....	28
3.2.4. Low geographical mobility.....	29
3.2.5. Lack of / delayed independence.....	29
3.2.6. Low level of youth activism.....	29
3.2.7. Burden on parents.....	30
3.2.8. Low job experiences and skill acquisition level.....	30
4. Conclusion.....	39
References.....	41
Appendix I.....	48

1. INTRODUCTION

Beginning in the 1970s, sociologists and social historians proposed that the transition to adulthood in contemporary societies could be understood as a process characterized by a series of key events. The literature and statistical data identify these key events as signified shifts from roles typical of youth to those typical of adulthood, including completing education, entering the labor market, leaving the parental home, getting married, and becoming a parent (Billari, 2005; Billari & Liefbroer, 2010). Thus, the transition to adulthood can be seen as a process involving social and demographic shifts from the educational system to the labor market and from the parental home to an independent household. This period is demographically "dense," meaning it includes a high concentration of significant demographic events (Rindfuss, 1991).

Broadly speaking, one of the first stages of becoming an adult is moving out of the parents' house; establishing residential independence. This usually occurs when someone moves to another city or country to further their education, usually when they become economically independent of their family, or when they begin living with a partner (Billari, Philipov, & Baizán, 2001; De Jong, Liefbroer, & Beekink, 1991). The age at which young people exit their family of origin has historically increased over time, especially since the late 1960s in Western societies because of institutional and value changes (Aassve et al., 2002; Furstenberg Jr., 2010), economic factors like an unstable labor market and challenging economic conditions, difficulties in accessing the housing market, limited social and support policies for young people to gain independence, as well as cultural factors like familism (Moreno, 2012).

Accordingly, Billari & Liefbroer argues that a new dominant pattern in the transition to adulthood is emerging across Europe, this ideal-typical pattern is characterized by being late, protracted, and complex as opposed to that dominant in the 1950s and 1960s which can be described as early, contracted, and simple. It is considered '*late*' because many events occur later in young adulthood. It is '*protracted*' because the time span between the first and last transition—usually leaving home and entering parenthood or marriage—is relatively long. Additionally, it is referred to as being '*complex*' because numerous events take place during young adulthood, with some of these events even being repetitive (Billari & Liefbroer, 2010), such as the '*boomerang trajectories*' - referring to instances of moving back to the parental home during a crisis (Luppi et al., 2024). The "right" time to depart the

parental home has been postponed due to a number of factors such as increased family investment in children, children spending longer time in the education system, the desire to find a job that matches their qualifications, and the increased well-being of the families of origin (Buchmann & Kriesi, 2011; Sironi, 2015).

This paper is a systematic review of the available works of literature on the causes and consequences of the later leaving home decisions of young adults in four Southern European countries; Greece, Italy, Portugal, and Spain. There are both theoretical and empirical justifications for the emphasis on Southern Europe. In theory, Southern Europe is a perfect place to conduct research related to the delay in the transition of young adults to adulthood. Greece, Portugal, Italy, and Spain can be thought to be similar in several ways, including sharing a "latest-late" transition to adulthood (Billari, 2004; Billari et al., 2002), a familistic welfare state, deep familial relationships (Reher, 1998), and comparatively high levels of intergenerational co-residence (Ferraretto et al., 2024). From a comparative perspective, these countries offer a contrast to Northern and Western European countries where young adults tend to leave home earlier. Studying the differences can shed light on the broader social, economic, and cultural factors at play in these regions.

The increasing trend of young adults delaying their departure from the parental home is a significant social phenomenon with far-reaching implications. Despite its prevalence, there is a fragmented understanding of the underlying causes and the subsequent consequences of this delay. Existing research has explored various aspects such as economic factors, cultural influences, institutional and personal motivations, but these studies often lack a comprehensive synthesis that integrates these diverse factors.

The absence of a systematic review on this topic, especially focused on Southern European countries where this trend is particularly pronounced, highlights a critical gap in the literature. This gap limits the ability of policymakers, researchers, and social scientists to develop informed strategies and interventions to support young adults in their transition to independence.

This systematic review aims to address this gap by consolidating and synthesizing existing research on the complex factors influencing delayed home-leaving and its wide-ranging consequences, with a particular focus on Southern Europe. By providing a thorough and nuanced understanding of this issue, the review seeks to inform policy and practice, contributing to more effective support systems for young adults navigating this crucial life transition. Following the PRISMA-2020 (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines, we conducted a comprehensive literature search and

included a PRISMA flowchart to detail the study selection process, ensuring transparency and replicability in our methodology.

Research questions

This study seeks to address two (2) main research questions;

1. What are the causes of the delay in young adults' decision to leave home in Southern Europe?
2. What are the consequences of the delay in young adults' decision to leave home in Southern Europe?

Previous review findings

At the time of conducting this review, we are unaware of any previous systematic reviews that have addressed these research questions highlighted above with Southern European countries (Greece, Italy, Portugal & Spain) as case studies.

In the next section, we explain the differences between a systematic and a traditional literature review, describe the proper methodology for conducting a systematic review, and outline the methodological approach we used, followed by a narrative synthesis of our findings in Section 3, finally Section 4 offers our conclusions.

2. METHODOLOGY

Conceptualization

Literature reviews can be seen as a spectrum, ranging from traditional reviews to systematic reviews (Jesson et al., 2011). A systematic literature review involves a methodical and organized process for examining and combining research evidence on a particular question or subject. It is characterized by its methodological transparency and replicability. According to Petticrew & Roberts (2006), systematic literature reviews entail method for understanding large volumes of information and providing answers to questions about what works and what does not, as well as addressing various other types of inquiries. It allows researchers to evaluate and interpret all available evidence related to a specific research question and highlight the gaps in knowledge (if any). Briner & Denyer (2012) asserts that a systematic review focuses on a particular question, employing clear and transparent methods to conduct an exhaustive literature search and critical evaluation of individual studies, and then provides conclusions about what is currently understood and what remains unknown about the topic.

Tranfield et al. (2003) notes that the goal of a systematic review is to offer integrated insights through theoretical synthesis into various fields and sub-fields. By doing so, the researcher might establish a collection of 'field-tested and grounded technological rules' (Van Aken, 2001, p. 1). In this regard, it can be argued that a systematic review is central to 'pragmatic' management research, which seeks to benefit both academic and practitioner communities (Tranfield et al., 2003). Overall, the systematic review aims to provide a high quality, comprehensive, and unbiased summary of the existing evidence, helping to inform practice, policy, and further research. See table 1 below for a comparative overview of traditional and systematic literature review.

Table 1. Comparative table of traditional review and systematic review

	Traditional review	Systematic review
Aim	To gain a broad understanding, and description of the field	Tightly specified aim and objectives with a specific review question
Scope	Big picture	Narrow focus
Planning the review	No defined path, allows for creativity and exploration	Transparent process and documented audit trail
Identifying studies	Searching is probing, moving from one study to another, following up leads	Rigorous and comprehensive search for ALL studies
Selection of studies	Purposive selection made by the reviewer	Predetermined criteria for including and excluding studies
Quality assessment	Based on the reviewer's opinion	Checklists to assess the methodological quality of studies
Analysis and synthesis	Discursive	In tabular format and short summary answers
Methodological report	Not necessarily given	Must be presented for transparency

Source: *Adapted from Jesson et al. (2011, p.105)*

2.1. GENERAL METHODOLOGY FOR CONDUCTING A SYSTEMATIC REVIEW

Conducting a systematic review is a rigorous and structured process. Interestingly, considerable literature exists on conducting systematic reviews and research syntheses in medicine (e.g., Glasziou et al., 2001, Higgins et al., 2019), in social sciences (e.g., Petticrew & Roberts, 2006), and for the field of management, we have Denyer & Tranfield (2009), Tranfield, Denyer & Smart (2003) and Rousseau et al., (2008) to mention but a few. There are significant differences between medicine and management, hence, systematic review techniques used in each case should not be directly transferred from one to the other. Review methods need to be adapted to fit the specific research questions and assumptions of the field (Briner & Denyer, 2012). Despite a broad consensus on the stages involved in systematic literature reviews, these stages are not always linear and can vary significantly depending on the particular review question addressed. The major steps involved in conducting a systematic review can be summarized as follows:

- i) **Formulating the Research Question:** Define a clear and focused research question, a specific research question(s) is fundamental to conducting a systematic review as it shapes the entire review process, enhances the clarity, and relevance of the findings, as well as supporting a rigorous and reproducible methodology. If possible, use frameworks like PICO-Population, Intervention, Comparison, Outcome-(see Briner & Denyer (2012) for details) to guide the formulation of the question. Ensure the question is specific and answerable through the review process.
- ii) **Defining Inclusion and Exclusion Criteria:** Establish criteria to determine which studies will be included or excluded. Criteria can be based on factors such as study design, population characteristics, types of interventions, outcomes measured, language, and publication dates. Criteria for including or excluding specific literature from the process helps to define the review's scope and highlight its boundaries. It is important to clearly document these criteria to ensure transparency and replicability.
- iii) **Developing a Protocol:** To ensure objectivity and replicability in systematic review, all research procedures must be explicitly detailed before the review is conducted- “the systematic review protocol.” The review protocol serves as the blueprint to direct the review process. A protocol is a comprehensive work plan that outlines the purpose and method of your systematic review. It details your rationale and objectives, the approach for searching the literature, and the process for screening and synthesizing the findings. According to Tranfield et al., (2003) the review activities should not be planned with excessive rigidity but should allow for flexibility to adjust as the review progresses. This perspective is also supported by Moher et al.,(2009), who suggest that changes to the review protocol are an inherent part of the process. For a good example structure of a systematic review protocol see Briner& Denyer (2012, p. 121). While conducting systematic reviews in health and social care, it is pertinent to register the protocol in a registry such as PROSPERO to promote transparency and avoid duplication of an already existing review. The review protocol on this paper is available on request from the author.
- iv) **Systematic Literature Search:** A fundamental component of any systematic review is the literature search. This search, or information retrieval process, not

only influences the results of the review but also forms the basis of the data available for analysis. Rethlefsen et al., (2021) provide the 17-item checklists for conducting and reporting the search strategy used in a systematic review of literature, referred to as the PRISMA-S; an extension to the PRISMA Statement for Reporting Literature Searches in Systematic Reviews. This stage entails conducting comprehensive searches across databases (e.g., PubMed, Web of Science, Cochrane Library, Scopus), through the use of a combination of keywords, synonyms, abbreviations and controlled vocabulary (e.g., MeSH terms). The reviewer should document the search strategy, including databases searched, search terms used, and date of the search. If possible, reviewers should set up search alerts on the databases they are using. This will ensure they are notified of any new relevant publications during the review process.

