Architectural Dimension of Longing for the Polish People's Republic: The Role of Nostalgia in Rating of Traditional and Modern Buildings and Interiors

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Abstract

Goal: Exploring the relationship between nostalgia and its types (restorative nostalgia and reflective nostalgia) alongside preferences for buildings and interiors in a modern or a typical traditional Polish People's Republic (PPR) style. We predicted that restorative nostalgia (a longing for a lost past and a desire to recreate it in the present) will increase the architectural preference – both of buildings and interiors – for the typical Polish People's Republic style, to a higher degree than reflective nostalgia, defined as a reflection on the passage of time. We also predicted that there would be a positive relationship between age and a preference for buildings and interiors typical for the Polish People's Republic period.

Method: The first study, regarded as a pilot study, was conducted on a group of N = 67 participants. It investigated the correlation between age, two types of nostalgia measured using Prusik's (2011) adaptation of the INP questionnaire (*Index of Nostalgia Proneness*), and ratings of 20 pictures of blocks of flats from the PPR period and modern buildings. 476 people aged 18–83 took part in the second study. They filled out a questionnaire

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measuring two types of nostalgia and then rated 12 randomly presented photos of buildings and interiors in a modern or the PPR style on four scales: "I like it", practicality, coziness, and how nostalgic it appeared.

Results: In the first study, older people had a higher level of restorative nostalgia and rated photos of PPR buildings higher. Restorative nostalgia was a better predictor of blocks of flats ratings than reflective nostalgia. In the second study, statistical analysis revealed a negative association between age and the overall ratings and nostalgic ratings of communist-era interiors, and a positive association with the nostalgic ratings of modern interiors. Reflective nostalgia better explained the variance in ratings of modern buildings. Restorative nostalgia was more strongly associated with ratings of communist-era interiors than reflective nostalgia and predicted nostalgic ratings of communist-era buildings. Both types of nostalgia predicted positive evaluations of modern interiors.

Conclusion: The results of the studies showcase a complex picture of the relationship between nostalgia, style, and ratings of presented photos. A link was found between restorative nostalgia and positive ratings of places in the PPR style. However, unexpected relationships between variables were also found in the second study. The lack of reproducibility of correlation between age and ratings of photos suggests a limited influence of experiences from one's youth in the shaping of preferences for buildings and interiors.

Keywords: restorative nostalgia, reflective nostalgia, building preference, interiors preference, Polish People's Republic

Nostalgia in Psychology

Until the late 20th century, nostalgia was understood as a disease, associated with an obsessive focus on the idea of homeland and homesickness, causing emotional problems, including anorexia and even suicidal thoughts (Anspach, 1934; De Diego & Ots, 2014; McCann, 1941; Sedikides & Wildschut, 2022). According to Sedikides and Wildschut (2019), observing nostalgia primarily in individuals with severe mental health issues led to its interpretation as the cause of their problems, rather than recognizing it as a coping mechanism for the patients' actual difficulties.

Current research tends to emphasize a positive perception of nostalgia. Although it has a negative element related to the loss of something due to the passage of time (Batcho, 2020), it is a predominantly positive emotion that offers many emotional benefits (Abeyta et al., 2015; Batcho, 2013; Cheung et al., 2016; Hepper et al., 2024; Juhl & Biskas, 2023; Routledge et al., 2008; Sedikides & Wildschut, 2022; Sedikides et al., 2018; Vess et al., 2012, Wildschut et al., 2006, Zhou et al., 2008). In most of the psychological works cited above, the bittersweet mental return to the past is considered an important psychological resource for the individual, allowing them to bridge the gap between what was and what they are currently experiencing, restoring broken continuity, strengthening self-esteem, and facilitating social adaptation.

However, nostalgia has its risks and limitations. According to Newman and colleagues (2020), experimentally induced nostalgia is assessed as more positive than nostalgia elicited by everyday experiences, often related with negative connotations. Unhappy individuals may not experience the benefits of nostalgia (Sedikides et al., 2010), as may individuals with a low sense of personal identity continuity (Iyer & Jetten, 2011), and those with low social status (Newman, 2020). Additionally, group-based national nostalgia can lead to increased prejudice (Behler et al., 2021), and it may be used for manipulation by political groups (Ostovich, 2020).

The emotion of nostalgia appears to vary across cultures. Extensive cross-cultural research by Erika Hepper and colleagues (Hepper, 2014, Hepper et al. 2024) demonstrated that the affective tone of nostalgia depended on the participants' country of origin. Depending on the culture, nostalgia was perceived as a positive, neutral, or negative emotion. Hepper and her team (2024) also demonstrated that cultures differed in the factors that aroused nostalgia: highly developed countries (assessed based on prosperity, life expectancy, and quality of life) experienced nostalgia more often due to sensory stimuli (such as photos, smells, music) than due to social encounters.

Categories of Nostalgia

Although nostalgia researchers have often treated it as a one-dimensional construct (Routledge, 2016, Wildschut & Sedikides, 2023), research shows that it is not a uniform construct. Jacobsen (2020) highlights the multidimensional nature of nostalgia, presenting preliminary classifications of types of nostalgia based on various demarcation criteria. Beyond the basic division into nostalgia as a pathological state and as a "normal" emotion, typologies of nostalgia can address both its various content and its formal characteristics – ways of experiencing a mental return to the past.

Havlena and Holak (1996, 2000) proposed dividing nostalgia into four categories based on two dimensions: directness-indirectness and individuality-collectivity. Direct nostalgia concerns experiences from a given person's life, while indirect nostalgia is associated with the past known from stories and cultural texts. The individuality dimension describes whether nostalgic experiences occur within individuals or are shared by members of a larger group. The authors also developed a tool for assessing all four types of nostalgia (Holak et al., 2005).

Sociologist Fred Davis (1979) pioneered contemporary research on nostalgia, understood not as a disease but as a psychological resource facilitating coping with broken continuity. In his work *Yearning for Yesterday*, he described three types of nostalgia: simple nostalgia (first order), reflexive nostalgia (second order), and interpreted nostalgia (third order). Simple nostalgia is associated with a desire to return to the past and stems from a lack of acceptance of the present; reflexive nostalgia is an analysis of the past and its critical evaluation; and finally, interpreted nostalgia is a meta-reflection on the passing of time, combined with reflection on its true meaning for the individual.

The literary scholar Svetlana Boym (2001) drew on Davis's demarcation, distinguishing two types of nostalgia: restorative (similar in meaning to simple nostalgia) and reflective, which is a combination of the other two types of nostalgia distinguished by Davis (Boym, 2001, 2007). This division is not based on the content or triggers of nostalgic images of the past, but describes the processes and desires aroused by this emotion. Restorative nostalgia awakens a desire to recreate or return to a past perceived as morally superior, now destroyed by hostile forces. Reflective nostalgia is aimed at learning about and integrating the past into a continuous life story.

