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## 1. Ideal concept

Complete list of the characteristics mentioned in each-sub-sample

### 1.1 Ideal concept, German female students, N=37

The category '*Mature personality*' contains the most frequently mentioned characteristic 'being mature' (N=22), which was defined as being in accord with oneself, emotionally balanced, reflective, having acquired life experience, knowing one's interests and needs, having left behind one's storm-and-stress-period, being steady and long-lasting in one's interests, having one's feet on the ground, and having found one's self. It also comprises the characteristic 'pursuing goals and interests' (N=9), the sub-category '*Values*' (N=7), and the further characteristics 'being self-determined, being able to make one's own decisions' (N=6), 'being independent' (N=5), 'being self-assured/self-confident' (N=4), 'being aware of what is happening around one' (N=3), 'being calm' (N=3), 'having a critical faculty' (N=2), 'being satisfied with one's achievements in life' (N=2), 'having come to terms with one's childhood' (N=2), 'living a satisfying life' (N=1), 'being self-fulfilled' (N=1), 'having reached goals' (N=1), 'not being egocentric or taking oneself too seriously' (N=1), 'being sensible' (N=1), 'being happy' (N=1), 'knowing what is good for oneself and others' (N=1), 'having the ability to assert oneself' (N=1), 'not being determined by social constraints' (N=1), 'having self-control' (N=1), 'being able to cope with problems' (N=1), 'being able to cope with antipathy' (N=1), 'being able to cope with conflicts' (N=1), 'being earnest and not only interested in fun' (N=1), and 'being self-critical' (N=1).

The category '*Social attitude IIIb*' contains the sub-category '*Social competence*' (N=23), and also comprises the characteristics 'understanding and accepting others' (N=7), 'being tolerant' (N=6), 'being trustworthy' (N=2), 'being fond of children' (N=2), 'being fair/just' (N=2), 'being willing to compromise with others' (N=1), 'giving others security' (N=1), 'being helpful' (N=1), 'being altruistic' (N=1), 'being nice and friendly' (N=1), 'not hurting others' (N=1), and 'creating respect without being authoritarian' (N=1).

The category '*Open-mindedness*' comprises the characteristics 'being open-minded' (N=7), 'having a zest for life' (N=7), 'staying young, not being too earnest' (N=5), 'not stagnating' (N=2), 'developing further' (N=2), 'being adventurous' (N=2), 'being venturesome' (N=2), 'being ambitious' (N=1), 'being flexible' (N=1), 'being curious' (N=1), 'being spontaneous' (N=1), 'being optimistic' (N=1), 'being fearless' (N=1), and 'being humorous' (N=1).

The category '*Social attitude IV*' comprises the characteristics 'being politically interested' (N=10), 'being an example for children and younger generations' (N=4), 'being active for society' (N=2), 'making something on earth better than it was' (N=2), 'fighting against war and badness in the world, and trying to turn everything into something good' (N=1), 'smoothing the way for generations to come' (N=1), and 'protecting our environment' (N=1).

The category '*Relationships*' comprises the sub-categories '*Family*' (N=6), '*Partner/Romantic love*' (N=3), and '*Friends*' (N=2). It also contains the characteristic 'being able to raise children' (N=3).

The category '*Job, Activities*' comprises the characteristics 'engaging in worthwhile activities – with or without payment' (N=4), 'being interested in and good at one's job' (N=4), and 'working for one's career' (N=2).

The category '*Responsibility*' contains the characteristic 'being responsible' (N=10).

The category '*Correct behavior*' comprises the characteristics 'being honest' (N=4), 'behaving in a non-aggressive way' (N=1), and 'knowing how to behave' (N=1).

The category '*Education*' comprises the characteristics 'being eager to learn' (N=2), 'being educated' (N=2), and 'getting a further education' (N=1).

The category '*Descriptions II*' comprises the characteristics 'earning money, being financially independent' (N=2) and 'owning a flat/house' (N=1), and 'being at least 25 years old' (N=1).

The category '*Miscellaneous*' comprises the characteristics 'being physically and mentally healthy' (N=1), 'not having stress' (N=1), and 'being fond of animals' (N=1)

## 1.2 Ideal concept, German male students, N=25

The category '*Mature personality*' contains the sub-category '*Values*' (N=5). It also comprises the answers 'being independent' (N=6), 'pursuing and reaching goals' (N=5), 'being aware of all the consequences of one's actions' (N=5), 'being autonomous' (N=4), 'thinking independently, developing one's own opinion' (N=4), 'being rational, using one's common sense' (N=3), 'being calm, not getting upset easily' (N=3), 'having self-control' (N=2), 'being self-assured' (N=2), 'being able to manage one's life' (N=2), 'being satisfied' (N=2), 'being happy' (N=2), 'finding fulfillment in life' (N=2), 'having/making time and space for oneself' (N=2), 'being able to cope with all kinds of situations' (N=1), 'not losing track of what is going on' (N=1), 'being mature' (N=1), 'being wise' (N=1), 'not acting without thinking first' (N=1), 'having cognitive capacity' (N=1), 'having sensible attitudes' (N=1), 'knowing oneself' (N=1), 'not being egocentric' (N=1), 'being able to deal with criticism' (N=1), 'being critical' (N=1), 'being self-critical' (N=1), 'recognizing one's central importance' (N=1), 'being patient' (N=1), 'listening to the advice of others when forming our own independent opinions' (N=1), and 'thinking about the future' (N=1).