- v) **Screening and Selecting Studies:** a first screening of titles and abstracts of identified studies against the inclusion/exclusion criteria should be done. Afterwards, retrieve full texts of potentially relevant studies from all searched database(s). Further screen full texts to determine final inclusion. Often, this step involves multiple reviewers to ensure reliability and minimize bias. In this review, the articles retrieved from the Web of Science database were independently screened by two reviewers in a blinded manner on the Rayyan software, this was to minimize the risk of bias in the review process and to ensure a fair and objective evaluation of each article's content.
- vi) **Data Extraction:** To minimize human error and bias, systematic reviews use data extraction forms (see Tranfield et al., 2003), all the selected studies that meet all inclusion criteria and no exclusion criteria are subject to data extraction process. Reviewers should gather all relevant information including authors name, publication year, title, researched countries/areas, age, sample size, research methodology and the main results of the study. It is also essential to have more than one reviewer cross-check the data extraction to identify and resolve any discrepancies.
- vii) **Assessing Study Quality:** The process of evaluating the methods and results of each study is commonly known as critical appraisal, and occasionally as "assessing study quality." In a systematic review, this evaluation seeks to

determine if the study is sufficient to answer the research question. Reviewers can evaluate the quality and risk of bias of included studies using standardized tools (e.g., Cochrane Risk of Bias tool, Newcastle-Ottawa Scale, Critical Appraisal Skills Programme CASP, JBI quality assessment tools, Mixed Method Approach Tool, etc.). These checklists consist of series of quick questions, for example, is the research question clearly defined and relevant? Is the study design appropriate for answering the research question? Is the sample size adequate to provide reliable results? Was the sampling method appropriate and well-described? Are the data collection methods clearly described and appropriate? Are the outcome measures valid and reliable? Is the statistical analysis suitable and correctly performed? Are the results clearly presented and logically interpreted? These simple questions help the reviewer evaluate the quality of each article included. Although, Mol and Wynstra (2008) asserts that peer-reviewed journal articles do not require quality appraisal because they "provide validated knowledge and offer a reliable estimate of accepted topics and methodologies", in this review however, we used the Mixed Method Appraisal Tool (MMAT) for mixed method papers (Hong et al., 2018), the Newcastle-Ottawa Scale for cohort studies (Ottawa Hospital Research Institute n.d.), the Joanna Briggs Institute checklist (Joanna Briggs Institute n.d.) (JBI) for quantitative studies and the Critical Appraisal Skills Programme (2018) (CASP) for qualitative studies to ensure thorough evaluation and maintain high standards of quality assessment and to further improve the overall quality of this systematic review.

- viii) **Data Synthesis:** The next step of the review is the synthesis, which compiles and summarizes the findings. Tratanfnfield et al., (2003) present two synthesis methods: meta-analysis and narrative. Meta-analysis is a method of synthesis that aggregates data from individual studies, enhancing statistical power and providing a more accurate estimate of effect size. On the other hand, narrative synthesis summarizes and concludes the main topics addressed by the research, it involves a textual approach to summarize and interpret results of the included studies (Petticrew & Roberts, 2006). Narrative synthesis approach entails a clear interpretation and explanation. In social science systematic reviews, the heterogeneity of studies often precludes the use of statistical summaries(meta-analysis), therefore, a narrative synthesis is appropriate. Narrative synthesis attempts to take a collection of studies that address distinct aspects of the same

phenomenon and build them into a bigger picture, map, or mosaic (Hammersley, 2001). The narrative synthesis will be applied to this review.

- ix) **Reporting and Dissemination:** Draft a comprehensive report following guidelines such as PRISMA 2020 (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) see Page et al., 2021 for a guideline on how to report systematic reviews of literature. Include sections such as background, methods, results, discussion, and conclusions. Disseminate the findings through publications, presentations, and other relevant channels.

By following these steps, researchers can conduct systematic reviews that are thorough, transparent, and reproducible, contributing valuable evidence to inform practice and policy.

2.2. METHODOLOGICAL APPROACH FOR THIS REVIEW.

This section gives a detailed explanation of the methodological approach used in this review to enhance transparency and reproducibility of the review process.

Search Strategy: Information Sources and Search String Database searched

The Web of Science database was searched. Given the time and resource limitations, focusing on a single comprehensive database allows for a more manageable and focused review process. Additionally, the Web of Science is known for its extensive coverage of high-quality, peer-reviewed journals across a wide range of disciplines, including social sciences, which is highly relevant to the study of delays in leaving home. Finally, the rigorous indexing standards of Web of Science ensure consistent and reliable metadata, which facilitates accurate search and data extraction processes for the review.

Search strategy

The following search terms/keywords were used; "Leaving home", "Young adults", "Parent", "Transition to adulthood", "Life course", "Living arrangements", "Europe", "Family", "Life course", "Transitions", "residential independence", "cohabitation", "leaving home", "coresidence", "intergenerational coresidence", "Europe", "Greece", "Italy", "Spain", "Portugal". During the search process, to guarantee that all relevant literature were identified, different variations and truncations of the keywords were utilized and combined using the appropriate Boolean operators available in the Web of Science. The next subsection presents the exact search string used in accordance with the requirement of PRISMA 2020 guidelines, Item 7 of the checklist which pertains to the search strategy.

Search string

Relevant articles were identified by searching the article's abstract (AB) and full text (ALL) in the Web of Science database. The following search string was used to retrieve relevant articles from the Web of Science database:

(ALL=(coresid* OR life-course OR leav* home OR late leav* OR living arrangement* OR cohabit* with parent* OR residential independence OR shared liv* OR parent* cohabit* OR co-dwell*))AND AB=(youth OR young adult* OR child* OR young people OR child* OR adultchild*)AND AB=(parent* support OR young adult* child* with parent OR parent* OR liv* with parent)AND AB=(greece OR italy OR portugal OR spain)OR AB=(transit* to adult* OR coming of age OR adult* transit* OR passing into adult* OR entry into adult* OR intergeneration* coresidence)AND AB=(europe* OR european countr*)¹

The systematic literature search conducted using the above search string on the Web of Science on 26th of May 2024 generated 3,579 results from Web of Science Core Collection. It was refined by the countries/ regions criteria, and only studies including Greece or Italy or Portugal or Spain (or all the four countries) were selected. This reduced the results to 936 articles. Following the specified eligibility criterion, the results were further refined by the document type, and for our case only articles were included in the review, which reduced the results to 800 articles. Although there is some grey literature on this topic, due to the time and resource constraints, we only included articles from peer-reviewed journals. Refining the results by languages criterion, and including only articles published in English, reduced the number of articles to 736 articles. We fully acknowledge that these restrictions stand as a limitation to this review, however, no restrictions were placed in the year of publication. A search alert was also created on the same day to notify the reviewers of any new articles published within the review period.

Research Areas

This result was further refined by seven research areas which include: Sociology, Family Studies, Social Issues, Ethnic Studies, Demography, Urban Studies, and Social Science Other Topics (SSOT) criteria available on the Web of Science database which gave a total of 77 articles.

¹ QUERY LINK: <https://www.webofscience.com/wos/woscc/summary/d9bcb350-4b0a-4594-922e-28e20741c63d-0136d5e872/relevance/1>

Finally, the 77 articles were exported to a citation manager (Zotero)² for deduplication. There were no duplicate files found because one database was searched, and the file was exported to Rayyan app³ for initial screening of titles and abstracts by the review team. In July, 2024, three (3) new articles were published on the Web of Science, but after screening the title and abstract were considered not eligible.

Study Selection

The Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines were followed. Figure 1 shows the flowchart of the study selection process.

Screening of Articles

The initial screening of articles was done together with the Project supervisor, Professor Albuquerque. We screened a total of 77 articles in a blind manner on the Rayyan software. After the blinded screening we were 91% aligned, a further discussion on areas of disagreement was done and eventually 31 articles were selected given the predefined inclusion /exclusion criteria. The author retrieved the full text of the 31 articles from the Web of Science core collection assessed through the University of Lisbon library platform. During the review process, we identified two articles from the reference lists of the previously included articles (snowballing). These articles were subsequently evaluated and included in our analysis.

Eligibility Criteria

Inclusion Criteria

The following inclusion criteria were specified

- The types of studies considered were cohort studies published as full-length peer reviewed articles.
- Papers were published in English. English is the predominant language of scientific communication, and most high-impact research is published in English, capturing the most influential studies
- Only studies considering at least one or all the four (4) Southern European countries (Italy, Portugal, Spain and Greece) were included.
- Must be empirical academic research published in a peer-reviewed journal.

The inclusion criteria were applied by screening the articles based on their titles, abstracts and full texts.

² <https://www.zotero.org/download/>

³ https://rayyan.ai/users/sign_in

Exclusion criteria

The following exclusion criteria were applied;

- Studies on co-residence but on the wrong population e.g., people aged 60+ and above.
- Studies on the research questions but with sample-based in country/regions aside from the four (4) Southern European countries.
- Not published in English
- Non-empirical literature such as commentaries, editorials, and theoretical papers that do not provide original data
- Studies that do not specifically address the causes or consequences of the delay in leaving home. For instance, papers that focus solely on general aspects of young adult life without linking to the decision to leave home and establish residential independence.
- Studies lacking sufficient detail on methodologies, sample sizes, or results to allow for a meaningful assessment of quality or relevance.

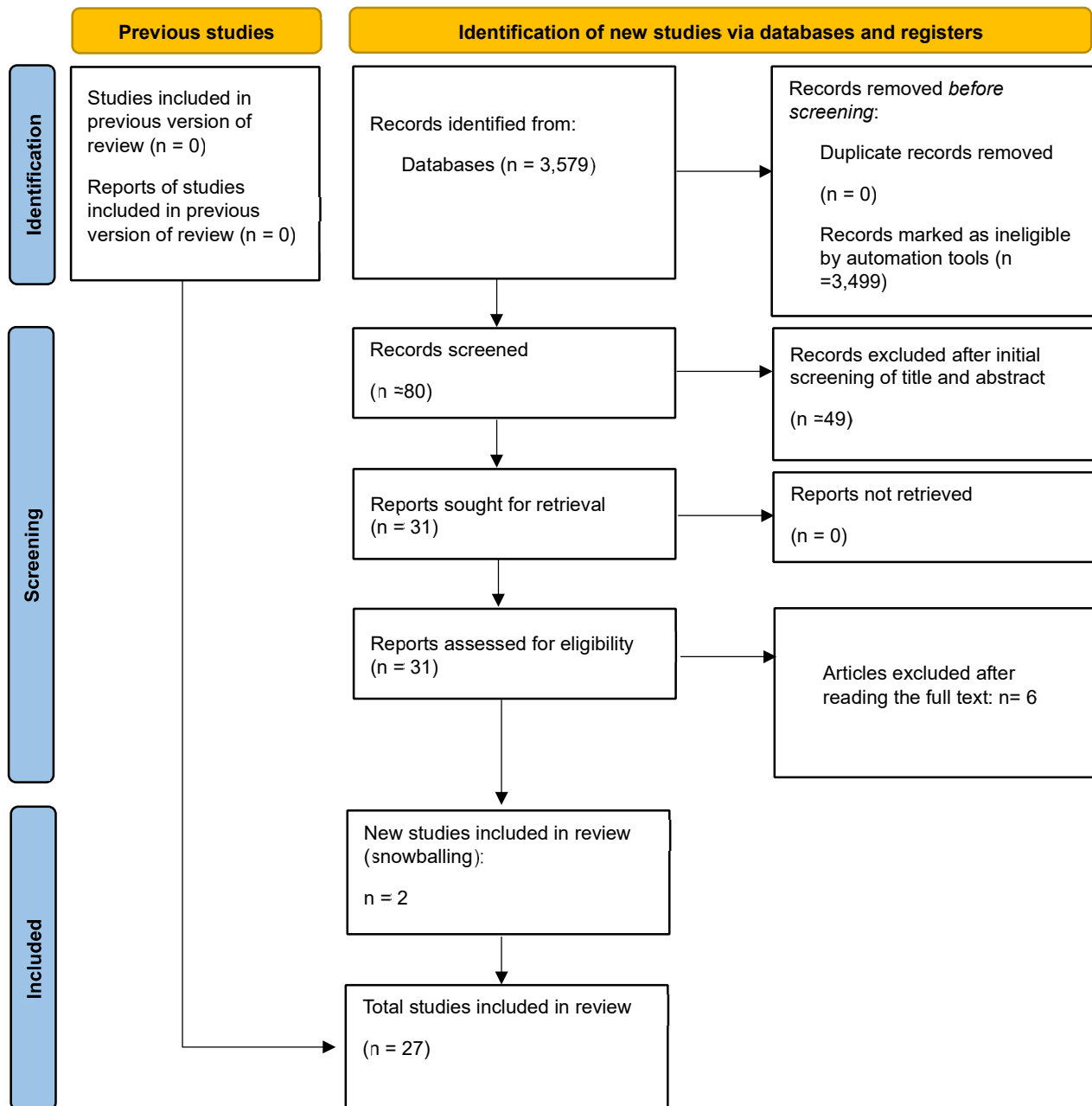
Quality Appraisal

Although, Mol and Wynstra (2008) asserts that peer-reviewed journal articles do not require quality appraisal because they "provide validated knowledge and offer a reliable estimate of accepted topics and methodologies", in this review we used the Mixed Method Appraisal Tool (MMAT) for mixed method papers, the Newcastle-Ottawa Scale for cohort studies, Joanna Briggs Institute (JBI) for quantitative studies and Critical Appraisal skills Programme (CASP) for qualitative studies to ensure thorough evaluation and maintain high standards of quality assessment and to further improve the overall quality of this systematic review.