Monika Prusik (2011) used a tool developed by Havlena and Holak (Holak et al., 2005) in her study of nostalgia for the Polish People's Republic. Instead of the four types of nostalgia they proposed, the study revealed two factors, which the author labeled "nostalgia-longing" and "interest in the past". The first factor included statements about longing for the past, a sense of loss, and a preference for the culture of bygone times. The second factor contained statements describing a mental return to earlier experiences and shared reminiscences with others. This division, which according to Prusik better reflects the Polish experience, seems closest to the typology described by Svetlana Boym.

Like any other emotion, nostalgia can be understood as a momentary mental state or as a lasting individual predisposition. In experimental studies, nostalgia is treated as a state – induced by appropriate instructions or nostalgia-triggering stimuli (Routledge, 2016). Nostalgia treated as a predisposition is examined using appropriate questionnaires. The most well-known nostalgia scales include the *Southampton Nostalgia Scale* (Wildschut & Sedikides, 2023), the aforementioned *Index of Nostalgia-Proneness* (Holak & Havlena, 1998; Holak et al., 2005), the *Nostalgia Proneness Scale* (Holbrook, 1993), which arose from consumer research, and Batcho's scale (1995), which includes a list of objects and abstract entities that can become the subject of nostalgic memories.

The division into restorative and reflective nostalgia was operationalized into three scales with different content by Prusik (2011) and Lewicka and Prusik (2023). The first scale – a shortened and modified version of the Holak and Havlena Scale (1998) – encompasses a general feeling of nostalgia (nostalgia for the past), while the other two concern nostalgia related to the respondent's place of residence: nostalgia for a place that has changed and relocation nostalgia – nostalgia for the place from which one has left (Lewicka & Prusik, 2023). In the current study, we will use the first of these scales.

Nostalgia for the PPR

Sense of continuity is an element of coherent identity understood as perceiving one's past, present, and future self as a whole that changes over time (Brzezińska, 2006). Nostalgia can enhance this sense of continuity. Abakoumkin and colleagues (2019) explain this effect as a result of increased sense of social belonging due to nostalgia. These results may explain the role of nostalgia in citizens of countries undergoing significant social change.

A radical social change experienced by the nations of Central and Eastern Europe was the transition from communism to capitalism at the turn of the 1980s and 1990s. Despite the significant passage of time, some societies that experienced this transformation still look longingly toward the past. This longing encompasses the greater social equality of that period, closer and less instrumental social relationships, and a greater sense of security (Prusik & Lewicka, 2016). This is accompanied by a negative assessment of the present. This phenomenon has been the subject of numerous publications (Ekman & Linde, 2005; Godole & Idrizi, 2019; Todorova & Gille, 2010), and in some countries it has been given a special label: *ostalgia* in East Germany (Blum, 2000; Boyer, 2006) or *yugonostalgia* in the countries of former Yugoslavia (Maksimović, 2017).

Many explanations have been proposed for these views. The introduction of capitalism meant greater social stratification and the need for a constant struggle to improve or maintain one's standard of living. The financial situation of those who failed to adapt to this system worsened compared to those who succeeded (Roeske, 2014), although objectively, the transformation brought significant improvements to the financial situation of all citizens (Czapiński & Panek, 2015). Status differences contributed to the erosion of social bonds, and the overall image of society changed from a community whose enemy was the government to a group of people competing with each other.

Another source of explanation may lie in the way memory itself functions. Memories become distorted when we recall them, for example, during nostalgic recollection. People tend to perceive the past, even if traumatic, in a positive light and even forget negative elements of memories (Skowronski et al., 2014). The image of the Polish People's Republic (PPR), the name of Poland's communist state from 1952 to 1989, also exists in collective memory, the synthesis of many people's memories. Sharing a common perspective on the past is an essential element of group membership, so people are motivated to learn how others perceive their shared history and, to some extent, adapt their own perceptions accordingly (Prusik, 2011).

Lewicka and Prusik (2023; Prusik & Lewicka, 2016) summarized the theories of nostalgia for the Polish People's Republic in three hypotheses: negative present, positive past, and happy youth, respectively, referring to the harm caused by the introduction of capitalism, positive elements of the former system, and the benefits of being younger regardless of the state of the country. The authors' research showed that the negative present hypothesis corresponds to restorative nostalgia, which was associated with a pessimistic view of the present and the course of one's own and group's history, but not with an overly positive perception of the past. Reflective nostalgia correlated with a positive view of both the present and the past, which is consistent with the positive past hypothesis. Although the effect of happy youth was the weakest, it was associated with restorative nostalgia. The strongest effect turned out to be the negative present effect, which is consistent with the theoretical reflections of other authors studying the phenomenon of longing for communism (Ekman & Linde, 2005; Koleva, 2019).

The Present Investigation

Nostalgic feelings about a past that is irrevocably gone can include a mental return to one's own individual history, but also nostalgic feelings about artifacts characteristic of a bygone era. This is the foundation of vintage culture: promoting a return to objects and cultural products from decades ago: fashion, music, art, interior design, cars, and, most recently, video games. In Poland, we are observing a growing interest in everyday objects and cultural products from the communist era. Apartment furnishings from this period are becoming fashionable, providing functional solutions tailored to the needs of residents of often cramped apartment buildings (wall units, sofas tucked away in wardrobes etc.) (Jarmuż, 2013). Some time ago, the "Szare w Kolorze" ("Gray in Color") exhibition, showcasing authentic apartment furnishings from the communist era, garnered a lot of popularity in Warsaw (Zachęta Narodowa Galeria Sztuki, 2025; FOTOTAPETA, 2000). Fashion from the communist era is also gaining popularity among younger people, and there are numerous guides on how to incorporate vintage accents into today's outfits (Aulich, 2025; Pejas, 2024). Furthermore, there are many stores and brands whose primary marketing strategy is to utilize a style reminiscent of the communist era, such as "Pan Tu Nie Stał" or "Made-In-PRL".

Nostalgia for the communist era has been studied in various ways and in relation to various areas of life. However, we are not aware of any quantitative studies that relate the phenomenon of nostalgia – especially its various types – to the architecture of the past period. Meanwhile, the media increasingly emphasizes the social advantages of modernist housing estates from the communist era compared to contemporary developer construction. Konrad Królikowski's documentary film "Bloki" ("Blocks") (2017) is an excellent illustration of these comparisons.

In the current study, we decided to examine the prevalence of nostalgia for communist-era architecture in contemporary society and the relationship between perceived nostalgia, demographic variables, primarily the age of the participant, and the type of nostalgia – restorative and reflective.

