India

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **First order theme** | **Second order thems** | **Third order themes** | **Quotations** | **Cases** |
| Happiness | Personal Development and Achievement | Work | “So sometime if I'm not able to complete my task in day to day, this is what I go through. I write code and build softwares. And if I'm not able to maybe write, like in recent time, I'm trying to set up a test suit on my project, but I'm not able to do it from two to three days. Again, like I'm trying my hard to how to get it done.”  “Like completing the task, completing whatever I get”  “So I pursue it because I loved it and I'm doing it right now because I'm having that like I'm having whenever it's a task, all the tasks are not familiar with me. So I just go through it and I feel like I'm doing it very like I'm I find a way what what it will happen what like I whenever I do a task, it's like it not goes in a like in a correct way. Sometimes it goes on a wrong way, but I try to solve it. And like, I love the job very much. Whenever it's not about the money, it's not about whatever I'm getting a task or I'm not promoting or I'm going.”  “But I really love my job. I really do. And that's why I'm going to the office and do the work.”  “and the work which I'm loving right now.” | *2* |
| Achieving goals | “so happiness for me is like getting a success on any task or anything I'm working on. It can be a small success, it can be a bigger success. That's what I think happiness is. or achieving the expected result, what I'm expecting it, like achieving that makes me happy”  “So ultimately when my expectation meets, I am happy”  “And like in my work, if I'm able to complete a task and I'm not required to like work on the task multiple times and I'm not able to achieve what what I'm trying to do, then again, that will be a reason to not make me happy. So maybe achieving what I'm trying to do in my work makes me happy.”  “while I was in my teenage and like while I was in the like pursuing my matriculation or higher secondary exam, then my only reason for being happy was to like get good marks, able to do the assignment able to complete my semester exams nicely. So that that was the reason of my happiness and that was the reason of my success.”  “I should be completing the tasks assigned to me on time.” “Like I knew that I had to get selected in it. So yeah, achieving smaller goals.”  “Suppose if I'm expecting something from my friend, I'm expecting from my friend to give his time for maybe work on a project. And at the same time, my friend is not allotting the time for me. not attentively and I'm putting my day and night on it. So again, that will disappoint me.”  “Yeah, yeah. There is an expectation, then I'm not able to meet it. Then again, it will make me sad. as well my co-members.”  “Yeah so personal goal is something, if there is a very long-range personal goal or let me take few years then that's needs to be completed every day. Because you can't like build the house in one day, or you cant build like building in one-day so I tried to set my personal goal and try to devote like every day few minutes or for a few hours to it.”  “So, we should not regret much. Regret is okay, but you will have to work on it. You will have to put in your time. Being depressed will not solve your problem.”  “so happiness for me is like getting a success on any task or anything I'm working on. It can be a small success, it can be a bigger success.”  “I tried contributing to open source and I like found it Google Summer of Code was something that many people are trying to get into it, but many people are gets rejected, like 4000 10,000 or 30,000 people apply and only three to 4000 get selected. So I tried a lot harder I gave my day and night and once I got selected, then I understood that what actual happiness feels like”  “like working and getting my things merged into the code and people being using my code that that was a very big reason for me being happy.”  “So for me happiness is something which makes me feel good. That's basically achieved either through let's say any milestone that I've completed or by completing any of the life goals.”  “So these are some of the goals that.. I try to achieve on a daily basis as well as I try to be consistent in achieving these goals.”  “So I just set them. So I try to set my goals on a yearly basis. So I make resolutions on a particular day in a year. I write them down and it's my daily task to try to achieve them. So yeah, that's how I try to achieve my goals.”  “I look. Yeah, I came across many interviews and many. people where I get a chance to interview and everything like that. But it's but it's my it's my goal or it's my passion to be to be a tester or to be a quality analyst.”  “I have set my goals for the next year, some of like related to my studies and related to my like certifications and all.”  “We have to be a team leader. We have to be a team leader. Sometimes we have to be lead to projects and everything like that. In a career way, I have to be prepared for everything. Time goes and we have to be prepared for that.” | *3* |
| Challenging oneself | “You have to challenge yourself. No, I will do it. It will take time, but I will do it. So it will make me happy whenever I complete the task or whenever I go through that time period. I feel like, yeah, it's time to work now. So it's like that for me. I really challenge myself.”  “I'm really happy right now, but I have to be like, I have to challenge myself to be happy”  “I just tell them don't sit, what you are feeling right now, don't sit and what makes you feel happy. You have to get out of your comfort zone. You are have to go get out, look out the things which will work for you.”  “You have to get out of your comfort zone sometimes. So it's, I will give advice.” | 1 |