Based on the appraisal, we observed considerable variation in the study design methodological quality of the different articles. A major issue in assessing the quality of all types of papers was the insufficient information provided by the authors; the lack of information regarding the sample size (Fuster et al., 2019; Aassve et al., 2002; Bacci, 2001; Krzaklewska et al., 2023 and Minguez, 2016), the exact number of respondents were not specified. Only two articles, Becker et al., (2010) and Impicciatore (2015), identified and controlled for the effects of confounding factors in their results. Without these critical details, it is difficult to assess the representativeness and generalizability of the study's findings, potentially affecting the overall reliability and validity of the results. Additionally, Krzaklewska et al., (2023) an article that explains a policy implication of the

NextGenerationEU, though informative and useful to the review, was not appraisable because no appraisal tool was suitable as most answers to the appraisal questions were unavailable. In the end, no study was excluded from this review due to methodological quality concerns. A total of 27 papers were included in the review. See table 7 for a list of articles retrieved.

Fig. 1. PRISMA FLOWCHART



Source: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. *BMJ* 2021;372:n71. doi: 10.1136/bmj.n71

Data Extraction

The following details were extracted from the selected articles: author(s) name, year of publication, researched countries, title, respondents' group, age, sample size, research methodology, data source, sample period, cause and consequences of the delay in leaving home decision of young adults.

Synthesis of Results

A meta-analysis was deemed unsuitable due to the significant variation in objectives, methods, design, and statistical techniques among the included studies. Consequently, a narrative synthesis, which involves summarizing and explaining results in words, was chosen as the most appropriate approach for reviewing the included articles (Regenmortel et al., 2016).

Excluded Articles

After the retrieval of the full text of the 31 articles from the web of science database, we noticed that the content of some article does not focus on the research question of this systematic review, table 2 below shows a list of articles that were excluded from the review process as well as the specific reason for their exclusion.

Table 2. Reasons for exclusion of articles.

S/N	Author(s)	Title	Year	Reason for exclusion
1	Simões et al.	Determinants of Job-Finding Intentions Among Young Adults from 11 European Countries	2022	The focus is on the normativity of life course trajectories and transitions without specific attention to the delays in leaving home or the causes and consequences associated with it.
2	Goglio & Rizza	Young adult occupational transition regimes in Europe: does gender matter?	2018	The research explores the impact of different institutional contexts in four European countries (Italy, Netherlands & Norway) on young adults' occupational transitions. The specific issue of leaving home is not addressed as a main topic of investigation.
3	Cairns & França	Managing Student Mobility during the COVID-19 Pandemic: An Immobility Turn in Internationalized Learning?	2022	This paper deals with methodological approaches to life course transitions and their sequences, but does not specifically address the factors causing delays in leaving home or their subsequent impact
4	Nico	Variability in the transitions to adulthood in Europe: a critical approach to de-standardization of the life course	2014	The content primarily examines various theoretical perspectives on life transitions and does not provide empirical data or analysis directly related to delays in leaving home and their consequences.
5	Tanturri & Mencarini	Childless or Childfree? Paths to Voluntary Childlessness in Italy	2008	This article discusses reasons for postponing or forgoing childbearing among Italian women, including health problems, relationship issues and economic conditions.
6	Gómez-Balcácer et al	The Importance of Different Forms of Social Capital for Happiness in Europe: A Multilevel Structural Equation Model (GSEM)	2023	It explores how different forms of social engagement and a sense of belonging impact subjective well-being.

3. RESULTS

In this section, we conduct a summary analysis of the findings from articles retrieved from the Web of Science through a narrative synthesis approach and use them to address the research questions posed in this paper. Of the 27 articles reviewed, twelve were comparative studies that included at least one of the four Southern European countries: Greece, Italy, Portugal, or Spain. Seven articles employed qualitative analysis, eight utilized quantitative methods, six used mixed methods, and five applied descriptive techniques to analyze the collected data, one was a policy paper (Krzaklewska et al., 2023). Most data sources used in the articles were secondary from Europe-wide surveys such as the European Union Statistics on Income and Living Conditions (EU-SILC), the European Social Survey (ESS), Eurostat, the Italian National Institute of Statistics (ISTAT), and the European Labor Survey. A few studies included primary data sources, such as interviews and questionnaires. The age range of respondents in the studies predominantly focused on young adults aged 15 to 35 years, with over 95% of the studies examining the age at which individuals leave their parental home within this range. Notably, one study extended the upper age limit to 40 years (Bertolini & Goglio, 2019), and another reached up to 45 years (Ferraretto & Vitali, 2023). The appendix contains a tabulated summary of the empirical studies discussed in this review.

3.1. WHAT ARE THE CAUSES OF THE DELAY IN YOUNG ADULTS' DECISION TO LEAVE HOME IN SOUTHERN EUROPE?

Moreno (2012) argues that “decisions about leaving the parental home are to a certain extent limited by cultural variables (family solidarity), economic variables (job situation, housing market), institutional variables (youth policies) and individual variables (social class, education, etc.)” (p. 30)

Table 3. presents an overview of the various causes of the delay in young adults' decision to leave home in Southern Europe identified from the 27 articles selected. They include; strong family ties (17/27), religion and devotedness (2/27), age norm (2/27), home ownership culture (4/27), financial difficulties(7/27), unaffordable house prices (8/27), bad economic prospects about the future (3/27), parental social class (7/27), unemployment (9/27),limited access to credit markets (3/27), low welfare provision (14/27), job insecurity (13/27), poor youth policies (5/27), low government spending (3/27), long-term romantic relationship (1/27),quest for higher education (6/27),security and freedom from responsibility (3/27), great recession of 2007-2009 (6/27) and covid-19 pandemic (4/27).

For this review, we classify the main causes of the delay in young adults' decision to leave their parental home into the following four (4) main categories.

3.1.1. CULTURAL FACTORS

Strong Family ties

The notion of familism has been extensively employed in scientific literature to describe a distinctive characteristic of Southern European societies. Fifteen of the 27 articles included in this review attribute the delay in establishing residential independence of young adults in Southern Europe to strong family ties. Moreno (2012) suggests that in parent-child negotiations, the familistic culture prevalent in Southern European countries promotes parental emphasis on maintaining permanence in the home as a strategy for building human capital and managing risks and uncertainties. Luppi et al., (2021) argues that "the family network balances the low provision of support provided by the welfare state" (p. 5). In line with this, Bertolini & Goglio (2019) argues that the family acts as a replacement for the welfare state. Within the context of delayed timelines and the individualization of life trajectories, the timing and sequence of events in the transition to adulthood continue to be significantly shaped by family background (Sironi et al., 2015)

Religion and devotedness

Two articles attributed the delay in departure from the parental nest to the level of religiosity and devotedness of the individuals' family of origin. Being deeply religious, or having highly religious parents, tends to delay leaving the parental home and leads to a later age at first partnership, but it also speeds up the timing of becoming a parent (Mazzuco et al., 2006). This is because it discourages non-marital cohabitation which has been a new pattern of emancipation for young people in recent times. Non-marital cohabitation is less common in Southern European countries not because young people are uninterested, but because they tend to avoid choices that conflict with parental values (Impicciatore, 2015). In Italy, for instance, parents are more likely to support their children in forming a new household if they adhere to these expectations and this may further translate into a delay. Minguez (2016, p. 489) referenced a research by Van de Velde (2008) and Castles (2004), which emphasized that in Southern European nations, particularly Spain and Italy, the Catholic Church's teachings on the family as the cornerstone of society, coupled with the limited public policies targeting young adults, have contributed to a family-oriented culture. In this context, young adults' dependency is shaped by a sense of belonging to the family, which serves as a core element of their identity. This dynamic significantly influences their values and motivations related to residential independence, especially in Spain and Italy.

Age norm

The concept of age norms is essential and significantly impacts various key demographic behaviors, including the timing of leaving the parental home (Mínguez, 2016; Bertolini & Goglio, 2019). The traits that characterize the intergenerational transfer regime within the life course are essential for understanding the variations in the home-leaving process of young adults across different countries, as they are closely tied to what is known as age norms (Mínguez, 2012). In cultures where there is a strong expectation to remain with parents until certain milestones are achieved, such as completing education, securing stable employment, or marriage, youth are more likely to stay in the parental home longer. These age-related expectations create a social framework that influences when young people feel it is acceptable or expected to move out, often leading to delays in doing so. Mínguez (2016) noted that in Spain, young adults tend to place little importance on leaving the family home as a key part of transitioning into adulthood.

Home ownership culture

Another cultural variable that causes a delay in the time of departure for young adults is the home ownership culture prevalent in Southern Europe (Fuster et al., 2019; Moreno 2012; Gil-Solsona 2023; Nico 2010 ;2016). Moreno (2012) noted that there's a substantial amount of empirical evidence showing that young people often delay moving out of their parents' home—and consequently postponing starting a family—until they have purchased their own house. This may be due to 'a high value placed on homeownership' (Nico, 2010). Most young people in stable relationships value homeownership as opposed to renting a flat. Given their limited economic resources and the steep prices of houses coupled with the stringent criteria for securing a bank loan (Nico, 2010) this cultural norm further delays the transition to adulthood as most young people will prefer to conform to the existing cultural norms. Thus, Nico noted that "having strong expectation of getting married and being a homeowner also helps increase the time spent in pursuit of residential autonomy" (Nico, 2016, pp 398-399). Despite the high costs and stringent loan requirements, homeownership is highly valued across generations, while renting is widely dismissed as an undesirable option. This cultural preference, combined with the inefficient and overpriced rental market, makes renting an unattractive choice from both cultural and economic perspectives.

3.1.2. ECONOMIC FACTORS

Financial difficulties

Seven articles identified financial vulnerabilities of young adults as one of the major factors delaying the decision to move out of the nest. Financial instability among young adults is frequently seen as the most significant, if not the sole, factor contributing to their low likelihood of living independently during early adulthood (Nico, 2010). Soler-i-Martí & Ferrer-Fons (2015) observed that there is a clear connection between vulnerability and extended transitions, indicating that moving out of the parental home is strongly tied to attaining a certain level of financial stability. Consequently, societies that provide greater security during youth transitions tend to see these transitions occur earlier. Access to economic resources, whether personal or provided by parents, is crucial for young adults to move out of the parental home. Personal income is positively linked to the likelihood of leaving home, with this relationship being especially significant in Southern European countries (Aassve et al., 2002).