We hypothesized that nostalgia for artifacts of the PPR era (types of buildings and apartment interiors) would be stronger among older people who remember the communist era than among younger people. On the other hand, vintage culture is often promoted precisely among those who did not directly experience the period. We also assumed that restorative nostalgia would be a stronger predictor of a positive assessment of buildings and interiors from the PPR period than reflective nostalgia, which in turn – due to its connection with a positive assessment of the present – would be more strongly associated with the assessment of modern buildings and interiors.

We conducted two studies. In the first, a pilot study conducted on a small sample, we examined building evaluations – typical apartment blocks from the communist, PPR era and newer, modern buildings. In the second study, conducted on a much larger nationwide sample, we expanded the data by replicating the first study and adding a new group of stimuli in the form of photographs of residential interiors, as well as additional variables describing the

participants' attitudes towards the photographs they were presented with. We formulated several hypotheses:

H1: There will be a positive relationship between the age of the participants and their evaluations of PPR-style buildings.

H2: Restorative nostalgia will be more strongly associated with evaluations of PPR-style buildings than reflective nostalgia.

Two similar hypotheses regarding preferences for residential interiors were also formulated:

H3: There will be a positive relationship between the age of the participants and their evaluations of PPR-style interiors.

H4: Restorative nostalgia will be more strongly associated with evaluations of PPR-style interiors than reflective nostalgia.

There is theoretical basis for predicting that reflective nostalgia, as it accompanies positive evaluations of both the present and the past (Prusik, 2011; Lewicka & Prusik, 2023), should be associated with positive evaluations of modern buildings and modern interiors. It is therefore expected that:

H5: Reflective nostalgia will be positively associated with evaluations of modern buildings and interiors.

Study 1

Study 1 was a pilot study. Its purpose was to conduct a preliminary analysis of hypotheses regarding the assessment of buildings from the PPR era and modern buildings, as well as the properties of the measurement tools used.

Method

Participants

Sixty-seven Polish people participated in the study. Their sociodemographic data was presented in table 1. Participants received an invitation to participate in the study via Facebook and Messenger.

Design

The study was correlational in nature. Participants completed an anonymous form on the Qualtrics platform. At the beginning of the questionnaire,

they answered basic demographic questions. In the first part of the study, they were asked to complete a questionnaire measuring their proneness to the two types of nostalgia. In the second part, participants were asked to rate their preferences for two types of buildings depicted in the photographs.

Table 1

Socio-demographic characteristics of participants in study 1

		Younger group Age < 43.0 N = 37	Older group Age >= 43.0 N = 30	Total N = 67
Age	M	26.22	55.3	39.24
	SD	3.97	9.48	16.14
	Range	22–38	44–76	22–76
Education %	Primary	0	3.3	1.5
	Secondary	54.1	73.3	62.7
	Higher	45.9	23.3	35.8
Gender %	Female	75.7	66.7	71.6
	Male	18.9	33.3	25.4
	Other	5.4	0	3

Measures

Restorative and Reflective Nostalgia

Selected items from the Polish translation of the INP scale (Holak et al., 2005) adapted by Prusik (2011) were used to measure nostalgia. The questionnaire achieved a Cronbach's alpha reliability of 0.88 for restorative nostalgia and 0.81 for reflective nostalgia. The scale consisted of a total of 17 statements, 9 for the "restorative nostalgia" subscale (e.g., "I miss the good old days"; "The society in which I live used to be better than it is now") and 8 for the "reflective nostalgia" subscale (e.g., "I like to look at photos I have taken"; "People and places from the past are especially meaningful to me"). The respondents responded to each of them on a 7-point Likert scale, where the answer 1 meant *strongly disagree* and the answer 7 meant *strongly agree*.

Age

To measure intergroup differences, the participants were divided into two age groups: younger and older. The year of birth, 1980, was chosen as the dividing point between the two groups. Individuals born in that year could have acquired memories of the communist era during their youth. Furthermore, there were no individuals born between 1981 and 1985 among the participants. Those born in 1986 were unlikely to have formed memories of that period that would serve to shape future nostalgia, so they were included in the younger group. Age was also treated as a continuous variable to examine its relationship with nostalgia and perception of places.

Place Evaluation
Participants rated the buildings on a five-point scale ranging from *strongly dislike* to *strongly like*. The measure used was the sum of the points in each building category.

Materials

Building Photos
The buildings were divided into two types: PPR-style apartment blocks and modern buildings. The researchers determined this division by analyzing their architectural features and the buildings' history. In the case of modern buildings, an effort was made to select buildings characterized by abstract forms, building materials such as glass or concrete, and a low concentration of features characteristic of "historicizing places". The photos were taken from the Place Picture Set database of urban images (Lewicka et al., 2019) (Appendix 1, p. 217). Participants were presented with 20 photos, 10 of which depicted communist apartment blocks and 10 of which depicted modern buildings

Results

Descriptive Statistics of Variables

The variables were measured at the quantitative level, with their descriptive statistics and correlations between them presented in table 2.

Table 2

Descriptive Statistics of Variables in Study 1

Variable	*M*	*SD*	Skewness	Curtosis	1	2	3	4	5
1. Restorative Nostalgia	4.30	1.25		0.31	–				
2. Reflective nostalgia	4.74	1.05	0.17	–0.96	0.65*	–			
3. PPR-style building ratings	26.96	6.73	–0.37	–0.18	0.44*	0.34*	–		
4. Modern building ratings	29.30	6.39	–0.26	–0.14	–0.23	–0.19	–0.05	–	
5. Age	39.24	16.14	0.62	–0.87	0.35*	0.16	0.36*	–0.06	–

* $p < .01$

Due to the skewness and kurtosis values (Table 2), the distribution of variables was assumed to be symmetrical and not deviating from a normal distribution (Field, 2000). Therefore, all variables were assumed to meet the conditions for conducting Pearson *r* correlation and regression analyses (Table 2).

A positive correlation was achieved between both forms of nostalgia, suggesting that both types of nostalgia share common variance. Both types of nostalgia correlated positively with the ratings of PPR-style apartment building photos. The correlation was stronger for restorative nostalgia than for reflective nostalgia. Neither type of nostalgia correlated positively with the ratings of modern building photos. Participant age correlated positively with restorative nostalgia and with the ratings of PPR-style apartment building photos. However, it did not correlate with the ratings of modern building photos or with reflective nostalgia.

Student's t-test was used to assess the difference between age groups in terms of photo ratings and nostalgia. The test was significant for the variables "restorative nostalgia" and "ratings of PPR-style apartment buildings" – $t(65) = 3.3$; $p < .001$; Cohen's $d =.82$ and $t(65) = 3.03$; $p = .002$; Cohen's $d =.74$, respectively. Student's t-test was not significant for the remaining variables. In line with the hypotheses, older adults were characterized by higher levels of restorative nostalgia and rated photos of PPR-style apartment buildings higher than younger adults. Cohen's d-test suggests that this effect is moderate for the rating of PPR-style apartment buildings and strong for restorative nostalgia.