| Continuos learning | “learning something new makes me happy. Building something from scratch makes me happy.”  “I, every day I try to allot few hours of my day to learn something new”  “more learn about the things. I don't think I have learned enough right now. I have to learn many more things as the time comes. So I really do, that's why.”  “but I think I have to learn many of the things.”  “So I think I have to change many of the things or I have to learn many of the things right now.”  Learning from others  “So it really, when it comes to cultural activities, they are comes up with the food, especially when it comes up with the food, comes up with the religions. So I have to, like, whenever I go with the people, if they are like with a different religion, and having a different culture at that place. So it really makes me happy and having like stay with them and really learn.” sandhya  “We are living in a, like I'm living in a Pune here. Also, when we are living in my hometown, it's a different city. they are having a different culture. When I'm living in Pune, the culture here is different for me. So it's a very strong city to city or state to state I think. So it will affect to your happiness but in not wrong way you will learn how people are living in their cultures, how they are following their religion and everything like that.”  “Just go to the other cultural peoples, listen to their thoughts. Every like religion having different types of what I can say. or they are having their religion. like culture what they are following. So there are very positive things they are having. So you have to go to the, like listen to the other persons. Don't be bothering yourself with the, whatever you are doing right now”  “Oh, so I try to have conversations with my friends. I try to take their opinion on that particular subject.”  “And I try to.. try to find answers online as well, on forums or on YouTube videos if there are any people who have faced similar situations. So I try to take their perspective. and then try to implement them in my life and see if that helps.” | 3 |
| Consistency | “So, this actually, so my consistency gets connected to the happiness.”  “So it really makes me happy that I have been so consistent and determined in clocking my calories”  “my advice to them is to be. discipline a disciplined individual then be consistent in what they do.”  “So, this actually, so my consistency gets connected to the happiness. I know that if I am consistent with achieving my goals, then there will be a day when when I'll see the progress in my fitness journey or in my any journey for that matter.” | 1 |
| Interpersonal Relationship and family bonds | Relationship with others | “How we can interact with them, it's very important”  “relationships are important. Building a relationship is very important thing. Building a connections is also one of the thing which will be helping you in future. So if you are in a present company and if you maybe left that company, it should not happen that you are not in contact with them or you broke your relationships with them. Because nobody knows when you will be needing that company or where that company will be needing you. So having a connections with your past members and your past companies is very important thing.”  “So I make sure that any person who is not related to me, like doesn't have a blood relation to me. So I make sure that they are not disappointed with any of my conduct. See, it could be.. the way I present to them or the way I talk to them. So I make sure that my words are pretty clear and they are not offensive. They don't get offended by any of my actions and not just by words. So yeah.”  And apart from that we also take part into different extracurricular activities such as playing sports, indoor games, outdoor games, etc. So that way we have a good bonding as well as it makes us feel happy about being in an organization where we do not have any kind of negative vibes so to speak.  “So it could be like getting a good life partner, having good friends, having good relations,”  “Apart from that, your general conduct with others, being nice to people, being charitable, being helpful when a person is in need. Yeah, these are some of the things that would really help.”  “I have a very.. I have a good relationship with everyone, with my family, friends. There's no reason that I would.. I would be sad.”  “So whenever it's like I'm with friends or family, I feel very happy.”  “But I really admire when someone talks to me, sit with me, talks to me very nicely and listens to me. So it's like that. We sit around, we sit in a circle and share thoughts or anything like that.” Yeah, with my friends. I go out with my friends whenever we have time. And we even go through our mobiles and all. talking and talking and talking and then everything like that. Sometimes long distance friends also come with me and they talk with me and like mainly the food which makes me happy. So going to the like places, it's not the place but it's a person sometimes. So I like really go going out to the gardens and all like feeling like that.”  “you have to call or text them。 How are you feeling? How are you now? Like that. It makes me feel like we are not alone. You have to make them feel you are with them.” | 3 |