Unaffordable housing prices

Eight out of the 27 articles reviewed highlighted unaffordable housing prices—both for rentals and ownership—as a significant factor contributing to the delay in achieving residential independence (Nico, 2010; Moreno, 2012; Cantó et al., 2022; Ferraretto et al., 2024; Becker et al., 2010; Bertolini & Goglio, 2019; Liu et al., 2019; Aassve et al., 2002). In Southern European countries, the limited availability of rental properties exacerbates the difficulty for young people in securing housing, thereby affecting their ability to achieve independence (Moreno, 2012). The high costs associated with renting or purchasing an apartment in these regions often lead young individuals to postpone moving out of their parental homes. As a result, they may choose to remain at home to save money and avoid the risk of poverty, even if they are employed.

Bad economic prospects about the future

Preliminary evidence from Luppi et al., (2021) indicated that intentions to leave home in 2020 were scaled back in Italy and Spain, but not in France and Germany. These negative revisions were linked to unstable employment conditions and bleak economic outlooks for the future (Ferraretto et al., 2024). Even if they don't directly face job loss, they may feel a heightened sense of uncertainty about their future employment and income, which could likely influence their life decisions (Mazzuco et al., 2006). Luppi et al., (2021) further asserts

that young people may postpone leaving the parental home if they believe that doing so could result in poverty and hardship.

Unemployment

Unemployment is identified by nine out of the 27 articles as a significant factor contributing to the delayed departure from the parental home. Labor market conditions play a significant role in determining the age at which young people leave their parental homes across different countries (Aassve et al., 2002; Bertolini & Goglio, 2019). A high risk of unemployment deters young people from moving out and establishing their own households (Krzaklewska et al., 2023; Moreno, 2012), although they currently have a job (Luppi et al., 2021). Krzaklewska et al., (2023) notes that Italian youth face more challenges in achieving autonomy and independence compared to their European peers, largely due to persistent high youth unemployment and precarious job conditions. Despite recent decreases, the Eurostat 2022 report states that youth unemployment remains above 20%, contributing to delayed transitions into stable employment, lower salaries, and a later age for leaving the parental home and starting families (as cited by Krzaklewska et al., 2023). Bertolini & Goglio (2019) suggest that when considering an individual's position in the labor market, the analysis partially supports his first hypothesis; “being excluded from the labor market, whether due to inactivity or unemployment, is negatively correlated with the likelihood of leaving the parental home” (p. 9)

Limited access to credit markets

Young people who intend to leave home and establish independence are often discouraged by the challenges of securing loans from financial institutions to purchase residential property. This situation is linked to a lack of rental support policies and limited access to credit for individuals with temporary contracts, which could help in purchasing a home. Due to the high risks associated with housing independence, young people often adhere to their parents' advice (Tosi, 2017) to delay leaving home until they can achieve the housing conditions necessary for moving out as a couple and owning a home. This approach helps protect them from the risks of poverty (Bertolini & Goglio, 2019). Martins and Villanueva (2006) found that restricted access to bank loans partially explains why young people continue to live with their parents. They showed that deficiencies in the European financial market could account for up to 20% of the variation in when young Europeans set up their own households and particularly highlight the significance of securing housing as a key factor for achieving independence.

3.1.3. INSTITUTIONAL FACTORS

Low welfare provision

Fourteen out of the 27 articles reviewed identified the low level of welfare provisions targeted at the younger generation as one of the causes of the delayed exit from parental nest. Carrà et al., (2014) highlights that “in Italy and other Southern European Countries (Spain, Greece, Portugal) there is a kind of conservative welfare regime, one characterized by a generally low level of welfare provision by the State” (p. 4), which adversely affects the leaving home age of young people (Bertolini & Goglio, 2019). Luppi et al., (2021) points that in the Italian context, the welfare system is not especially generous towards young people. They further assert that favorable welfare policies can positively influence the reduction of uncertainty caused by adverse labor market conditions or job instability, thereby aiding young people in their journey toward financial independence (Luppi et al., 2021) which later translates into residential independence.

Job insecurity

Thirteen articles in the review identified the precarious nature of the job market as one of the factors that contributed to the postponement of residential independence. Labor market conditions play a significant role in determining the age at which young people leave their parental homes across different countries (Aassve et al., 2002; Bertolini & Goglio, 2019). Moreno (2012) states that “in Spain, having a temporary contract increases the probability of youth remaining in the family home”. Bertolini & Goglio (2019) added that this transition out of the parental nest limits access to material and emotional support from the family, as a result, if young people face challenges in securing stable employment and view their situation as uncertain, they may be less inclined to make this move. A 10percentage-point increase in the number of young people who perceive their job as insecure is associated with a 1.6-point rise in the rate of those living with their parents, assuming other factors remain constant (Becker et al., 2010).

Inadequate youth policies

Five articles highlighted that in regions with limited youth policies, young adults tend to leave home later (Becker et al., 2010; Nico, 2010; Moreno, 2012; Mínguez, 2016; Krzaklewska et al., 2023). Programs designed to support the transition to adulthood often suffer from instability and a lack of standardization (Gimeno-Monterde et al., 2021). In the case of Spaniards and Italians, the absence of a robust institutional framework for youth social support policies has cultivated a strong bond of solidarity and dependence between

young people and their parents (Moreno, 2016), further contributing to the delay in their departure from the parental home.

Low public housing

Two articles, Aassve et al., (2002) and Mínguez (2016) identified the limited availability of public housing in Southern Europe as a significant factor contributing to the delay in young people's decision to leave the parental home. This issue stems from insufficient public expenditure by governments on policies and programs designed to support the younger generation in their transition to adulthood.

Low government spending

Three studies identified low public expenditure on youth as one of the causes of delay in leaving home decisions of young adults in Southern Europe (Mínguez, 2016; Moreno, 2012; and Soler-i-Martí & Ferrer-Fons 2015). Soler-i-Martí & Ferrer-Fons (2015) notes that "Mediterranean welfare states always appear as countries where spending is targeted more at older people." (p.98). This implies that a significant portion of social resources, such as pensions, healthcare, and other forms of social security, are allocated primarily to support older adults rather than younger individuals or other demographic groups. Mínguez (2016) conducted an analysis of bivariate correlations to examine the late leaving of the family home and selected structural factors of age norms, family economic support, and social spending on youth. His results reveal a significant negative correlation between the percentage of social spending on young people and the percentage of young people aged 15 to 34 living with their parents in the selected countries. Additionally, the correlation indicates that higher social spending is associated with a lower age of emancipation for both men and women. Moreno (2012) concludes that young people postpone leaving home in countries with lower levels of social expenditure.

3.1.4. INDIVIDUAL VARIABLES

Long- term romantic relationship

Another important factor contributing to the delay in leaving the parental home is the presence of long-term romantic relationships among young adults. This phenomenon is particularly pronounced in countries like Portugal, where young people predominantly rely on romantic partnerships as their primary means of transitioning out of their parents' homes (Nico, 2011). Nico (2016) following the evidence drawn from research involving 52 young Portuguese adults, who were surveyed using biographical interviews and life calendars, confirmed that romantic relationships and related events play a critical role in

shaping young people's residential trajectories. Nico (2010) introduced specific concepts to elucidate this factor. The first, "relationship protocol," refers to the implicit understanding between partners that discourages either individual from independently making decisions, such as renting or purchasing a home, without prior consultation with the other. Adherence to this protocol often delays the decision to leave the parental home, as it necessitates discussions about the couple's future together. Disregarding this protocol by making unilateral decisions with significant implications for the couple's life can lead to tension and, potentially, an early breakup. The second concept, "lives are linked," emphasizes the interdependence of partners' professional careers, underscoring how the decision to leave home is closely coordinated with the synchronization of both partners' career trajectories. Given the inevitable fluctuations and challenges in personal and professional lives, it may take several years for both partners to reach an optimal point in their careers, further delaying their departure from the parental home. Specifically, the tendency for young people to leave home only when they have a romantic partner is a crucial factor; long-term romantic relationships are associated with delayed departures, as these relationships provide a sense of stability that reduces the urgency to leave home.

Quest for higher Education

Six out of the 27 articles in this review attribute the delay in transition to independent living of young adults to the desire to attain a higher educational status. It is widely recognized that one reason for the overall delay in moving out and starting a family is the extended duration of education (Bertolini & Goglio, 2019; Moreno, 2012; Mazzuco et al., 2006).

Mazzuco et al., (2006) notes that investing in education can complicate the transition to independent living and may even result in delaying the achievement of independence. In Mediterranean countries, young people tend to remain at home longer due to the extended duration of their education (Moreno, 2012)

Parental social class

Sironi et al., (2015), argues that family social class significantly influences an individual's life trajectory, beginning before birth, continuing through adolescence, and shaping transitions into young adulthood, as well as psychological development in later life stages. Research in developed societies indicates that young people from affluent, well-educated families tend to marry and have children at a later age compared to those from lower social classes, primarily due to longer educational pursuits. These individuals also take more time to find a permanent partner and have a lower likelihood of unintended pregnancies. Therefore,

family background is a critical factor in determining the resources that guide early adulthood decisions (Sironi et al., 2015, p. 2).

Bertolini and Goglio (2019), however, present contrasting findings. Their study examined the impact of parental social class, as measured by parents' educational attainment. Their estimates indicate a positive correlation between having highly educated parents and the likelihood of exiting the parental home independently.

Security and freedom from responsibility

Three articles identified security and freedom from responsibility as one of the individual variables that can negatively affect the leaving home decisions of young adults (De Rose et al., 2008; Nico, 2010; Carrà et al., 2014). Young adults acknowledge that they enjoy living in the parental home, where they usually contribute little to their upkeep, benefit from their mother taking care of cooking and laundry, and can instead spend their money on cars, vacations, and nightlife (De Rose et al., 2008; Nico, 2010). Moreno (2012) confirms that some young people in Spain opt to stay with their parents to preserve their standard of living, even if it means sacrificing their independence.

3.1.5. OTHER FACTORS:

Great Recession (2007-2009).