Regression of Building Photo Ratings on Two Types of Nostalgia and Subject Age

To further analyze the relationship between nostalgia and building evaluation, an analysis of hierarchical linear regression was conducted, with the dependent variables being the ratings of PPR-style apartment building photos and the ratings of modern building photos. In the first step, both types of nostalgia proved to be predictors in both cases. In the second step, age was entered into the regression equation. The analysis was conducted separately for the ratings of PPR-style buildings and modern buildings (Table 3).

Table 3

Regression of PPR-style and modern building ratings on two types of nostalgia and participant age

	PPR-style buildings					Modern buildings				
	B	*SE*	*β*	*t*	*p*	*B*	*SE*	*β*	*t*	*p*
					Step I					
	$F(2. 66) = 8$; $p < .001$; $R^2_{adj} = .18$					$F(2. 66) = 1.83$; $p = .169$; $R^2_{adj} = .03$				
(Constant)	15.31	3.51		4.36	< .001	35.39	3.63		9.76	< .001
Restorative Nostalgia	**0.23**	**0.09**	**.38**	**2.60**	**.012**	–0.10	0.09	–.17	–1.09	.282
Reflective Nostalgia	0.07	0.12	.09	0.62	.536	–0.06	0.12	–.08	–0.49	.623

Continuation of Table 3

	PPR-style buildings					Modern buildings				
	B	*SE*	*β*	*t*	*p*	*B*	*SE*	*β*	*t*	*p*
					Step II					
	$F_{(3, 66)} = 7.06; p < .001; R^2_{adj} = .22$					$F_{(3, 66)} = 1.21; p = .314; R^2_{adj} = .01$				
(Constant)	12.88	3.62		3.56	< .001	35.22	3.86		9.12	< .001
Restorative Nostalgia	0.17	0.09	.28	1.831	.073	−0.10	0.09	−.18	−1.06	.293
Reflective Nostalgia	0.10	0.12	.12	0.84	.406	−0.06	0.12	−.08	−0.48	.637
Age	**0.10**	**0.05**	**.24**	**2.08**	**.041**	0.01	0.05	.02	0.14	.891

Age proved to be a stronger predictor of the ratings of PPR-style building photos than restorative nostalgia, although a slight positive effect was obtained for the latter variable ($p < .10$). Neither age nor any type of nostalgia predicted the ratings of modern building photos.

Discussion

The results of the pilot study initially confirmed the study's assumptions. Consistent with Hypothesis 1, restorative nostalgia correlated significantly and positively with the evaluation of PPR-style apartment buildings. This relationship did not hold for reflective nostalgia or modern buildings, confirming Hypothesis 2. However, Hypothesis 5 could not be confirmed.

Consistent with Hypothesis 3, age correlated positively with restorative nostalgia and the evaluation of PPR-style apartment buildings. These ratings were also significantly lower in the younger group than in the older group. This effect did not occur for reflective nostalgia or for modern buildings. Therefore, it can be concluded that with age, the intensity of restorative nostalgia and the preference for PPR-style apartment buildings increases. Interestingly, age proved to be a stronger predictor of the ratings of PPR-style apartment buildings when included in the regression along with both types of nostalgia. In this case, the effect of restorative nostalgia was weakened, and age proved to be the only statistically significant predictor. This model also predicted more variance.

Study 2

Introduction

The results obtained in the pilot study could have been weaker than in the general population due to the small number of participants. Therefore, it was

decided to conduct the study on a larger, nationwide sample with enriched experimental material. In addition to the photographs of buildings (the same ones as in Study 1), photographs of residential interiors were also presented for evaluation: typical of the PPR era and modern.

Method

Participants

476 Polish people participated in the study (225 evaluated photos of buildings and 251 evaluated interiors). Participants were recruited by Pollster. The study included a nationwide sample, diverse in age, gender, education, and size of town of residence. Sociodemographic data of the sample is presented in Table 4.

Table 4

Socio-demographic characteristics of participants in Study 2

		Buildings *N* = 225	**Interiors** *N* = 251
Age	*M*	48.32	48.0
	SD	17.03	16.1
	Range	18–83	18–82
Education %	Primary	35.1	37.8
	Secondary	39.6	35.5
	Higher	25.3	26.7
Gender %	Female	52.0	55.4
	Male	47.6	48.6
	Other	0.4	0.0
Place of residence size %	Rural	35.9	32.2
	Town < 20,000	10.4	9.1
	City < 100,000	22.8	22.6
	City < 500,000	17.6	20.4
	City > 500,000	13.3	16.7

Measures

Nostalgia

The shortened version of the *Index of Nostalgia-Proneness Scale*, translated by Monika Prusik (2011), was again used to measure the level of nostalgia. The reliability of both subscales in both groups was high, exceeding α = .80. The

restorative nostalgia subscale achieved α = .87 for the building-rating group and α = .91 for the interior-rating group. The reflective nostalgia subscale achieved α = .89 for the building-rating group and α = .88 for the interior-rating group. Both subscales correlated relatively highly with each other: r (225) = .73 for building ratings, r (221) = .69 for interior ratings. However, due to previous research demonstrating that the scale is two-factor (Lewicka & Prusik, 2023), they were treated as measures of two types of nostalgia. The means of both subscales were used to measure both types of nostalgia.

Place evaluation

Attitudes toward the presented photos were measured by four statements – "I like this place", "This place is decorated in a practical, functional way", "I could feel at home in a place decorated this way", and "This place makes me nostalgic" – which were rated by respondents using a seven-point Likert scale ranging from *strongly agree* to *strongly disagree*. The same questions and response scale were used for the building evaluations. Additionally, each photo also included an open-ended question: "What do you think about this place? Please describe it in a few words".

Factor analysis of four question types, conducted separately for modern places and places from the PPR era (buildings and interiors), revealed that in each case, one factor explained 83% of the variance (ratings of places from the PPR era) and 78% of the variance (ratings of modern places), respectively. In both cases, the first three types of ratings had very high loadings (over .90), while the last question ("This place makes me nostalgic") had lower loadings (below .80). This question could refer to an emotional state temporarily evoked by the presented stimuli (nostalgia as a state). In subsequent analyses, it was decided to treat these four questions either independently or together as aggregate indices. In the latter case, an aggregate rating index was created, representing the average ratings of the first three questions. Due to its specific content, responses to the question about the evoked emotion of nostalgia were analyzed separately.