| Family well-being and support | “that doesn't only makes me happy that also makes my family happy”  “like they when they see me happy when they see me like happy with what I'm working on that makes me happy and again it will make me happy as well.”  “making my family feel good about something”  “Not just me but also seeing them happy also makes me feel happy.”  “my brother got admission to the medical field. So he was studying very hard. He didn't get time to watch anything or eat anything. So he was struggling everything, and he got the job. Like, it's personal what I'm saying. It's what he wanted to do. So at that time, I can't even say, I can't express my feelings for you. I was saying to him, but I was very happy. We are crying. We are laughing. We are having a very happy moment. It's a milestone for him, I know. But it's a milestone for me that we are with him when he's having that time.”  ---  “Like if I am with my family now then like I believe that I am having a like calm and composed life. I am sharing my time with them. I'm sharing my problem with them”  “so with my family is like having a meal together makes my family a lot happier.”  “like definition of success changed, it changed it I should be allotting more time to my family”  “I've watched a movie or I've spent time with my family or friends, etc”  “It's Diwali in our house. So it's been like four months that I didn't go to my home. So it's really a happy moment. When first time I see them, when you meet or you FaceTime them. It's not about FaceTime. It's like when you meet in person, it's where you make me feel happy. When we go there in Diwali, we celebrate it like lights, firecrackers and all. So we like whole home is light up with the lightings and all. So it's very happy. And we make sweets and anything. So like whenever we are making anything, we are like happy, we are sharing happy moments. You remember we have done that time. We have done that, we have done that. So it's like that. We are sharing our thoughts.”  --  “So in my opinion, I find my happiness in my parents, like my mother and father. They are the most like happy person I know. So they make me feel very happy. They have always have a positive positive thoughts and everything. So they encourages me to do anything I do in a right way or encourages me or like they told me about the things which are good or bad anything like that. It's a very simple line in happiness.” Sandhya  “So for personal, like personally, I adore my mom, really. So she's a very positive person. Whatever the positive thoughts or happy things I am doing or I'm feeling right now, it's all because of her. So it's like that.”  “So when I reached to office, I talked to my mom that I have started my day. So it's been a long day. So if I get the time, I will talk to you. So it's like that.”  “it's like memory comes up and everything you do is very positive. I don't know, but whenever I go home, it's really positive around us.”  “And after that I was working like I stayed at home, I like I took a time to be with my family to stay with them. And after some time I just started searching for the job. So like it's the time that I spent at home it makes me feel very happy.”  “The key component, first of all, my family. So they are the first one”  --  “Reducing their burden. So that could be in many different ways. For example, I prepare my own breakfast. So that reduces their burden. Then making sure that my room is clean so that it doesn't burden them. So yeah, these are some of the things, small things, but yeah, these really make their life easier. So that way, it makes me feel happy as well as for them as well.” zaid  “focusing on my career so that way I'm wealthy enough to have a good family and meet their needs.”  “My pay should not be less because end of the day, I'll have to serve my family.” | 3 |
| Serving to family | “Expectations can be of different cases. Expectations can be of my own work, expectations can be of my family”  “like my family would expect me to be there in the home every time with them”  “And I always try to like meet them, try to like get meet my family expectations I try my best to stay with them.”  “let's say any activity that would help my parents do less of the chores like, let's say cleaning up the house, helping them in the kitchen or making their life easier basically. So these are some of the things that would make me feel happy.” | 1 |
| Positive outlook | Gratitude | “Yeah, health wise, Alhamdulillah, I do not have any issues. So yeah, I don't feel any reason that I should be rating myself below.”  “like what what are the important things to me the negative things or positive things so for example, like when I'm having a bad day at work， I like Think I bought the job. It's not a very Like it's a starting point for me So when we are starting a job there are many people who do interviews， but they didn't get selected. So it's the starting point. You are selected， you've got the job”  “But you think that you are the only one who are suffering and all, then it's not the thing.” | 2 |
| Honesty | “Uh.. Yeah, and the third would be to be honest to yourself and others” Zaid | 1 |
| Patience | “You have to pause yourself and you have to think of like it takes time, whatever you are thinking, whatever your goals are. It takes time, but you have to be patient. If you are not a patient person, it's very difficult in any of the like in the IT industry.” | 1 |