The category '*Social attitude IIIb*' comprises the answers 'being tolerant' (N=5), 'understanding others/strangers' (N=4), 'being considerate and thoughtful towards others' (N=3), 'being able to interact with others' (N=3), 'not being egoistic' (N=2), 'being able to manage interpersonal conflicts' (N=2), 'being capable of living with others' (N=2), 'feeling solidarity with others' (N=2), 'understanding people from different cultures' (N=1), 'not having a racist attitude' (N=1), 'being kind/generous' (N=1), 'not devaluing others' (N=1), 'not focusing only on one's own interests' (N=1), 'mediating in quarrels and settling them' (N=1), 'getting along well with others' (N=1), 'being just/fair' (N=1), 'being polite' (N=1), 'being friendly' (N=1), 'being helpful' (N=1), 'being reliable' (N=1), 'being able to apologize' (N=1), 'not infringing other people's rights' (N=1), 'limiting oneself for the benefit of others' (N=1), 'seeing oneself in connection with others' (N=1), 'treating others in a way that we would wish to be treated' (N=1), 'listening to the advice of others when forming our own independent opinions' (N=1), and 'not being regarded by others as stupid' (N=1).

The category '*Open-mindedness*' comprises the answers 'being open for and enthusiastic about new experiences' (N=4), 'staying [mentally] young' (N=2), 'being interested, curious' (N=1), 'being optimistic' (N=1), 'staying mobile, not withdrawing and drying out [becoming boring]' (N=1), 'developing further' (N=1), 'thinking in a liberal way' (N=1), 'being humorous' (N=1), and 'being critical of conventions' (N=1).

The category '*Social attitude IV*' comprises the answers 'having political/social interest/engagement' (N=7), 'being environmentally aware' (N=2), 'thinking of generations to come' (N=1), 'acting with consideration towards society' (N=1), and 'being a role model for children' (N=1).

The category '*Relationships*' comprises the sub-categories '*Family*' (N=7), which in this sub-sample was mostly aimed toward being good parents, and '*Partner/Romantic love*' (N=3), with the answers 'having serious relationships with others' (N=2) and 'being able to be completely oneself in one's relationship' (N=1).

The category '*Responsibility*' contains the answer 'being responsible' (N=8).

The category '*Education*' contains the answer 'being educated' (N=6).

The category '*Job/Activities*' comprises the answers 'having a fulfilling job' (N=4), 'being active' (N=1), and 'having a steady job' (N=1).

The category '*Correct behavior*' contains the answer 'knowing how to behave in social situations' (N=1).

The category '*Descriptions II*' contains the answer 'being financially independent' (N=1).

The statement 'listening to the advice of others when forming our own independent opinions' was listed in two categories, '*Mature personality*' and '*Social attitude IIIb*'.

## 1.3 Ideal concept, German female non-students, N=25

The category '*Mature personality*' comprises the characteristics 'being balanced, emotionally mature' (N=6), 'having life experience' (N=4), 'having a steady opinion' (N=4), 'thinking and reflecting about things' (N=3), 'being realistic, not living in a dream world' (N=3), 'pursuing goals' (N=2), 'knowing what one wants' (N=2), 'being satisfied' (N=2), 'being happy' (N=1), 'acting in a considerate way' (N=1), 'being self-assured' (N=1),

'knowing what to do' (N=1), 'knowing what one does and why' (N=1), 'having one's feet on the ground' (N=1), 'anticipating the consequences of one's actions' (N=1), 'being far-sighted' (N=1), 'having self-control' (N=1), 'being independent' (N=1), 'accepting oneself' (N=1), 'being able to accept one's mistakes' (N=1), 'being sensible' (N=1), 'having a sense of duty' (N=1), and 'having one's freedom without infringing that of others' (N=1). It also contains the sub-category 'Values' (N=2).

The category '*Social attitude IIIb*' comprises the characteristics 'being tolerant' (N=8), 'being considerate of others' (N=3), 'accepting and understanding others' (N=2), 'being reliable' (N=2), 'not being too egoistic' (N=2), 'respecting others' (N=1), 'being able to explain things to children' (N=1), 'not making younger ones feel that they are less qualified' (N=1), 'understanding children' (N=1), 'having social contact' (N=1), 'being polite' (N=1), 'being nice, friendly' (N=1), 'being understanding' (N=1), 'helping others when they are stuck' (N=1), 'being able to compromise' (N=1), 'being able to feel sympathy for others' (N=1), 'having contact with others' (N=1), 'being sensitive when dealing with other people' (N=1), 'giving love to future generations' (N=1), 'being able to approach people' (N=1), 'being able to admit one's mistakes in front of others' (N=1), 'being able to apologize' (N=1), 'being able to accept apologies from others' (N=1), 'being able to accept others' mistakes' (N=1), 'being someone others can trust' (N=1), and 'having one's freedom without infringing that of others' (N=1).