Materials

The current study utilized a subset of the photos (6 photos of PPR-style apartment blocks and 6 photos of modern buildings) previously used in the first study. Interior photos came from private collections, online advertisements (permission was obtained for their use), and the Wikimedia Commons repository. The selection of interior photos was preceded by a pilot study in which participants (N = 16) rated the interiors on a 7-point scale ranging from "Definitely PPR-style" to "Definitely modern". Based on the results, the five highest-rated photos in both interior categories were selected, along with one photo of a kitchen in each category. The average rating for the selected communist-era interiors was M = 1.41 (lower is better), and for modern interiors, M = 6.16 (higher is better), allowing them to be used as materials for the current study.

Procedure

Subjects completed a questionnaire hosted on the Qualtrics platform. It began with questions about age, gender, education level, and the size of their place of residence. The next component was the 17-item scale measuring restorative and reflective nostalgia. In the main part of the questionnaire, participants answered four closed-ended questions and one open-ended question about each photo (six modern and six PPR-style) presented in random order. Half of the participants received photos of buildings, while the other half received photos of residential interiors.

Results

Descriptive Data of Variables

Table 5 presents descriptive statistics for all measured variables, categorized by the type of stimuli assessed (buildings versus interiors). Skewness and kurtosis measures suggest that the distributions of all variables are symmetrical and do not deviate from normality, which allowed the use of parametric statistical methods.

Table 5

Descriptive Statistics of Variables in Study 2

	Variable	Buildings					Interiors				
		N	*M*	*SD*	*Skewness*	*Kurtosis*	*N*	*M*	*SD*	*Skewness*	*Kurtosis*
Nostalgia	Restorative	260	5.02	1.20	−0.57	0.27	289	4.92	1.31	−0.58	0.12
	Reflective	260	5.09	1.25	−0.53	−0.06	289	5.15	1.20	−0.52	−0.38
PPR-style	Like at home	216	3.54	1.47	0.19	−0.60	225	3.11	1.63	0.44	−0.71
	I like it	216	3.75	1.35	0.14	−0.30	225	3.17	1.58	0.43	−0.58
	Practical	216	4.16	1.25	−0.02	−0.13	225	3.56	1.50	0.34	−0.57
	Nostalgic	216	3.44	1.43	0.30	−0.39	225	3.68	1.62	0.07	−0.91
	General	216	3.82	1.27	0.21	−0.23	225	3.21	1.53	0.43	−0.54
Modern	Like at home	216	3.21	1.31	0.45	−0.10	221	4.83	1.21	−0.26	−0.20
	I like it	216	4.21	1.21	−0.18	−0.13	221	5.06	1.12	−0.23	−0.49
	Practical	216	4.03	1.81	0.11	−0.09	221	5.12	0.99	0.03	−0.56
	Nostalgic	216	2.80	1.29	0.62	−0.04	221	3.40	1.50	0.27	−0.65
	General	216	3.81	1.14	0.17	0.04	221	5.01	1.07	−0.09	−0.53

Note. General = average of the first three rating criteria (Like at home, I like it, Practical).

Intercorrelations Between Nostalgia Measures and Sociodemographic Variables

Table 6 presents the correlation coefficients between sociodemographic variables and the two types of nostalgia.

Table 6

Correlations between sociodemographic variables and measures of restorative and reflective nostalgia for the entire sample (N = 549)

	Age	Gender	Education	Place of residence size
Restorative nostalgia		−.04	−.19***	.02
Reflective nostalgia	.12**	.07	−.13**	.05

**p < .01; ***p < .001

Weak negative correlations were found between education and both types of nostalgia – more educated individuals reported weaker nostalgia – as well as a weak positive correlation between reflective nostalgia and age. Because Prusik's (2011) study found a curvilinear relationship between age and reflective nostalgia, we also examined the fit of both functions – linear and quadratic – to the relationship between age and this type of nostalgia. Both functions were significant: linear $F(1,546) = 7.97$; $p = .005$; $R^2 = .01$ and quadratic $F(2,545) = 6.01$; $p = .003$; $R^2 = .02$, although they explained little variance. Neither linear nor quadratic function described the relationship between age and restorative nostalgia. No correlations were found between the two types of nostalgia, gender, and the size of the place of residence.

Place Ratings Analysis

Hypothesis testing was preceded by an analysis of the average ratings obtained for modern and PPR-style buildings and interiors. The aggregate results and comparison of differences are presented in table 7.

Table 7

Differences between four types of ratings of buildings and interiors

	Buildings				Interiors			
	Modern n = 216	PPR-style n = 216	t (213)	p	Modern n = 221	PPR-style n = 225	t (217)	p
	M ±SD	M±SD			M±SD	M±SD		
I like it	4.21±1.21	3.75±1.35	5.07	< .001	5.06±1.12	3.17±1.58	18.05	< .001
Practical	4.03±1.18	4.16±1.25	−1.48	.070	5.13±0.99	3.36±1.50	19.04	< .001
Like at home	3.21±1.31	3.54±1.47	−3.12	< .001	4.83±1.21	3.11±1.63	15.71	< .001
Nostalgic	2.80±1.29	3.44±1.43	−6.28	< .001	3.40±1.50	3.63±1.62	−1.67	.048

The model used in the study was a factorial design: 2 (type of place: buildings versus interiors) × 2 (style: PPR-style versus modern). Therefore, although it was not the subject of the hypotheses, a two-factor analysis of variance with one repeated factor (style) was conducted on these results. The analysis was conducted separately for all four types of ratings. In all four cases, the analyses revealed significant main effects of style (modern versus PPR-style), nonexistent or weaker main effects of place type (buildings versus interiors), and—qualifying these main effects—significant interaction effects of place type and style.

Modern places were liked more than places in the PPR style, $F(1, 430) = 289.95$; $p < .001$; $\eta_p^2 = .40$; there was no main effect of place type (buildings vs. interiors), $F(1, 430) = 1.19$; $p = 0.276$; $\eta_p^2 = .003$, but a significant effect of interaction of style and place type was obtained, $F(1, 430) = 110.07$; $p < .001$; $\eta_p^2 = .20$. The difference in ratings in favor of modern interiors in comparison to traditional interiors was greater, $d = -1.22$ [-1.40; -1.05], than the difference in ratings between both types of buildings, $d = -0.35$ [-0.48; -0.21] (Table 7, p. 205).

Analysis of variance for practicality ratings revealed a significant main effect of style, $F(1, 430) = 167.80$; $p < .001$; $\eta_p^2 = .28$, a non-significant main effect of place type, $F(1, 430) = 1.19$; $p = .276$, $\eta_p^2 = .003$, and a significant interaction effect of style and place type, $F(1, 430) = 223.97$; $p < .001$; $\eta_p^2 = .34$. Modern interiors were rated as more practical than interiors in the PPR style, $d = -1.29$ [-1.47; -1.11], with no differences in ratings for buildings, $d = 0.10$ [-0.03; 0.25] (Table 7, p. 205).