| Valuing struggle | “But if we get a success after a lot of struggle, then you will be understanding the meaning of actual happiness and actual success.” Manish  “JEE, Joint Entrance Examination. that helps you in getting into good colleges. But I was not able to clear it. And I really put in my like. day and night to work hard for it. But again, like the knowledge I gained in in that period in my preparation stage helped me in my B.Tech days. I was able to grab all most of the concepts which was taught in B.Tech days because I put in my time in preparation for JW exam. Even I was not able to like success get success in that exam.”  “we have to stay here, we have to be prepared for everything, we have to spend money on your living, whatever you are eating. So at that time when I was struggling for the job, when I was here, it was before the pandemic started. So at that time, it was really difficult for the people to leave or get home and stay there in hostels and all. So go out and everything like that. At that time, I searched for non-technical jobs also. I have to do this, but it's about everything you are doing around your house. It's about the food. It's about the living you where you are living. You have to pay rent. You have to pay for the food. So at the time, it's very difficult for me. I was not prepared for the non technical jobs. And I think like it's about your inner thoughts which provoke it. So I didn't get the non technical jobs at that time. Not at all. I was preparing for the non technical ones and trying to do that. But at that time, it was difficult. I didn't think so. It was disappointing or anything like that. I never disappointed at that time. I was doing work.” | 2 |
| Balance of life |  | “So everything has to be balanced. We can't say that only there is only one reason that will be making me happy, but things needs to be balanced.”  “Not exactly satisfied, but a great work-life balance if I would join any other company and it would be a startup then I would be more satisfied if I'm allowed to get more free time.”  “And the third thing I say, Sometimes you are having a long day, you have to work after your work time also. You have to get into your work. So it will skip some things which you are scheduled for the day. You have to skip them and you have to do work on weekends also sometimes.” | 2 |
| Religious and spiritual beliefs | Faith | “so whenever I'm sad I.. I look into the I look into This sad situation from a religious perspective I know that The God has some reason for this particular situation to be bad. So there will be a time When it has to become good either Sure, or in the afterlife so that we I try to console myself that yeah there is a time for it to become good.”  “my religion does shape the perception about what does happens.” | 1 |
| Religious practices | “praying five times a day. As a Muslim you are required to pray five times.”  “I'm like a person which comes in a little things, I will feel very happy. Or go to the temples and all.”  “you have to like praying to God. It's not it's very big thing. Sometimes you go to temples and like pray”  “You have to but some like when you go to temple and sit there for a moment, it's some positive energy there which will make happy.” | 2 |
| Health and lifestyle | Maintaining healthy life style | “but also my health will be there. My health should not get deteriorated”  “one of it is like getting a good health, getting in a good physique. one of it.”  “if you are not maintaining a healthy diet and if you are not physically fit, then even if you put in your day and night and if the result comes out to be a success and if you are not able to enjoy that success, maybe you have given your day and night to that project and.. you even succeeded it, but at the end of the day, your health got ruined. So you are paying a more costlier asset of your life to like get the success in return.”  “So I actually wake up early. I wake up at six and I like. get ready for like going to a work it takes 30 minutes and then again I walk and I run if time allows I do a few movements of my body, few like squats and all and maybe 40 to 45 minutes workout is necessary.”  Manish  “so my ambitions are to have a healthy and wealthy life”  “I would suggest them to work on their fitness, to have a healthy diet”  “or it could be any small things such as, completing a streak like, say, streak as in running 5k on a Streak of five days, etc. So these are some things which make me feel good and make me feel happy.”  “I do have everyday goals such as waking up on a regular, like waking up at nine o'clock. then having a good breakfast, healthy breakfast. And I also make sure that I work out for at least 60 minutes a day. And make sure that I'm sleeping for about seven hours and having good sleep.”  “Apart from that, I also make sure that I'm clocking about 7,000 steps a day.”  “So for example, I've been clocking my calorie intake since about 450 days plus so I've never really missed clocking my calories on.” | 2 |
| Self-care | “When I woke up, I feel like I personally like to do the makeup and all. So it makes me happy in such a way” | 1 |
| Fulfilment of basic and material needs | Food and place of living | “The missing one, I live in a rented house, so there are a lot of guests who keep arriving at home. So to accommodate those guests, it's a little difficult. You have to give up your privacy. Since I work from home, it is quite challenging to share the same space where you have the guests.” Zaid  “First is, from a career standpoint, I would say I'm very satisfied that I'm earning good, I'm living in a good place.”  “Yeah, maybe I would try to change my house from a two bedroom hall kitchen home to a three bedroom hall kitchen so that there's enough space for my guests to, you know, So that I don't get disturbed when I'm working.”  “So, one thing that comes up my mind is food. I guess, like whenever I eat something very good, I feel very happy.”  “It's about the food. It's about the living you where you are living. You have to pay rent. You have to pay for the food. So at the time, it's very difficult for me.” | 2 |