The phase of the economic cycle is also important. Recessions, in particular, can exacerbate the challenges associated with transitioning into adulthood (Kohler et al., 2002). Luppi et al., (2021) suggests that the decision to leave the parental home—requiring a degree of economic independence—can be significantly compromised during periods of economic recession. Although they are not currently out of the labour market, they may feel a heightened sense of uncertainty about their future employment and income, which could likely influence their life decisions (Mazzuco et al., 2006). Recessions weaken job stability and affect both the future and actual earnings of young people, which are essential for achieving financial and housing independence, as a result, many delay the steps needed for transitioning to adulthood (Luppi et al., 2021). During periods of recession, inactive males (those not studying) and individuals with part-time permanent contracts have markedly lower chances of achieving independence- hence, the transition to independence is notably more likely during economic recoveries, particularly for men (Cantó et al., 2022)

Covid-19 pandemic

Four of the 27 articles selected for this review point to the Covid-19 pandemic for the postponement of the departure from the parental nest (Cantó et al., 2022, Luppi et al., 2021

&2024, and Ferraretto et al., 2024). The 2022 European Commission eighth report titled 'The regional dimension of the COVID-19 pandemic', states that "Southern European countries imposed the tightest restrictions in the whole Europe" (as cited by Ferraretto et al., 2024, p. 2). Indeed, the restrictions imposed to curb the spread of the virus may have impacted home-leaving decisions in various ways, either directly or indirectly (Ferraretto et al., 2024). Ferraretto et al., (2004) indicate that in Southern European countries, homeleaving rates in 2020 slightly surpassed those of the pre-pandemic period, suggesting a gradual acceleration in the process of moving out during the first year of the pandemic. Regression analyses support this finding, revealing that both the presence and stringency of restrictions influence home-leaving rates, with higher levels of restrictions increasing the likelihood of leaving home more than lower levels. This result supports the "independence effect," where young adults may have been more inclined to move out in 2020 to escape forced co-residence and gain independence, such as having private spaces for work and social interactions. (Ferraretto et al., 2024)

Luppi et al., (2021) using data from an international survey "the Youth Project" of Toniolo Institute present contrasting findings, they examined how the COVID-19 crisis has negatively influenced the intention to leave the parental home and establish an independent household across five European countries (Italy, France, Germany, Spain, and the UK)- their findings are in line with the "protection effect". Specifically, they explore whether an individual's previous occupational status and their expectations regarding the crisis' impact on personal and family income are linked to their decision to either withdraw from or delay plans for housing independence, and how these associations vary among the selected countries. They concluded that overall, the COVID-19 crisis has significantly affected the intentions of the individuals interviewed. Across all European countries, the proportion of people who delayed or gave up on their plans to move out of their parental homes far exceeds the proportion of those who maintained their plans (Luppi et al., 2021)

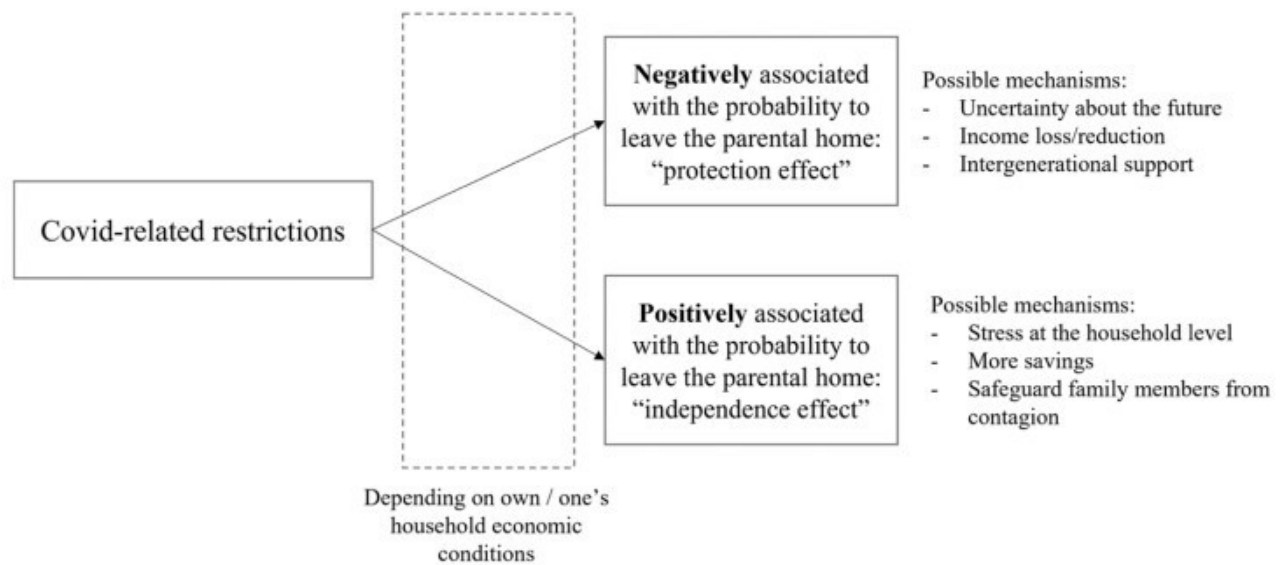


Fig. 2. COVID-19 and leaving home: overview of the possible scenarios and mechanisms.

(Adapted from Ferraretto et al., 2024, p. 4)

Fig. 2 outlines two scenarios affecting young adults' home-leaving behaviors during the pandemic. The first scenario suggests that restrictions may have discouraged moving out ("protection effect") due to increased uncertainty, economic hardships, and the supportive nature of co-residence in familistic societies. The second scenario proposes that restrictions might have prompted young adults to leave home ("independence effect") because of increased family stress, higher household savings, and a desire to protect family members from COVID-19 (Ferraretto et al., 2024).

As observed by Moreno (2012) in his comparative analysis of the transition to adulthood among Spaniards, the extended transition period is attributable to a multifaceted interplay of structural factors. These include gender, education, economic and labor conditions affecting youth, and the limited effectiveness of youth policies. Collectively, these elements foster familistic strategies for achieving autonomy and independence (p. 29).

3.2. WHAT ARE THE CONSEQUENCES OF THE DELAY IN LEAVING HOME DECISION OF YOUNG ADULTS?

Of the 27 articles reviewed, ten (10) emphasized the subsequent consequences of delayed decisions by young adults to leave the parental home. Table 4 provides a comprehensive overview of the various outcomes associated with this delay in residential independence in Southern Europe. They include low fertility rate (6/27), delay in birth of first child (2/27), low geographical mobility (1/27), lack of/ delayed independence (2/27), low level of youth

activism (1/27), burden on parents (1/27), low job experiences and the acquisition of practical skills (1/27).

3.2.1. Low fertility rate

A “latest-late transition” to adulthood and a “lowest-low fertility” (Kohler et al., 2002) defines the socio-demographic Italian context of family formation (Nico, 2016). Six out of the 27 articles identified a low fertility rate as one of the consequences of delay in leaving parental home. Leaving home later in life can negatively impact fertility both directly, by reducing the available time for having children, and indirectly, by contributing to the “delay syndrome” (Bacci, 2001). Ferraretto & Vitali (2023) further notes that the delay in leaving home among women with high parental socioeconomic status in Southern and Eastern European countries suggests a postponement of family formation, which may help explain the low fertility rates in these regions.

3.2.2. Delay in birth of first child

Two articles (Mazzuco et al., 2006 and Carrà et al., 2014) noted that a delay in establishing residential independence will translate to a delay in the birth of the first child. Prolonged co-residence can impact emotional readiness for parenthood. The comfort of living at home might reduce the perceived urgency to start a family, leading to a delay in having children. “For over 30 years, the delay in leaving the parental home has been a main distinctive feature of the life cycle of Italian families where, consequently, marriage and the birth of the first child are also delayed” (Carrà et al., 2014, p. 236)

3.2.3. Postponing crucial life- cycle events

Six articles identified the postponement of crucial life events as one of the eminent consequences of the delay in leaving home decision of young adults (Bacci, 2001; Carrà et al., 2014; De Rose et al., 2008; Ferraretto & Vitali, 2023; Mazzuco et al., 2006 and Liu et al., 2019). De Rose et al., (2008), using data from the Italian National Institute of Statistics (ISTAT) from 2004-2006, noted that all stages of the life cycle—such as completing education, entering the labor market, leaving the parental home, forming a union, and establishing an independent household—are significantly delayed. This delay can be part of a broader pattern of postponing major life decisions and events such as leaving the parental home, further reducing the likelihood of starting a family. As a result, countries where young people tend to leave home later often experience postponement of crucial life-cycle events.

3.2.4. Low geographical mobility

Becker et al., (2010) suggests that when individuals stay in their parents' home for a longer period before moving out, the most immediate consequence is that they tend to move or relocate less frequently and are less likely to move to different or distant places. This could be due to various factors, such as comfort, economic reasons, or strong familial ties, which make them less inclined to seek opportunities or life experiences in new geographic areas. This further undermines the ability to access and enjoy better opportunities which are available in distant locations.

3.2.5. Lack of/ delayed independence

Two articles identified the lack of / delayed independence of young adults that continue to co-reside with their parents (De Rose et al., 2008 and Moreno, 2012). Moreno emphasized that in Spain and Italy, an extended residence in the parental home can diminish the motivation to achieve independence. Independence in this context refers to the freedom to make decisions about one's pattern of lifestyle and choices. Rather than achieving independence from their families, young people attain a form of autonomy within the family structure (Moreno, 2012). Moreno (2012) confirms that some young people in Spain opt to stay with their parents to preserve their standard of living, even if it means sacrificing their independence.

3.2.6. Low level of youth activism

An indirect consequence of the delay in the decision to leave home of young people is that it leads to a low level of youth activism due to the poor welfare state of Southern European countries. Soler-i-Martí & Ferrer-Fons (2015) in their paper focusing on the effect of youth transition systems or regimes on the variation in political participation patterns of young people in Europe argued that in countries where the State plays a significant role in providing welfare and directs social policies towards the youth, it conveys a message of integration into the system. Consequently, young people are more likely to identify with institutions and participate through the available mechanisms. Conversely, in contexts where State involvement is minimal or public spending is focused on other age groups (as in the case of Southern Europe), young people feel more disconnected from institutional systems and are more likely to resort to inactivity or protest. For example, in Spain and Greece, protest-based participation is predominant, with institutional participation being nearly negligible. In contrast, in Kuopio, Finland, political protest is virtually absent, and about half of the young population engages in institutional participation (pp. 93-103). From their (Soler-i-Martí & Ferrer-Fons, 2015) analysis, it appears that higher levels of

dependency, such as living with parents or being a student, tend to encourage participation in protests. In contrast, greater independence, such as living alone and working, is more likely to lead to participation in institutional activities.

3.2.7. Burden on parents

Moreno (2012) argues that the delay in leaving the home of young adults may become burdensome on the parents on whom they depend on for daily needs such as food, clothing and shelter. The Eurobarometer, 2003 report, titled 'Youth in New Europe' indicates that Portugal has the second highest level of family dependency, with over 40% of young adults aged 15 to 30 relying on their family as their primary source of income (as cited by Nico, 2010). Financial support for adult children can delay or diminish parents' ability to save for retirement or pursue their own financial goals. The ongoing presence of adult children at home can contribute to increased stress and potential conflict within the household, affecting family dynamics and overall well-being.

3.2.8. Low job experiences and the acquisition of practical skills

One out of the 27 articles included in this review indicates that one of the consequences of the late departure from parental home of young adults is that it leads to a situation of low job experience and acquisition of practical skills. In Southern European countries, a postponed transition to independence frequently results in reduced job experience and diminished practical skill development, adversely impacting long-term economic opportunities as noted by Nico (2016). This phenomenon is particularly evident among young individuals from affluent backgrounds, who may perceive less necessity to engage in demanding labor and instead invest additional time in obtaining further educational qualifications. The opportunities for young people to experiment and explore today are constrained by limited job prospects and insufficient institutional support (Bertolini & Goglio, 2019).