Analysis of variance of the "homeliness" ratings for the presented places ("like at home") showed a significant main effect of style, $F(1, 430) = 91.54$; $p < .001$; $\eta_p^2 = .18$; a significant main effect of the type of rated places, $F(1, 430) = 25.76$; $p < .001$; $\eta_p^2 = .06$, and a significant interaction of style and place type, $F(1, 430) = 194.61$; $p < .001$; $\eta_p^2 = .31$. Analysis of means showed that while blocks in the PPR style were treated as more associated with home than modern buildings, $d = 0.23$ [0.09; 0.36], an inverse relationship was obtained for interiors: modern interiors had a more homely character than interiors in the PPR style, $d = -1.06$ [-1.23; -0.90] (Table 7, p. 205).

The final analysis of variance concerned the rating of the nostalgia as an emotion associated with the evaluated place. We obtained a significant main effect of style, $F(1, 430) = 25.51$; $p < .001$; $\eta_p^2 = .06$; a significant main effect of the type of evaluated place, $F(1, 430) = 10.89$; $p = .001$; $\eta_p^2 = .03$, and a rather weak interaction effect of style and place type, $F(1, 430) = 6.30$; $p = .012$, $\eta_p^2 = .01$. Places in the PPR style aroused greater nostalgia than modern places, and this difference was greater in the case of buildings, $d = 0.43$ [0.29; 0.57] than interiors, $d = 0.12$ [-0.02; 0.25] (Table 7, p. 205).

Age, Education, and Place Ratings

The aggregate correlations between age, education and the general and nostalgia ratings of four types of places (in the PPR and modern styles, buildings, and interiors) are presented in table 8.

Table 8

Correlations between age and education, general ratings and nostalgia ratings of both styles of buildings and interiors

	Buildings				Interiors			
	PPR-style		Modern		PPR-style		Modern	
	Age	Educ.	Age	Educ.	Age	Educ.	Age	Educ.
General		–.22**		–.13		–.30**		–.23**
Nostalgia	–.12	–.20**	–.01	–.20**	–.25**	–.22**	.19**	–.17*

Note. General = average of the first three rating criteria (Like at home, I like it, Practical)
Educ. = Education.
*p < .05; **p < .001

No relationship was found between age and the ratings of buildings – both in the PPR and modern styles. Therefore, neither Hypothesis 1 nor Hypothesis 3 was supported. Furthermore, contrary to Hypothesis 3, age was negatively correlated with the rating of the nostalgic character of PPR-style interiors and positively correlated with the rating of the nostalgic character of modern interiors. However, consistent negative correlations, unpredicted by any hypothesis, were found between education and almost all ratings – primarily of interiors – both PPR-era and modern – but also of buildings (Table 8). Therefore, with increasing education, criticism of all the places depicted in the photographs increases.

Nostalgia Type and Place Evaluations

To test Hypotheses 2, 4, and 5, Pearson r correlations were calculated between the two types of nostalgia and the ratings of each type of place. A series of hierarchical regression analyses were then conducted on these ratings on both types of nostalgia and the age of the participants. The results of the correlations between the variables are presented in table 9. As can be seen, consistently stronger relationships between the two types of nostalgia and the ratings were obtained for interior ratings than for building ratings for both types of nostalgia.

Table 9

Correlations of both nostalgia types with the general and nostalgia ratings of both styles of buildings and interiors.

	Buildings				Interiors			
	Restorative		Reflective		Restorative		Reflective	
	Modern	PPR	Modern	PPR	Modern	PPR	Modern	PPR
General		.25***		.24***		.42***		.33***
Nostalgia	.21**	.27***	.24***	.20**	.44***	.33***	.41***	.28***

*p < .05; **p < .01; ***p < .001

The weakest correlations were obtained for the relationship between both types of nostalgia and the general rating of modern buildings, clearly weaker than the corresponding correlations with the ratings of PPR-style buildings.

Table 10

Regressions of ratings of both styles of buildings on two types of nostalgia and participant age

			Modern					**PPR-style**				
			B	*SD*	*Beta*	*t*	*p*	*B*	*SD*	*Beta*	*t*	*p*
General	Step I	Constant	−1.12	0.28		−4.07	< .001	−0.92	0.27		−3.48	< .001
		Restorative	−0.001	0.08	−.01	−0.01	.990	0.14	0.07	.18	1.88	.061
		Reflective	0.13	0.07	.19	1.86	.064	0.08	0.07	.11	1.16	.246
		R^2_{adj}	0.03					0.07				
	Step II	Constant	−0.96	0.32		−2.99	.003	−0.67	0.31		−2.19	.029
		Restorative	−0.01	0.08	−.02	−0.18	.855	0.14	0.07	.16	1.6	.111
		Reflective	**0.15**	**0.07**	**.21**	**2.03**	**.043**	0.11	0.07	.15	1.49	.139
		Age	−0.004	0.00	−.07	−1.01	.313	−0.006	0.04	−.11	−1.62	.108
		R^2_{adj}	0.03					0.08				
Nostalgia	Step I	Constant	1.45	0.38		3.82	< .001	1.85	0.42		4.38	< .001
		Restorative	0.07	0.10	.07	0.68	.500	**0.30**	**0.11**	**.25**	**2.58**	**.010**
		Reflective	**0.20**	**0.10**	**.20**	**1.99**	**.048**	0.02	0.11	.02	0.20	.840
		R^2_{adj}	0.06					0.06				
	Step II	Constant	1.57	0.44		3.55	< .001	2.32	0.49		4.78	< .001
		Restorative	0.06	0.11	.06	0.58	.564	**0.26**	**0.12**	**.22**	**2.24**	**.026**
		Reflective	**0.21**	**0.10**	**.21**	**2.06**	**.041**	0.07	0.11	.06	0.61	.544
		Age	0.003	0.01	−.04	−0.52	.604	−0.01	0.01	−.13	−1.92	.056
		R^2_{adj}	0.06					0.07				

The results show that reflective nostalgia better explained the variance in nostalgia ratings induced by modern buildings, while restorative nostalgia better explained the variance in nostalgia induced by PPR-style buildings, which partially confirms Hypothesis 2. Reflective nostalgia was also a significant positive predictor of the general rating of modern buildings. The effects of age on building ratings were generally insignificant, although a slight ($p < .10$) negative relationship was found between age and nostalgia ratings for PPR-style buildings.

More numerous and stronger results were obtained for the evaluation of interiors. First of all, consistently with Hypothesis 4, only restorative nostalgia, but not reflective nostalgia, positively predicted both the general rating and the nostalgia rating of PPR-style interiors. This fully supports Hypothesis 4.