| Compensation | “it can be of my compensation”  “My pay should not be less”  “I would say your income does play a role in shaping your perception of happiness. So if you are earning good, then yeah, I think your quality of life also improves. So yeah, that does help.” | 2 |
| Self-expression | Writing and journalling | “so whenever I learn something new now or whenever I face some issues and how I solve that problem I try to write it down somewhere.”  “So like this was for you should be taking this as your learnings so not as if that like it ruined your time and your time got wasted but you will be learning that how you should not be doing some tasks. Again, it will be helping you to take your future decisions. Journaling is very much necessary”  “It comprises of everything like I put a date and timestamp of when I am writing it. And if there was any event that like, make me felt bad or didn't go well, then I try to analyze why it didn't go well, what should I be doing? If anything is related to work, then I try to like if it's a code, then I try to save that code snippet in my GitHub or somewhere so that if I face the same issue again, then I'll be referring it. Again, it will be saving my time.”  “Like, yeah, so if there is something which is spinning up in my head that I'm not able to do it, then. Once I journal it, once I set my priorities, once I try to understand why it didn't go well, then I feel that I am more calmer than what I was before.”  “journaling is one of the point that makes me understand why things didn't go as expected, what could be done better. But like also like with time, like everyone will be settling every, every wave settles with time. Like, so it will get fixed”  “I do use a couple of apps to journal my day-to-day activities.”  “The purpose of, yeah, so the purpose is to, so it's basically to be disciplined in what I do and also to, like, it helps you to achieve your task. I think if it's only in your mind that, yeah, you have to do this, at times you might not really be able to achieve that. But if you have written it somewhere, if you have logged it somewhere, then it kind of makes it easier to achieve that.”  “So, and the fourth would be to write down or, yeah, to write down whatever good that they have done on a daily basis. Not just the good things, but also the bad things. And try to improve. these bad things.”  “It makes me feel relaxed. It's like some.. Some some of the things are not really worth talking about or really think about, but it comes to your mind or is bothering you, I just write it down. Sometimes you are having questions to yourself, you're questioning yourself. You are having some difficulty finding the answers. I just type things down in my mobile phone. I just write a paragraph sometimes. I write a paragraph, whole paragraph. So sometimes it's about the sentences, sometimes if in notes, whenever I write it down, anything, I just paste it, a positive thought under it. Whatever it is, it makes me feel happy.” | 3 |
| Sharing with others | “So you have to just come up with the thoughts, whichever you are having, you are feeling. Happiness is not about just talking about happy things and now, but you are expressing yourself, I think.” Sandhya  “So I just come up with the things which makes me happy. I go to the people, I talk to them. I'm really expressing my feelings. If I'm comfortable with the person at that time for like. getting over from that problem. I just talk to the person which I'm really comfortable with. I really explain my thoughts to them. If they are having any solution, if they listen to me, it makes me feel like very relaxed for that moment because it's a burden inside me. I'm getting it out. So it makes me feel very comfortable at that time. And also just sitting in silence.” | 1 |

Indonesia

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **First order theme** | **Second order thems** | **Third order themes** | **Quotations** | **Cases** |
| Happiness | Development and Achievement | Achieving personal goals | “And another thing about happiness is to me, it is when I achieve some sort of personal satisfaction, like achieving little small goals or achieving good grades and etc.”  “like when I graduated from my postgraduate study, I was so happy because a lot of people actually, especially here. do not really think of my major as something worthy or something that is practical.”  “And when I got accepted into the university that I had always been dreaming of getting in. That was such a happy moment. And by the time I graduated from the University, I was more than happy.”  “I need to be more organized with my life to be able to achieve bigger dreams”  “personal achievements and personal desires.” | 1 |
| Shared-goals with others | “pasti tim-timnya dari saya itu membuat juga saya bahagia Apalagi ketika kita punya target pekerjaan yang sudah bisa kita selesaikan secara oke, saya rasa bahagia juga Akan datang.”  “di sampingnya ada pabrik, pabrik tali, kita kan ada tali rafia Saya juga bekerja dengan bapak, orang tua di sini, di saya, bapak, dan juga ada beberapa karyawan Ketika kita bisa bekerja sama, melakukan aktivitas, jual-beli, perdagangan, saya rasa itu yang membuat kita juga ini Aktivitas yang membuat kita bahagia, keluarga.”  “Kita punya tujuan bersama, terus teman-teman di tim juga diajakkan bersamanya.”  “Kita ada rutinitas, apa namanya, rapat, nggak rapat sih sebenarnya, lebih formal. Mungkin briefing kecil-kecilan ya. Ketika kita briefing artinya kita mencari apa yang telah, kita menjelaskan apa yang telah kita lakukan sekian beberapa minggu yang lalu. Kita berbicara, kita berdiskusi, kemudian kita mencari dan memikirkan apa yang akan kita kerja selanjutnya yang lebih wah, lebih power daripada hari-hari sebelumnya.”  “Kita berdiskusi 2 minggu sekali, biasanya kita lakukan briefing bersama teman-teman tim.”  “kenapa saya mengatakan berkontribusi? Artinya... Saya pribadi bisa mengontrol teman-teman tim dan mencari informasi yang pada dasarnya bukan saya yang turun langsung ke lapangan, tapi teman-teman alhamdulillah bantu, bantu memberikan informasi, membantu menjalankan pekerjaan, kerjasama yang bagus, sehingga bisa teraksan dengan bagus.”  “Nah ketika COVID-19 selesai, kami beroperasi kembali. Saya punya satu teman tim yang paling-paling sangat loyal, Jack juga tau. Setelah COVID-19 kita ada satu program. Bukan satu program sih, tapi boleh saya katakan program utama kami, program paling power kami. Itu kita, alhamdulillah ada beberapa kerjasama dengan sekolah di sekarang, alhamdulillah sudah 4 kota dan daerah. Makassar, Maros, Toraja, dan NREK. Dan beberapa sekolah di daerah tersebut, sekolah mempercayai kita untuk melaksanakan English Camp di sekolahnya, English Class di sekolahnya. Nah, itu salah satu program yang sebelum Covid itu nggak ada, tapi setelah Covid itu baru ada. Nah, itu ya. Ini yang saya katakan.” | 1 |
| Goals toward future | **“**from simple to complex or even.. quite impossible desires. Sometimes it almost looks like a fantasy, like for example to be able to climb the Mount Everest. I think I would never be able to do that, but I don't know. It's just something that I always wanted to do. From smallest things, like.. be a professor, have a family of my own, have a marvelous wedding reception. things like that.”  “I really wanted to build my career first before maybe like everything else. I want to establish my name and I have actually been trying to change my career direction. I want maybe in five years hopefully I want to be a college teacher, a college professor. I want to write a book for real, not to become an author.”  “Masih banyak hal yang di umur saya yang 28, saya rasa ke depannya masih banyak hal yang bisa saya kerjakan, masih banyak hal yang bisa saya dapatkan, masih banyak mimpi dan cita-cita yang masih bisa saya raih.”  “contohnya seperti bangun rumah, buat kursusan lebih besar, buat pabrik bisnis lebih besar juga Banyak banget sih Banyak banget.” | **2** |
| Interpersonal Relationship and family bonds | Maintaining friendships | “I think happiness is home. It's where I am being surrounded by people whom I truly love. Like my family, my friends, my closest relatives”  “I think I'm a very socially active person. That's why when I think of happiness, I always think of not to me alone, but also with other people.”  “I usually hang out with them like, um, two weeks, once a week or once every other month. Um, my positive experience is I just always get so energized whenever I hang out with them. I think that's the positive effect that they have on me. Also, I actually helped to ease their burden when they tell me stories about their personal issues. That's happiness for me.”  “family, love, love life, connections”  “kebahagiaan itu buat saya adalah ketika Kenyamanan bertemu dengan orang yang tepat, itu sih salah satu definisi kebahagiaan buat saya”  “Pasti teman ya, sahabat-teman, sahabat Dan berhubung saya bekerja di sektor wiraswasta, English course, pasti tim-timnya dari saya itu membuat juga saya bahagia”  “untuk rutinitas yang membuat kebahagiaan itu terus ada, saya ada hobi olahraga, olahraga badminton. Jadi kita badminton itu ya, twice atau dua atau tiga kali seminggu kita badminton dengan teman-teman. Dan ketika kita main, sparing, bermain bersama lawan, ya itu membuat saya bahagia juga. Apalagi kalau menang bola, jalan gitu ya, badminton. Jalan terus keringat, bahagia sih. Rutinitas yang membuat kita bahagia.”  “Melakukan aktivitas-aktivitas ringan, mungkin olahraga, mungkin kerja bersama, bertukar cerita dengan teman-teman. Ngobrol ngopi gitu.” | 2 |
| Family connectedness and support | “I always associate happiness with the people that I care the most, like family, especially home, is where my happiness belongs to.”  Maksud saya kenapa saya mengatakan kenyamanan dan bertemu dengan orang yang tepat Karena salah satu mungkin faktor yang membuat saya bahagia itu adalah Pasti satu, keluarga Jadi kenyamanan saya nyaman dengan orang yang ada di keluarga saya, artinya saya bahagia  **“**orang tua juga ikut bahagia, dan kebahagiaan mereka itu membuat saya bahagia lagi. Jadi membuat orang lain bahagia, mereka bahagia ikut kembali, terasa oh bahagia banget.”  “pasti keluarga sih Keluarga sih, hubungan keluarga iya.”  **“**Pertama, secara ini Saya menelpon orang tua, cerita curhat, saya ceritakan semua dan semacamnya terus.”  “like hanging out with my parents or with my siblings and then watch movies together or sometimes argue, but in a good way that is educational. And also to have a little family gathering, that is what I love the most. I think that's.. that's all.”  “there are a few habits that obviously make me feel so content with myself. The first is talking to my parents every night, waiting for my dad to get home and then discuss about him, about his day or about my day and with my mom also, also with my siblings sometimes.”  “Pertama, saya rasa adalah ketika kita bisa duduk bersama, saling bertukar cerita Apalagi antar saya dengan istri itu saling support, saling memberikan masukan ke depannya bagaimana Itu adalah salah satu faktor yang paling utama aktivitas dalam keluarga”  “Ngumpul-ngumpul dengan keluarga, apalagi sekarang sudah punya anak, wow” | 2 |