Table 3. Overview of the identified causes

Authors	Strong Family ties	Religion and devotedness	Age norm	Home ownership culture	Financial Difficulties	Unaffordable house prices	Bad economic prospects about the future	Unemployment	Limited access to credit market	Low welfare provision	Job insecurity	Inadequate youth policies	Low public housing	Low government spending	Long relationship	Quest for higher Education	Parental Social class	security and freedom from responsibility	Great Recession (2007-2009)	Covid-19 Pandemic
Aassve et al. (2002)	X				X	X		X	X	X	X		X				X			
Bacci (2001)										X										
Becker et al. (2010)						X		X			X									
Bertolini & Goglio (2019)	X		X			X		X		X	X					X	X		X	
Billari & Liefbroer (2010)	X									X										
Cantó et al. (2022)	X					X			X		X								X	X
Carrà et al. (2014)	X				X					X	X							X	X	
De Rose et al. (2008)	X																	X		
Dordoni (2022)											X									

Ferraretti o & Vitali (2023)	X									X							X			
Ferraretti o et al. (2024)	X				X	X		X		X	X								X	X
Fuster et al. (2019)				X				X			X									
Gil-Solsona (2023)				X						X	X									
GimenoMonterde et al. (2021)					X						X									
Impicciat ore (2015)	X									X										
Liu et al (2019)	X					X													X	
Luppi et al. (2021)	X						X			X	X					X			X	X
Luppi et al. (2024)					X															X
Krzaklew ska et al. (2023)								X				X								

Mazzuco et al. (2006)	X	X						X		X	X					X	X			
Minguez (2016)		X	X					X		X		X	X	X			X			
Moreno (2012)	X			X	X	X	X	X	X	X	X	X		X		X	X			
Nico (2010)				X	X	X				X		X				X		X		
Nico (2016)				X											X					
Serracant t (2012)	X						X					X								
Sironi et al. (2015)																X	X			
Soler-iMartí & Ferrer- Fon (2015)														X						
Total	15	2	2	5	7	8	3	9	3	14	13	5	2	3	1	6	7	3	6	4

Table 4. Overview of the identified consequences

Authors	Low fertility rate	Delay in birth of first child	Post-poning crucial life-cycle events	Low geographical Mobility	Lack of/ delayed independence	Low level of youth activism	Burden on parents	Low job experiences and the acquisition of practical skills
Fuster et al. (2019)								
Aassve et al. (2002)								
Becker et al. (2010)				X				
Bertolini & Goglio (2019)								X
Billari & Liefbroer (2010)								
Cantó et al. (2022)								
Carrà et al. (2014)	X	X	X					
De Rose et al. (2008)	X		X		X			
Dordoni (2022)								
Ferraretto & Vitali (2023)	X		X					
Ferraretto et al. (2024)								
Fuster et al. (2019)								

Gil-Solsona (2023)								
Gimeno-Monterde et al. (2021)								
Impicciatore (2015)								
Liu et al (2019)	X		X					
Luppi et al. (2021)								
Luppi et al. (2024)								
Krzaklewska et al. (2023)								
Mazzuco et al. (2006)	X	X	X					
Minguez (2016)								
Moreno (2012)					X		X	
Nico (2016)								
Nico (2010)								
Serracant (2012)								
Sironi et al. (2015)								
Soler-i-Martí & Ferrer-Fon (2015)						X		
Total	6	2	6	1	2	1	1	1

The impact of delayed decisions to leave the parental home on society is a significant topic explored in the literature. Bacci (2001) highlights that in Italy, the trend of prolonged dependency on parents has led couples to have fewer children, typically one or two instead of the traditional two or three. This decision is influenced by the increased financial burden of supporting adult children, which can strain the economic stability of families.

Delayed home-leaving, coupled with later family formation and entry into the workforce, may contribute to lower fertility rates, delayed childbearing, and a shorter working life. These trends can have detrimental effects on the sustainability of pension systems and reduce individuals' ability to accumulate sufficient pension wealth (Angelini et al., 2022). Bacci (2001) further argues that the rapid aging of the population renders the current system of intergenerational transfers economically unsustainable. As the number of working taxpayers declines while the number of retirees rises, economic growth and productivity are likely to slow. The younger generation will face the dual challenge of replacing the larger, older workforce and managing the increasing financial burden of supporting an ageing population, while also addressing the declining birth rates. Socially and politically, an inverted age pyramid may stifle innovation, weaken family ties, and concentrate political power among the elderly (Bacci, 2001). Additionally, while remaining in the parental home may offer financial security, it can also lead to greater social exclusion and lower mental well-being among employed young adults, particularly those aged 25 and older, due to feelings of reduced autonomy and freedom (Eurofound, 2024).

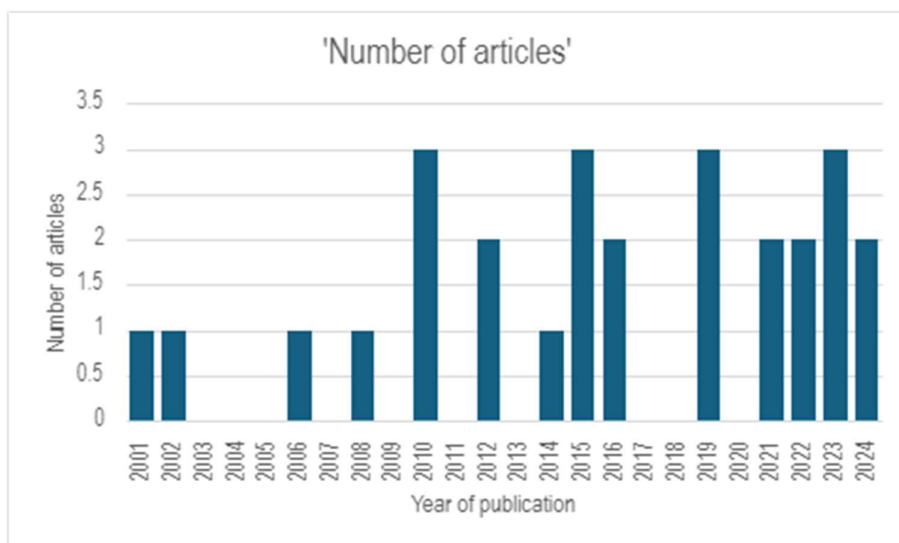


Fig. 3. The years of publication of the articles included.

AUTHORSHIPS OF INCLUDED ARTICLES.

Table 5. Authorships in six-years' time intervals

Authorship	2001 - 2006		2007 - 2012		2013 - 2018		2019 - 2024	
	Freq.	Percent	Freq.	Percent	Freq.	Percent	Freq.	Percent
Single author			3	50%	5	62.5%	2	15.38%
Two authors			1	16.67 %	1	12.5%	2	15.38%
Three authors	1	100%	1	16.67 %	2	25%	9	69.23%
Four authors			1	16.67 %				
Total	1	100%	6	100%	8	100%	12	100%

Source: Author's simulation based on retrieved articles.

Table 5. above indicates a marked increase in the number of publications addressing the causes and consequences of delayed home-leaving among young adults in Southern Europe, with the highest number of publications occurring between 2019 and 2024.

4. CONCLUSION

Moving out of the parental home is a significant step in a young person's journey to adulthood (Ferraretto & Vitali, 2023), this systematic literature review explores how the transition to adulthood, traditionally marked by key life events such as completing education, entering the workforce, and leaving the parental home, has shifted in contemporary societies with particular reference to Southern European countries. The study reveals that in countries like Greece, Italy, Portugal, and Spain, young adults are increasingly delaying their departure from the parental home due to several reasons. This delay, distinct from patterns observed in Northern and Western Europe, has significant social implications.

The methodology employed in this review adheres to PRISMA-2020 guidelines, ensuring a systematic, transparent and replicable approach. By utilizing a rigorous search strategy and predefined inclusion and exclusion criteria, the review synthesizes findings from 27 selected studies. Quality appraisal was conducted using tools like MMAT and Newcastle Ottawa scale for cohort studies. Key causes identified in the selected articles for delayed residential autonomy include strong family ties, religious devotion, cultural norms around home ownership, financial difficulties, unemployment, and broader economic uncertainties, such as the impact of the Great Recession and the COVID-19 pandemic. Consequences of this delay include low fertility rates, delayed independence, reduced geographical mobility, and economic strain on families.

The societal impacts of these trends are profound, potentially exacerbating challenges in sustaining the pension systems, slowing economic growth, and increasing burden on younger generations. The study's reliance on a single database, exclusion of grey literature, and restriction to English-language articles may have introduced bias and limited the scope of findings. Finally, the relatively small size of the review team may impact how the review process was conducted. There is a higher risk of subjective bias than would be the case if the team was larger. Despite all these limitations, this study provides a comprehensive overview of the available literature on the causes and consequences of the delay in the decision to leave the parental home of young adults.

Future research should adopt a multidisciplinary approach and incorporate a broader range of databases such as Scopus, PubMed etc. Additionally, examining the homogeneity as well as the differences in the transition process among young adults in these four countries warrants deeper exploration. A comprehensive analysis of the dynamics and mechanisms underlying differences between urban and rural young adults in their transition processes

could provide valuable insights. Finally, this study does not address gender differences in the transition to adulthood, highlighting an area for further investigation such systematic review would also illuminate the nuanced gender-related issues inherent in this topic. An obvious area of knowledge gap for future researchers to dive into is to answer the question, how can Southern Europe transform these delays to opportunities for growth and resilience for both young adults and society at large. Policy recommendations emphasize the need to enhance job opportunities and income support for young adults to facilitate earlier transitions to independence and mitigate the long-term consequences of delayed home leaving.

REFERENCES

- *Aassve, A., Billari, F. C., Mazzucco, S., & Ongaro, F. (2002). Leaving home: A comparative analysis of ECHP data. *Journal of European Social Policy*, 12(4), 259–275. <https://doi.org/10.1177/a028430>.
- Angelini, V., Bertoni, M., & Weber, G. (2022). The long-term consequences of a golden nest: Socioeconomic status in childhood and the age at leaving home. *Demography*, 59(3), 857–875. <https://doi.org/10.1215/00703370-9940728>
- *Bacci, M. (2001): Too Few Children and Too Much Families. *Dedalus* 130(3), 139-155
- *Becker, S. O., Bentolila, S., Fernandes, A., & Ichino, A. (2010). Youth emancipation and perceived job insecurity of parents and children. *Journal of Population Economics*, 23(3), 1175-1199. <https://doi.org/10.1007/s00148-008-0224-5>
- *Bertolini, S., & Goglio, V. (2019). Job uncertainty and leaving the parental home in Italy: Longitudinal analysis of the effect of labor market insecurity on the propensity to leave the parental household among youth. *International Journal of Sociology and Social Policy*, 39(78), 574-594. <https://doi.org/10.1108/IJSSP-05-2019-0096>
- Billari, F. C., Philipov, D., & Baizán, P. (2001). Leaving home in Europe: The experience of cohorts born around 1960. *International Journal of Population Geography*, 7, 339–356
- *Billari, F. C., & Liefbroer, A. C. (2010). Towards a new pattern of transition to adulthood? *Advances in Life Course Research*, 15(2-3), 59-75. <https://doi.org/10.1016/j.alcr.2010.10.003>
- Briner, Rob & Denyer, David. (2012). Systematic Review and Evidence Synthesis as a Practice and Scholarship Tool. 10.1093/oxfordhb/9780199763986.013.0007.
- Buchmann, M. C., & Kriesi, I. (2011). Transition to adulthood in Europe. *Annual Review of Sociology*, 37(1), 481–503. <https://doi.org/10.1146/annurev-soc-081309-150212>.
- Cairns, D., & França, T. (2022). Managing student mobility during the COVID-19 pandemic: An immobility turn in internationalized learning? *Societies*, 12(4), Article 105. <https://doi.org/10.3390/soc12040105>
- *Cantó, O., Cebrián, I., & Moreno, G. (2022). Youth living arrangements and household employment deprivation: Evidence from Spain. *JFR-Journal of Family Research*, 34(2), 724-756. <https://doi.org/10.20377/jfr-729>

*Carrà, E., Lanz M., & Tagliabue S., (2014). Transition to Adulthood in Italy: An Intergenerational Perspective: *Journal of Comparative Family Studies*, 45(2), pp.235-10.3138/jcfs.45.2.235.

Critical Appraisal Skills Programme (2018). *CASP Cohort Study Checklist*. Retrieved from <https://casp-uk.net/casp-tools-checklists/cohort-study-checklist/> Accessed on [02/July/2024]

De Jong Gierveld, J., Liefbroer , A. C., & Beekink, E., (1991). The effect of parental resources on patterns of leaving home among young adults in the Netherlands. *European Sociological Review*, 7(1), 55-71

*De Rose, A., Racioppi, F., & Zanatta, A. L. (2008). Italy: Delayed adaptation of social institutions to changes in family behavior. *Demographic Research*, 19, 665-703. <https://doi.org/10.4054/DemRes.2008.19.19>

Denyer, D., & Tranfield, D. (2009). Producing a systematic review. In D. A. Buchanan & A. Bryman (Eds.), *The Sage handbook of organizational research methods* (pp. 671–689). Sage Publications.