Surprisingly, however, restorative nostalgia also predicted positive ratings of modern interiors (Table 11).

Table 11

Regressions of ratings of both styles of interiors on two types of nostalgia and participant age

			Modern					PPR-style				
			B	*SD*	*Beta*	*t*	*p*	*B*	*SD*	*Beta*	*t*	*p*
General	Step I	Constant	−1.55	0.23		−6.81	< .001	−1.92	0.29		−6.63	< .001
		Restorative	**0.20**	**0.05**	**.30**	**3.73**	**< .001**	**0.29**	**0.07**	**.37**	**4.32**	**< .001**
		Reflective	**0.20**	**0.06**	**.27**	**3.41**	**< .001**	0.06	0.08	.07	0.84	.404
		R^2_{adj}	0.27					0.17				
	Step II	Constant	−1.61	0.27		−6.03	< .001	−1.47	0.34		−4.35	< .001
		Restorative	**0.20**	**0.05**	**.31**	**3.75**	**< .001**	**0.27**	**0.07**	**.34**	**4.02**	**< .001**
		Reflective	**0.19**	**0.06**	**.27**	**3.29**	**.001**	0.09	0.08	.10	1.22	.224
		Age	0.002	0.00	.03	0.48	.634	**−0.01**	**0.00**	**−.15**	**−2.47**	**.014**
		R^2_{adj}	0.27					0.19				
Nostalgia	Step I	Constant	0.42	0.41		1.04	.298	1.43	0.46		3.13	.002
		Restorative	**0.34**	**0.09**	**.30**	**3.64**	**< .001**	**0.32**	**0.11**	**.27**	**3.00**	**.003**
		Reflective	**0.25**	**0.10**	**.20**	**2.42**	**.016**	0.12	0.12	.09	1	.319
		R^2_{adj}	0.21					0.11				
	Step II	Constant	−0.36	0.47		−0.78	.439	2.58	0.52		4.93	< .001
		Restorative	**0.38**	**0.09**	**.34**	**4.1**	**< .001**	**0.27**	**0.10**	**.22**	**2.55**	**.011**
		Reflective	0.20	0.10	.16	1.95	.053	0.19	0.12	.14	1.66	.100
		Age	**0.02**	**0.01**	**.19**	**3.18**	**.002**	**−0.03**	**0.01**	**−.25**	**−4.1**	**< .001**
		R^2_{adj}	0.24					0.17				

Consistent with Hypothesis 5, reflective nostalgia predicted a positive general rating of modern interiors and, to a small extent ($p = .053$), the feeling of nostalgia associated with them (Table 11). Contrary to Hypothesis 3, age proved to be a significant negative predictor of the feeling of nostalgia associated with PPR-style interiors and the general rating of them. At the same time, age proved to be a positive predictor of nostalgic feelings evoked by modern interiors. Thus, while younger respondents rated interiors from the PPR period higher and with greater nostalgia, older respondents felt nostalgic towards modern interiors.

Discussion

The results of Study 2 did not confirm Hypotheses 1 and 3 – unlike in Study 1, age was negatively associated with the evaluation of PPR-style places and positively

associated with modern places, although these relationships were limited to the evaluation of interiors. Additional analyses were conducted by dividing the sample into three age groups: over 60 (ones who remember the communist era), between 41 and 59 (ones who were children at that time), and under 40 (ones who do not remember the communist era). The analyses confirmed the linear nature of the relationship: PPR-style interiors evoked the most nostalgic feelings among the youngest group, and the least among the oldest. In contrast, the youngest group exhibited the least nostalgic feelings toward modern interiors, lower than the two older groups, which did not differ.

This result is inconsistent with the literature – with age, the number of memories from the critical period and later important life moments that took place during the communist era, inside or surrounded by buildings with a corresponding style, should increase. These experiences should create important, easily accessible memories and influence the respondents' preferences (Prusik, 2011; Schindler & Holbrook, 2003). However, it appears that a larger number of memories embedded in potentially nostalgic spaces does not significantly contribute to taste formation. Because Study 1 was conducted on a small sample, the results of Study 2 seem more reliable. It is therefore worth considering why age, undoubtedly correlated with memory of earlier times, did not prove to be a positive predictor of nostalgic memories.

First of all, it should be noted that in Study 2—in contrast to Study 1—we did not obtain a significant correlation between age and the intensity of restorative nostalgia and a weak positive correlation between age and the intensity of reflective nostalgia. This means that—unlike in Prusik's (2011) research conducted 15 years ago—age is no longer a mediator of the relationship between type of nostalgia and evaluation of the past. Additional analyses of the shape of the relationships between age and types of nostalgia revealed no significant linear or quadratic relationships between age and restorative nostalgia, and only trace relationships, both linear and quadratic (inverted U), between reflective nostalgia and age. However, these relationships are very weak, explaining $R^2 = .014$ and $R^2 = .022$ of the variance, respectively.

So why do older people perceive modern interiors as nostalgic, and younger people perceive traditional interiors from the PPR era as nostalgic? In our opinion, taking into account the results, it's important to consider the life stages of some of our respondents during the fall of the communist era, as well as before and after that period. The political transformation in Poland took place in 1989, 36 years ago. Even the oldest individuals surveyed today (aged 70–80) were in the prime of their lives at that time, and the rapidly changing assortments of shops and wholesalers allowed them to make changes to their current, often crude, living arrangements. As adults, these individuals were therefore soon able to renovate their apartments with greater freedom to suit their tastes, simultaneously moving up the social ladder and improving their standard of living. Such experiences would explain the perception of newer décor styles as more nostalgic by older individuals. On the other hand, vintage culture and the growing popularity of objects from the Polish People's Republic era may explain the negative effects of age on the evaluation of artifacts from that period, particularly residential

interiors. Young people may be more fascinated by this era than their parents or grandparents.

The lack of nostalgia for communist-era interiors among older adults may be further explained by the selection of the photographs presented. Due to their small number and origin (these are photos of apartments that had not been renovated for decades, mostly intended to be rented out), they could not fully represent the style of the past, nor be entirely faithful to the appearance of these rooms during the communist era. It should be noted that the post-war baby boom generation (currently the oldest respondents in our sample) exhibited different tastes than their parents' generation born before the war – more liberal and influenced by Western models. This was true even in the waning days of the communist era (the so-called "Gierek period" in Polish history). The interiors shown in the photos, however, are – as the respondents noted in their informal responses – "prehistoric". Let us quote a few informal statements from our respondents: "My family home was definitely nicer, even though they supposedly come from the same years. It's ugly in here" (68-year-old participant), "Wonderful photos. Almost the whole family at my aunt's name day. That's the atmosphere I associate this place with" (29-year-old respondent), "I like the modern and simple décor" (74-year-old participant). "Messy, cluttered with furniture, not very functional" (67-year-old participant), "These are bad memories from my old days" (74-year-old participant). As can be seen, criticism of traditional interior design is present among older respondents. The lack of correlation between age and ratings of PPR-style buildings is likely a result of the prevalence of older apartment buildings in cities, which has resulted in daily exposure to them across all age groups, "blurring" the effects of individual preferences. It should be noted, however, that even here we observed trace negative age effects in the nostalgia ratings for communist-era apartment buildings.