| Serving to family | **“**I would also like to.. mmm give something to my parents something I haven't. given before.”  “pertama ketika mungkin ada hal yang belum bisa Saya berikan kepada kado orangtua dan istri juga ada hal-hal yang mungkin Belum bisa disebutkan di interview ini yang belum bisa saya penuhi. Kita kan selalu sebagai manusiawi, selalu terfikirkan, kok kenapa sampai saat ini belum bisa begini ke orang tua, ke istri misalnya. Kadang terfikir hal yang berulang, kita terfikir, itu kadang memang buat saya biasa duduk merenung sendiri. Kok bisa gitu, bagaimana supaya ini. Kadang di momen itu saya merasa bersedih.” | **2** |
| Positive outlook | Gratitude | **“**I think there are a lot of people are just not as fortunate as I am and that means being grateful actually helps me a lot to see that everybody, everyone has their own path, has their own pace so I don't have to worry about anything”  “I just have to be grateful of the things that I have, of the things that I have achieved, of the things that are just not as fortunate I am.”  “happiness is not always found on splendid things, on big things. Sometimes happiness is the smallest things that just happen in your life. The smallest goals, the smallest interactions, the smallest dreams even”  “just... be grateful for the smallest things it it is okay like it's very cliche to be grateful to smallest things in life, but it actually helps. It can actually help you to understand what happiness means.”  “Nah alhamdulillah karena COVID-19 ada itu juga bukan cuma membawa hal yang negatif, tapi ternyata secara tidak langsung hal positif pun ada.” | **2** |
| Valuing struggle | **“**I thought that with the achievements that I have. nothing nothing equals to my love for family and my love for relationships with other people because when the pandemic hit, I saw a very true connections between people. They help each other. We had to help each other to be able to survive.”  “it was horrible, but also it was in that very moment I realized how happy I was to be able to be surrounded by my family during such a hard time.”  “And even in the darkest times, I felt a sudden feeling of happiness and joy because I we were all just so grateful to be able to. you know, like, um, went through the whole. problem, the whole event together as a family.”  “But also it actually makes me very happy to think about the thing that we have been through.”  “Mungkin sepertinya kita bisa mengatakan jadikan kesedihan dan kegagalan itu sebagai pembelajaran yang terbaik bukan sebagai hal yang menjatuhkan kita untuk melanjutkan mimpi dan cita-cita.” | **2** |
| Religious and spiritual beliefs | Faith | “dan yang paling faktor utama sih faktor Tuhan ya, nggak bisa lari dari ini.”  “Kita sebagai manusia harusnya kita tidak harus berhenti Atau menyerah di titik dimana kita merasakan kita harus berhenti pada saat itu Maksud saya begini, mungkin ketika kita sudah berniat berhenti di momen itu Tapi Tuhan sudah menyiapkan, oh kesuksesan kami itu ada keesokan harinya. Kita kan gak tahu. Makanya jangan pernah sesedih apapun kamu, jangan pernah berhenti dan memutuskan mimpi-mimpi kamu karena kita gak tahu. Di waktu mana, di waktu tepat yang mana Tuhan menyiapkan hal-hal indah di balik kesedihan-kesedihan dan kegagalan-kegagalan kita.” | 1 |
| Religious practices | “And the second is reading Quran. Reading Quran is actually very helpful to me. to make me feel relaxed, to make me feel more content.”  “Kalau saya boleh memberikan sarannya dalam konteks keagaman aja, sholat sih, sebagai seorang Muslim ya. Kalau misalnya boleh berbicara seorang muslim, sholat sih. Apapun sih, entah dia Muslim, non-Muslim, apapun agamanya, sholat sih. Kita kembalikan semuanya kepada Tuhan yang Maha Esa.” | 2 |
| Self-connection | Self-reflection | I handled it by talking to myself, actually, reflecting about things in my life  “Kadang terfikir hal yang berulang, kita terfikir, itu kadang memang buat saya biasa duduk merenung sendiri. Kok bisa gitu, bagaimana supaya ini” | 1 |
| Self-awareness | “And sometimes we just, we have, sometimes we just don't realize that we have been fed by false advertisement of happiness, that you have to achieve certain levels of achievement in life to be able to be happy. And when you failed, and when you just couldn't achieve those dreams that other people set. you will start to feel horrible, you will start to feel hatred towards yourself. It will affect your mental health more.” | 1 |
| Self-acceptance | **“**you don't have to dream big to be able to be happy and you don't have to have or you don't have to chase other people's pace. just so you can feel happy about yourself.” | **1** |
| Self-expression | Reading and writing | **“**My hobbies include reading and writing. Boring habits, boring hobbies but they actually really excite me whenever I do it.”  “Usually personal essays. Sometimes I do poetry because I love writing poems. Sometimes I do also short stories. I think yes but and other times I also like to write like personal critical essays on about reflections on things that are happening around the world.”  “reading especially helps a lot. I think it is very important for me. Reading is so, so much important.” | **1** |
| Meditation | **“**Dan kemudian.. ya mungkin meditasi ya, tiap pagi atau malam tetap berpikir positif, ini kedepannya akan begini, akan baik lagi, bahkan lebih baik” | **1** |

USA

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **First order theme** | **Second order thems** | **Third order themes** | **Quotations** | **Cases** |