*Dordoni, A. (2022). Young retail shift workers (not) planning their future: Working with customers in the 24/7 service society in the transition to adulthood. *International Journal of Sociology and Social Policy*, 42(13/14), 66-80. <https://doi.org/10.1108/IJSSP-02-2022-0060>

Eurofound. (2024). Becoming adults: Young people in a post-pandemic world. *Publications Office of the European Union*. <https://eurofound.link/ef2309>

*Ferraretto, V., & Vitali, A. (2023). Parental socioeconomic status and age at leaving home in Europe: Exploring regional differences. *Population Space and Place*, 29(6). <https://doi.org/10.1002/psp.2679>

*Ferraretto, V., Vitali, A., & Billari, F. C. (2024). Leaving the parental home during the COVID19 pandemic: The case of Southern Europe. *Advances in Life Course Research*, 59, Article 100594. <https://doi.org/10.1016/j.alcr.2024.100594>

Furstenberg Jr., F. F. (2010). On a new schedule: Transitions to adulthood and family change. *The Future of Children*, 20(1), 67– 87. <https://doi.org/10.1353/foc.0.0038>.

*Fuster, N., Arundel, R., & Susino, J. (2019). From a culture of homeownership to generation rent: Housing discourses of young adults in Spain. *Journal of Youth Studies*, 22(5), 585-603. <https://doi.org/10.1080/13676261.2018.1523540>

*Gil-Solsona, D. (2023). 'Not really leaving home' in Southern Europe: Intermediate living situations in Catalan youth housing trajectories. *Journal of Youth Studies*, 26(8), 1084-1107. <https://doi.org/10.1080/13676261.2022.2065912>

*Gimeno-Monterde, C., Gomez-Quintero, J. D., & Aguerri, J. C. (2021). Unaccompanied young people and transition to adulthood: Challenges for childcare services. *Children and Youth Services Review*, 121, Article 105858. <https://doi.org/10.1016/j.childyouth.2020.105858>

Glasziou, P., Irwig, L., Bain, C., & Colditz, G. (2001). Systematic reviews in health care: a practical guide. *Cambridge: University Press*.

Goglio, V., & Rizza, R. (2018). Young adult occupational transition regimes in Europe: Does gender matter? *International Journal of Sociology and Social Policy*, 38(1-2), 130-149. <https://doi.org/10.1108/IJSSP-04-2017-0052>

Gómez-Balcácer, L., Arechavala, N. S., & Gómez-Costilla, P. (2023). The importance of different forms of social capital for happiness in Europe: A multilevel structural equation model (GSEM). *Applied Research in Quality of Life*, 18(1), 601-624. <https://doi.org/10.1007/s11482-022-10097-1>

Hammersley, M. (2001). On “systematic” reviews of research literature: A “narrative” response to Evans and Benefield. *British Educational Research Journal*, 27, 543 - 554.

Higgins, J. P. T., Thomas, J., Chandler, J., Cumpston, M., Li, T., Page, M. J., & Welch, V. A. (Eds.). (2019). *Cochrane handbook for systematic reviews of interventions* (2nd ed.). John Wiley & Sons. <https://doi.org/10.1002/9781119536604>

Hong, Q. N., Pluye, P., Fàbregues, S., Bartlett, G., Boardman, F., Cargo, M., ... & Vedel, I. (2018). Mixed Methods Appraisal Tool (MMAT), version 2018: *User guide*. *McGill University*. Retrieved from <https://www.sciencedirect.com/science/article/pii/S0895435618300829>

Accessed on [02/July/2024] <https://guides.lib.unc.edu/systematic-reviews/protocol>

*Impicciatore, R. (2015). The transition to adulthood of the Italian second generation in France. *European Journal of Population/Revue Européenne de Démographie*, 31(5), 529-560. <https://doi.org/10.1007/s10680-015-9354-0>

Jesson, J. K., Matheson, L., & Lacey, F. M. (2011). Doing your literature review: Traditional and systematic techniques. SAGE.

Joanna Briggs Institute. (n.d.) JBI Critical Appraisal Checklist for Cohort Studies. Adelaide:

JBİ. Retrieved from https://jbi.global/sites/default/files/2019-05/JBI_Critical_Appraisal-Checklist_for_Cohort_Studies2017_0.pdf Accessed on [02/July/2024]

Kohler, H-P, Billari, F.C. & Ortega, J.A. (2002): The emergence of lowest-low fertility in Europe during the 1990s. *Population and Development Review*, 28 (4), 641-680.

*Krzaklewska, E., Martelli, A., & Pitti, I. (2023). NextGenerationEU as a (more) youth-friendly Europe? *International Review of Sociology*, 33(1), 65-79.
<https://doi.org/10.1080/03906701.2023.2187831>

*Liu, C., Esteve, A., & Treviño, R. (2019). The living arrangements of Moroccans in Spain: Generation and time. *Demographic Research*, 40, 1063-1095.
<https://doi.org/10.4054/DemRes.2019.40.37>

*Luppi, F., Rosina, A., & Sironi, E. (2021). On the changes of the intention to leave the parental home during the COVID-19 pandemic: A comparison among five European countries. *Genus*, 77(1), Article 10. <https://doi.org/10.1186/s41118-021-00117-7>

*Luppi, F., Rosina, A., & Sironi, E. (2024). Leaving and returning to the parental home during COVID times in France, Italy, Germany, Spain, and the United Kingdom. *Demographic Research*, 50, 101-114. <https://doi.org/10.4054/DemRes.2024.50.3>

Martins, N. & Villanueva, E. (2006) 'Does Limited Access to Mortgage Debt Explain Why Young Adults Live with Their Parents?' *Documento de Trabajo*, No 0628, Banco de España.

*Mazzuco, S., Mencarini, L., & Rettaroli, R. (2006). Similarities and differences between two cohorts of young adults in Italy: Results of a CATI survey on transition to adulthood. *Demographic Research*, 15, 105-145. <https://doi.org/10.4054/DemRes.2006.15.5>

*Mínguez, A. M. (2016). Late leaving of the parental home in Southern Europe: Lessons for youth policy. *Comparative Sociology*, 15(4), 485-507.
<https://doi.org/10.1163/15691330https://doi.org/10.1163/15691330-1234139512341395>

Moher, D., Liberati, A., Tetzlaff, J., & Altman, D., G., (2009). Preferred reporting items for systematic reviews and meta-analyses: The Prisma statement. *Annals of Internal Medicine*, 151(4): 264–269. doi:10.7326/0003-4819-151-4-200908180-00135.

*Moreno, A. (2012). The transition to adulthood in Spain in a comparative perspective: The incidence of structural factors. *Young*, 20(1), 19-48.
<https://doi.org/10.1177/110330881102000102>

Ottawa Hospital Research Institute. (n.d.) Newcastle-Ottawa quality assessment scale.

Cohort studies. http://www.ohri.ca/programs/clinical_epidemiology/nosgen.pdf. Accessed 02 July 2024.

*Nico, M. (2010). Individualized housing careers in early adulthood: Conditions and constraints in a familistic society. *Sociological Research Online*, 15(1). <https://doi.org/10.5153/sro.2079>

Nico, M. (2014). Variability in the transitions to adulthood in Europe: A critical approach to de-standardization of the life course. *Journal of Youth Studies*, 17(2), 166-182. <https://doi.org/10.1080/13676261.2013.805877>

*Nico, M. (2016). Romantic turning points and patterns of leaving home: Contributions from qualitative research in a southern European country. *European Societies*, 18(4), 389-409. <https://doi.org/10.1080/14616696.2016.1172718>

Page, M. J., McKenzie, J. E., Bossuyt, P. M., Boutron, I., Hoffmann, T. C., Mulrow, C. D., ... & Moher, D. (2021). The PRISMA 2020 statement: An updated guideline for reporting systematic reviews. *PLOS Medicine*, 18(3), e1003583. <https://doi.org/10.1371/journal.pmed.1003583>

Page, M. J., McKenzie, J. E., Bossuyt, P. M., Boutron, I., Hoffmann, T. C., Mulrow, C. D., ... & Moher, D. (2021). The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. *BMJ*, 372, n71. <https://doi.org/10.1136/bmj.n71>

Petticrew, M., & Roberts, H. (2006). Systematic reviews in the social sciences: a practical guide. Malden: *Blackwell Publishing*

Reher, D.S. (1998). Family Ties in Western Europe: Persistent Contrasts. *Population and Development Review*, 24(2): 203-234. <https://doi.org/10.2307/2807972>

Rethlefsen, M.L., Kirtley, S., Waffenschmidt, S. *et al.* (2021). PRISMA-S: an extension to the PRISMA Statement for Reporting Literature Searches in Systematic Reviews. *Syst Rev* 10, 39 (2021). <https://doi.org/10.1186/s13643-020-01542-z>

Rindfuss, R.R. (1991). The Young Adult Years: Diversity, Structural Change, and Fertility. *Demography* 28, 493–512. <https://doi.org/10.2307/2061419>

*Serracant, P. (2012). Changing youth? Continuities and ruptures in transitions into adulthood among Catalan young people. *Journal of Youth Studies*, 15(2), 161-176. <https://doi.org/10.1080/13676261.2011.643234>

Simões, F., Tosun, J., & Rocca, A. (2022). Determinants of job-finding intentions among young adults from 11 European countries. *Social Indicators Research*, 164(2), 623-648. <https://doi.org/10.1007/s11205-022-02941-6>

Sironi, M. (2015). Transition to adulthood. In J. D. Wright (Ed.), *International encyclopedia of the social & behavioral sciences*, (pp. 571–575). Elsevier. <https://doi.org/10.1016/B978-0-08-097086-8.34053-3>

Sironi, M., & Furstenberg, F. F. (2012). Trends in the economic independence of young adults in the United States: 1973–2007. *Population and Development Review*, 38(4), 609–630. <https://doi.org/10.1111/j.1728-4457.2012.00529.x>.

*Sironi, M., Barban, N., & Impicciatore, R. (2015). Parental social class and the transition to adulthood in Italy and the United States. *Advances in Life Course Research*, 26, 89-104. <https://doi.org/10.1016/j.alcr.2015.09.004>

*Soler-i-Martí, R., & Ferrer-Fons, M. (2015). Youth participation in context: The impact of youth transition regimes on political action strategies in Europe. *Sociological Review*, 63(S2), 92-117. <https://doi.org/10.1111/1467-954X.12264>

Tanturri, M. L., & Mencarini, L. (2008). Childless or childfree? Paths to voluntary childlessness in Italy. *Population and Development Review*, 34(1), 51+. <https://doi.org/10.1111/j.1728-4457.2008.00205.x>

Tranfield, D., Denyer, D., & Smart, P. (2003). Towards a methodology for developing evidence-informed management knowledge by means of systematic review. *British Journal of Management*, 14(3), 207–222. <https://doi.org/10.1111/1467-8551.00375>

Tosi, M. (2017). Age norms, family relationships, and home leaving in Italy. *Demographic Research*. 36. 281-306. 10.4054/DemRes.2017.36.9.