Education proved to be a significant demographic variable, associated with more negative evaluations of all stimuli. This relationship is explained by the negative correlation between education and both types of nostalgia, although it is also possible that individuals with higher education generally have higher expectations of private and public places, whether traditional or modern, due to a higher standard of living, greater mobility, and a wider range of comparisons.

Hypotheses 2 and 4 concerned the relationship between nostalgia types and preferences for traditional and modern buildings and interiors. Hypothesis 2 predicted a stronger relationship between restorative nostalgia than reflective nostalgia with preferences for PPR blocks, while Hypothesis 4 predicted a stronger relationship between restorative nostalgia and preferences for PPR-style interiors. Regression analyses yielded an interesting, though not always expected, pattern of results. Varied preferences for buildings by nostalgia type were obtained for the assessment of nostalgia for buildings. Consistent with Hypothesis 5, reflective nostalgia, but not restorative nostalgia, predicted a positive assessment of nostalgia for buildings, as well as the general assessment of modern buildings. Consistent with Hypothesis 2, only restorative nostalgia, but not reflective nostalgia, predicted a positive assessment of nostalgia for PPR-style buildings.

A consistent pattern of results was obtained for the assessment of PPR-style interiors – in regards to both the general assessment and the assessment of nostalgia, restorative nostalgia, but not reflective nostalgia, predicted positive ratings of traditional interiors, which fully confirms Hypothesis 4. In turn, in regards to modern interiors, both types of nostalgia predicted positive ratings, which partially confirms Hypothesis 5 (a positive relationship between reflective nostalgia and the assessment of modern interiors) but is also partially inconsistent with it (a similar relationship between restorative nostalgia). Therefore, individuals experiencing stronger nostalgia, regardless of its type, have a positive attitude towards contemporary interiors.

This last result is not easy to interpret. Why do modern interiors attract the attention of people with nostalgic tendencies? In the current study, we did not distinguish between nostalgia as a predisposition to experience nostalgia and nostalgia as a temporary state at the measurement level. Some of the photos presented to the participants may have been more or less effective in evoking nostalgia as a state, and this may have been influenced by general susceptibility to experiencing nostalgia.

It's also important to emphasize the consistent differences between the ratings of photos of modern and traditional buildings, and modern and traditional interiors. Modern buildings were more appealing than PPR-style apartment buildings, but they did not differ from them in terms of practicality, which, in turn, received significantly higher emotional ratings ("feels like home", "nostalgic"). Unlike buildings, modern interiors were significantly more appealing than PPR-style interiors—they were considered more practical and more "homely". Only in terms of nostalgia did they fare (slightly) worse than PPR-style interiors.

Open-ended responses offered numerous explanations for the low ratings of PPR-style interiors. A common comment among those who gave these photos a low rating was describing the rooms as dated ("this place is from the 1970s and 1980s", "not modern", "prehistoric", "old style", "a typical communist-era interior"). Another criticism was the overwhelming number of objects ("cluttered", "everything, as they say, from a different parish, (completely different)" "lots of furniture"), which was only the case for one modern photo. Many people also noted the lack of space in the PPR-style rooms ("cramped", "not much space"), although some modern interiors also received similar criticism. The final aspect of PPR-style rooms which participants disliked was the color scheme ("too colorful", "motley"). Modern rooms were sometimes described as too "cold", but their color scheme also received more compliments. In future studies, it would be worthwhile to include a more diverse selection of photos typical of contemporary and pre-economic transformation times.

Limitations

The current study is the first known study of the relationship between nostalgia, its various types, and architectural preferences. However, as the first one it also contains a number of limitations. For the pilot study in Study 2, a small number of stimuli ($N = 23$) and subjects ($N = 12$) were obtained, which could

have influenced how representative these interiors were of the modern and communist era styles. The main study also presented only 12 stimuli in each group, limiting their ability to capture the full diversity of spaces within each style. In both studies, the low representativeness of the study sample was also a limitation, which could have influenced the results, although we surveyed residents from all over Poland, from towns of varying sizes, and the full age range – from 18 to over 80 years old. However, both studies recruited individuals via online platforms, which, especially in the case of older adults, may have limited the representativeness of the group, for example by underrepresenting older adults from rural areas. In the current study, the average age of individuals from the largest cities (over 500,000 inhabitants) was significantly higher than the average age of residents of villages and towns of up to 20,000 inhabitants ($M = 59.87$ versus $M = 46.10$). Of course, it is not known to what extent this factor could have had any influence on the obtained results.

A clear limitation of the study was the asymmetric selection of stimuli (buildings and interiors) in terms of their function. While the interior photos presented two types of interiors, the building photos differed in character between traditional buildings (residential buildings) and modern buildings (non-residential buildings). This is a possible source of asymmetry in the evaluations of buildings and interiors.

One significant limitation of the study was the lack of information collected about the participants' past and present places of residence, or their experiences with places that fit into the categories of PPR-style and modern buildings and interiors. This applies particularly to the lack of information about how they design their own homes. While communist-era apartment blocks are a fairly common experience for all respondents, and even new housing estates have a "block" structure, interior design practices vary greatly. As mentioned above, even during the PPR era, not all Polish citizens lived in homes designed as presented by the stimuli used in the study. This data could prove helpful in interpreting the results and provide guidance for further research on nostalgia for old urban planning and the organization of living spaces.

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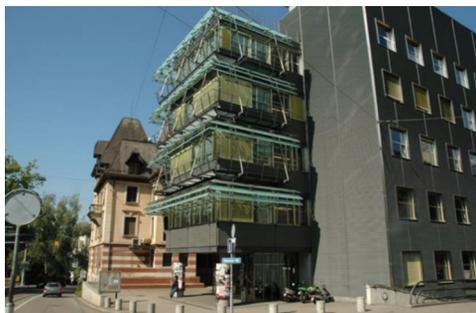
Appendices

Appendix 1A. Examples of building photos presented to participants

Images sourced from the urban photo collection by Lewicka et al. (2019, 2024)

PPR-style buildings

Modern buildings

Appendix 1B. Examples of interior photos presented to participants

Images sourced from private collections, advertisements on the olx.pl platform for apartment renting offers (a permission was given for their use in this study) and the Wikimedia Commons repository.

PPR-style interiors

Modern interiors