| Happiness | Nature Connectedness and exploration | Appreciation for nature and animals | “and drive to different mountain areas and take pictures. I like photography a lot and I could go on road trips by myself”  “I took some nice pictures of the sunset and it was very picturesque and scenic and I was I was happy about that. I saw that as a success.”  “also I take pictures throughout the day of the sky and the plants and the animals and I like to do it because I like to preserve the memory and document what's around me.”  “Mostly nature.”  “I love plants”  “I do also have a dog that is like my attached to my hip. And he's like the funniest, goofiest thing ever. He makes me happy.”  “The dog goes, we take the dog everywhere we go.” | 2 |
| Exploration of new places | “I like to put myself into a new environment that I've never been in and see different parts of the world.”  “For me personally, it's trying new things, developing new interests, becoming visiting new and unfamiliar environments is what happiness means to me.”  “this also ties in with traveling because when you travel to a city you've never been to or a country you've never been to you can discover things and explore new places with your own eyes instead of just reading about it.”  “I went for a walk and I found some nice fishing villages and I met some friendly people”  “I did a lot of driving and I had visited places in my own state in more detail”  “exploring new things” | 1 |
| Autonomy | Independence | “Well because most most people I know the vast majority of people I know from the United States they're content with just staying there they don't have any desire to explore new places or see new cultures or see different parts of the world they're just content with staying there and they have other goals. I just I'm kind of uh um different than them.”  “learned not to trust people”  “just um do what interests you and then stop worrying about what other people think.” | 1 |
| Self-reliance | “I'm mostly uh the type of person who spends a lot of time in solitude by myself.”  “because I didn't have to rely on other people for transportation and I could drive wherever I wanted”  “Well, when my sons were little, I, I was married to their father and we went through a divorce and I didn't know what I was going to do. I didn't know how I was going to take care of my sons. I didn't know. I didn't know what was going to happen with us, and I did it. I went to work, I paid the bills, they always had food in their bellies. I did it, I made it.” | 2 |
| Family Dynamics and Support | Shared-interest with family | “I always enjoyed going on I always enjoyed going on trips and road trips with my family like we went to Wyoming before my dad we used to go to Idaho every month no not every month every year my grandparents and I used to go to the ocean shores it's a coastal area of Washington where else we used to go camping my grandparents and I went to Crater Lake we went to Disneyland lots of times in California those are those are really nice happy memories for me because I've always since as far back as I can remember I've enjoyed traveling”  “also my sister lives in Utah so sometimes I visit her and I spent um in 2021 I drove with my brother all the way to Utah which is about a 15 hour drive from where I live and I spent about a week and a half there with my sister in Utah Salt Lake City Utah.”  “It was just nice for us to get out of our our home area and visit something else I thought.”  “Yeah my my grandpa used to show me maps when I was younger.” | 1 |
| Family well-being and support | “with the kids, when I see them.. have good achievements and set goals and make their goals. It makes me very happy. When I see them being kind and doing things for each other, it makes me happy. When I get a phone call out of the blue from one of them, it makes me happy”  “What makes me happy is still the same because I did have kids already, but. Being them, watching all their milestones, when they start to walk, when they start to talk, when they're doing good in school, when they're having a good time with their friends, when they're, just achievements. So it's kind of the same, but it's a little different as well.”  “My life, I.. It's good. I have my family. I've got my marriage. I've got my kids. I feel like I'm a very kind person and I feel like my family is very kind.”  “because I grew up. with a very active family. My mother and my father were always there and always in my life. And so it was important from the time I was little and it's still important.”  “if it's really bad, I cry to my husband. And then he helps me navigate it. And, you know. tries to try to come up with a plan.”  “And then I spend the most time with my husband. He makes me happy.”  “We go there every chance that we get. So that's really fun.”  “It was good. My whole family was here.” | 1 |
| Goals toward future | Travelling | “curious to see different places around the world and my goals, my goal is to visit as many countries and as many cities and as many places”  “My goals towards happiness is to visit new continents and countries I've never been to before.” | 1 |
| Financial planning | “Well, right now we're, my husband and I are buying a company. We're buying, he's, he is the president at a plumbing company and we're buying the company. So that will happen within the next couple of years. So that's a big goal. And I mean, that's really cool. Bye. And then that sets us up for retirement and sets up, sets up so. it can benefit like with the kids and family and all of that.” | 1 |
| Experiential and creative pursuits | Discovery of different environments | “go to especially places that most people haven't been.” | 1 |
| Creating something new | “I have my favorite hobby, and I do it almost every single night. I crochet with yarn. and I just finished a blanket that I made for my husband's mother.” | 1 |