Van Aken, J. E. (2001). Management research based on the paradigm of the design sciences: The quest for field-tested and grounded technological rules (Working Paper 01.1). *Eindhoven*

Centre for Innovation Studies, Eindhoven University of Technology

Van Regenmortel, S., De Donder, L., Dury, S., Smetcoren, A.-S., De Witte, N., & Verté, D. (2016). Social exclusion in later life: A systematic review of the literature. *Population Ageing*, 9(3), 315–344. <https://doi.org/10.1007/s12062-016-9145-3>

N/B,

- The references in blue are the articles excluded from the review
- The references with asterisk (*) are the articles included

APPENDIX I

Table 6. **ARTICLES RETRIEVED**

Authors	Year	Title	Researched countries	Methodology	Sample size (nr of persons)	Respondent group	Data source	Sample period
Aassve et al.	2002	Leaving home: a comparative analysis of ECHP data	Denmark, Netherlands, Germany, France, U.K, Spain, Greece, Portugal & Italy	Discrete-time hazard model of leaving home	Not Specified	Young adults, aged 18-34 y.o.	ECHP 4	1994-1996
Bacci	2001	Too Few Children and Too Much Families	Italy	Descriptive qualitative analysis	Not Specified	Young adults	United Nations Population Prospects (2001 Revision) for demographic projections	Not specified
Becker et al.	2010	Youth emancipation and perceived job insecurity of parents and children	Italy	Regression analysis		young adults, aged 20-24 and 25-29 y.o.	The European Labor Force Survey for most EU countries in 1983–2005 and the European Commission's Eurobarometer.	1983-2004
Bertolini & Goglio	2019	Job uncertainty and leaving the parental home in Italy Longitudinal analysis of the effects of labour market insecurity on the propensity to leave the parental household among youth.	Italy	Multinomial logistic regression models.	10,470 persons	Young people residing in Italy, aged 16-40 y.o.	Longitudinal data from EU-SILC	2007-2014
Billari and Liefbroer	2010	Towards a new pattern of transition to adulthood?	Europe	Descriptive Qualitative method	Varied between 999 in Cyprus and 2916 in Germany and another set of data by ISTAT in 2003 had over 19,000 households.	Young adults	ESS Round 3, 2006 & Famiglia e soggetti social (2003)	Not specified

Authors	Year	Title	Researched countries	Methodology	Sample size (nr of persons)	Respondent group	Data source	Sample period
Cairns & França	2022	Managing Student Mobility during the COVID-19 Pandemic: An Immobility Turn in Internationalized Learning?	Portugal	Descriptive statistical analysis.	Not Specified	Students.	semi-structured interviews via Zoom with individuals in public universities from across Portugal	September 2020 and January 2021,
Cantó et al.	2022	Youth living arrangements and household employment deprivation: Evidence from Spain	Spain	Quantitative analysis; linear probability model	800,000 native individuals below 35 years	Youths, aged 16-34 y.o.	Quarterly Labour Force Survey between 2005 and 2017	2005 - 2017
Carrà et al.	2014	Transition to Adulthood in Italy: An Intergenerational Perspective	Italy	Descriptive statistic and interviews	Not specified	Young people, aged 15-34 y.o.	ISTAT 2009 Multipurpose Survey, ISTAT (2012) & EUROSTAT (2008)	Not specified
De Rose et al.	2008	Italy: Delayed adaptation of social institutions to changes in family behaviour	Italy	Qualitative descriptive method	Not specified	Not specified	ISTAT 2004-2006	Not specified
Dordoni	2022	Young retail shift workers (not) planning their future: working with customers in the 24/7 service society in the transition to adulthood.	Italy and U.K.	Qualitative descriptive method	50 people	Young workers, aged 20-35 y.o.	Interview	Not specified

Authors	Year	Title	Researched countries	Methodology	Sample size (nr of persons)	Respondent group	Data source	Sample period
Ferraretto and Vitali	2023	Parental socioeconomic status and age at leaving home in Europe: Exploring regional differences	29 European countries	Analytical sampling strategy and descriptive statistics.	47,343 people	Youths aged, 15-45 y.o.	ESS Round 3, 2006; ESS Round 9, 2018.**	Not specified
Ferraretto et al.	2024	Leaving the parental home during the COVID-19 pandemic: the case of Southern Europe	longitudinal data from Greece, Spain, Italy, and Portugal,	Mixed Method	159,168 persons	Young adults, aged 18-35 y.o.	European Union Statistics on Income and Living Conditions (EU-SILC) and Oxford COVID-19 Stringency Index.	Min 1year..max 4years
Fuster et al.	2019	From a culture of homeownership to generation rent: housing discourses of young adults in Spain	spain	Followed an intentional sampling strategy and an indepth interview.	Not specified	Youth, aged 20- 32	Discussion groups and interviews	2007 and 2014/15
Gil-Solsona	2023	'Not really leaving home' in Southern Europe: intermediate living situations in Catalan youth housing trajectories	Spain	Mixed Method	2,624 persons	Young people, aged 15-35 y.o.	2017 Catalan Youth Survey (CYS),	Not specified
GimenoMonterde et al	2021	Unaccompanied young people and transition to adulthood: Challenges for child care services	Southwestern Europe (Spain)	Mixed Method	Working Group participants (n = 161 persons) & Participation in Workshops sessions with unaccompanied youth (n = 65 persons)	young children, aged 16-19 y.o.	Field work.	Throughout 2019

Authors	Year	Title	Researched countries	Methodology	Sample size (nr of persons)	Respondent group	Data source	Sample period
Goglio Valentina	2018	Young adult occupational transition regimes in Europe: does gender matter?	Europe	Descriptive statistical analysis.	Employed (N= 3,392 people) Inactive (N= 406 people)	Young adults, aged 25-34 y.o.	EU-SILC 2009-2012	48 months.
Gómez-Balcácer et al	2023	The Importance of Diferent Forms of Social Capital for Happiness in Europe: A Multilevel Structural Equation Model (GSEM)	24 European Countries.	Mixed method	42,295 people	Not specified	ESS wave 9, 2018.	Not specified
Impicciatore	2015	The Transition to Adulthood of the Italian Second Generation in France	France	A hazard regression model & a logistic regression model.	EHF survey = 35,9673 people FSS samples=37645 people	Second generation Italian migrants	EHF 1999 survey & FSS 2003 samples	Not specified
Krzaklewska et al.	2023	NextGenerationEU as a (more) youthfriendly Europe?	Italy and Poland	Not specified	Not Specified	Young people	Not specified	Not specified
Liu et al	2019	The living arrangements of Moroccans in Spain: Generation and time	Spain	Descriptive statistics and a logistic regression model.	12,860 people	Young adults: First generation migrants is 4369 in 2001 and 6,178 in 2011 . The 1.5 generation gave a sample size of 489 cases for 2001 and 1,824 cases in 2011, aged 20 - 34 y.o.	Integrated Public-Use Microdata Series International (IPUMS-i) and the Spanish Statistical Office	Not specified
Luppi et al.	2021	On the changes of the intention to leave the parental home during the COVID-19 pandemic: a comparison among	Italy, Germany, France, Spain and the UK.	Regression analysis	6000 people	young people, aged 18-34 y.o.	Using data from an international survey from the “Youth Project”	Respondents were interviewed between March and April 2020

		five European countries						
Luppi et al.	2024	Leaving and returning to the parental home during COVID times in France, Italy, Germany, Spain, and the United Kingdom	Italy, France, Spain, Germany, and the United Kingdom	Multinomial logit models	2000 people for each wave in Italy and 1000 people for each wave in other countries.	Young People, aged 18-34 y.o.	International surveys conducted by the Youth Project of Toniolo Institute	May & Nov2021
Mazzucco et al.	2006	Similarities and differences between two cohorts of young adults in Italy: Results of a CATI survey on transition to adulthood	Italy	Qualitative analysis; Interviews were conducted with CATI (Computer Aided Telephone Interviewing) technique.	6,166 individuals	Young Italians, those aged 23-27 and 33-37 in the first half of 2004	ISTAT data for cohorts up to 1962 and I.D.E.A. survey data for 1966-70 cohorts)	Between December 2003 and March 2004
Minguez	2016	Late Leaving of the Parental Home in Southern Europe: Lessons for Youth Policy	Greece, Italy, Spain, Portugal and Slovenia)	Descriptive qualitative analysis and correlation analysis.	Not Specified	Young adults, aged 18-34 y.o.	EU-SILC (2003-2012), ESS (2006), SOCX and SHARE database	Not specified.
Authors	Year	Title	Researched countries	Methodology	Sample size (nr of persons)	Respondent group	Data source	Sample period
Moreno	2012	The Transition to Adulthood in Spain in a Comparative Perspective: The Incidence of Structural Factors.	Spain	Mixed method	24,582 individuals	Young People, aged 15-35 y.o.	2006 European Labour Survey	Not specified
Nico	2016	Romantic turning points and patterns of leaving home: contributions from qualitative research in a Southern European country.	Portugal	mixed technique was applied	52 individuals	Young Portuguese adults	Biographical interviews and life calendars	Not specified
Nico	2010	Individualized Housing Careers in Early Adulthood: Conditions and Constraints in a Familistic Society	Portugal	Descriptive Qualitative method	43, 000 individuals	Young people, aged 24-30 y.o.	data from the 2006 European Social Survey (23 countries)	Not specified
Nico	2014	Variability in the transitions to adulthood in Europe: a critical approach to de-standardization of the life course	Europe	Qualitative descriptive analysis	Not Specified	1920s Cohorts in Europe	European Social Survey data on the organization of the life course	Not specified

Serracant	2012	Changing youth? Continuities and ruptures in transitions into adulthood among Catalan young people.	Spain	Quantitative descriptive analysis	2,400 individuals	Catalan young people, aged 18-34 y.o.	Catalan youth Survey	Not specified
Simoes et al.	2022	Determinants of Job-Finding Intentions Among Young Adults from 11 European Countries	11 European Countries	Descriptive analysis	5200 individuals	youths aged 18-34 y.o.	data from the CUPESSE project	Not specified
Authors	Year	Title	Researched countries	Methodology	Sample size (nr of persons)	Respondent group	Data source	Sample period
Sironi et al.	2015	Parental social class and the transition to adulthood in Italy and the United States	Italy and U.S.	Quantitative analysis; multinomial logistic regressions,	U.S.A. =8636 [4275 males and 4361 females] Italy = 40962 [gender not specified] Final sample for Italy includes 6002 individuals [2916 males and 3086 females	Young adults, aged 14- 22 until they were between 31and 39 years old	For the United States, we use data collected through the NLSY79 . For Italy we use the Multipurpose ISTAT survey "Famiglia e soggetti sociali.	U.S- interviewed each year from 1976 to 1994 and every other year after 1996 Italy- interviewed at the end of 2003
Soler-iMartí and Ferrer-Fon	2015	Youth participation in context: the impact of youth transition regimes on political action strategies in Europe	12 European countries +	Mixed Method	600 individuals	young people, aged 16-25 y.o.	Survey of the FP7 MYPLACE project .	2012- 13
Tanturri & Mencarini	2008	Childless or Childfree? Paths to Voluntary Childlessness in Italy	Italy	Quantitative research; descriptive analysis	859 individuals	Young women, aged 40-44 y.o.	Survey-Based Questionnairebased	Not specified

CATPCA= Categorical Principal Component Analysis.

SHARE: Survey of Health, Ageing and Retirement in Europe

ESS= European Social Survey.

ECHP= European Community Household Panel

SOCX = The OECD Social Expenditure Database,

EU-SILC= E U-Statistics on Income and Living Conditions

I.D.E.A=Inizio Dell' Età Adulta

ISTAT= Istituto Nazionale di Statistica

N/B : the articles in red are the excluded papers.