The category '*Open-mindedness*' comprises the characteristics 'staying [mentally] young' (N=8), 'being open-minded' (N=6), 'having a zest for life' (N=2), 'being interested in life' (N=1), 'not having prejudices' (N=1), 'not being narrow-minded' (N=1), 'not being solely interested in just the narrow world around one' (N=1), 'being humorous' (N=1), 'not being bitter' (N=1), and 'looking on the bright side of life' (N=1).

The category '*Social attitude IV*' comprises the characteristics 'passing on one's experiences to younger ones' (N=3), 'being a role model for children' (N=3), 'being socially engaged' (N=2), 'being politically interested' (N=2), 'respecting nature' (N=1), and 'not passing on racist stereotypes to children' (N=1).

The category '*Responsibility*' contains the answer 'being responsible' (N=7).

The category '*Relationships*' contains the sub-category '*Family*' with the answers 'building a family' (N=3) and 'having children and raising them well' (N=1). It also contains the sub-category '*Partner/Romantic love*' with the answer 'being able to love' (N=1). It further contains the characteristic 'having close interpersonal relationships' (N=1).

The category '*Correct behavior*' comprises the characteristics 'being honest' (N=3), 'having manners' (N=2), and 'behaving in a non-aggressive way' (N=1).

The category '*Job/Activities*' contains the characteristic 'having a fulfilling job/career' (N=4).

The category '*Education*' comprises the characteristics 'being educated' (N=2), 'having knowledge' (N=1), and 'being eager to learn' (N=1).

The category '*Descriptions II*' comprises the answers 'earning money' (N=1) and 'being financially independent' (N=1).

The category '*Miscellaneous*' comprises the characteristic 'being healthy' (N=1).

The statement 'having one's freedom without infringing that of others' was listed both in the category '*Mature personality*' and '*Social attitude IIIb*'.

#### **1.4 Ideal concept, German male non-students, N=17**

The category '*Mature personality*' comprises the characteristics 'knowing oneself' (N=2), 'knowing one's wishes' (N=2), 'having one's own opinion' (N=2), 'being rational, sensible' (N=2), 'having self-control' (N=2), 'being independent' (N=2), 'thinking independently' (N=1), 'having life experience' (N=1), 'being mature' (N=1), 'having dealt intensively with oneself' (N=1), 'pursuing goals' (N=1), 'setting realistic goals for oneself' (N=1), 'having ideals' (N=1), 'being emotionally balanced' (N=1), 'being in accord with oneself' (N=1), 'anticipating the consequences of one's actions' (N=1), 'knowing about life' (N=1), 'being self-critical' (N=1), 'being critical' (N=1), 'being intelligent' (N=1), 'being content with what one does' (N=1), 'feeling good'

(N=1), ‘being serious’ (N=1), and ‘not being boastful/pretentious’ (N=1). It also contains the sub-category ‘*Values*’ (N=1).

The category ‘*Social attitude IIIb*’ comprises the characteristics ‘being tolerant’ (N=3), ‘being affable and pleasant-natured’ (N=2), ‘living in peace with others’ (N=1), ‘being fond of children’ (N=1), ‘having respect towards elder people’ (N=1), ‘being sociable’ (N=1), ‘not hurting others’ (N=1), ‘being fair’ (N=1), ‘being able to interact with others’ (N=1), ‘being able to understand others’ (N=1), ‘being considerate and thoughtful towards others’ (N=1), ‘not being a lone wolf’ (N=1), ‘being sensitive when dealing with other people’ (N=1), ‘not being a know-all’ (N=1), ‘not being boastful/pretentious’ (N=1), ‘being generous’ (N=1), ‘being helpful’ (N=1), ‘helping others’ (N=1), ‘being there for others’ (N=1), ‘being understanding’ (N=1), ‘being loving towards others’ (N=1), ‘not thinking exclusively of oneself’ (N=1), and ‘being relaxed, cool’ (N=1).

The category ‘*Open-mindedness*’ comprises the characteristics ‘being open’ (N=2), ‘staying [mentally] young’ (N=2), ‘not being narrow-minded’ (N=1), ‘being humorous’ (N=1), ‘having fun’ (N=1), ‘not being focused only on one’s job’ (N=1), ‘not being stubborn’ (N=1), ‘not being resigned’ (N=1), ‘not being too stuck in one’s ideas’ (N=1), ‘being flexible’ (N=1), and ‘not having prejudices’ (N=1).

The category ‘*Relationships*’ contains the sub-category ‘*Friends*’ (N=1) and the sub-category ‘*Family*’ (N=1). It further contains the characteristics ‘being able to have trusting interpersonal relationships’ (N=1), ‘being able to open oneself to others’ (N=1), and ‘having someone to relate to very closely’ (N=1).

The category ‘*Correct behavior*’ comprises the characteristics ‘not breaking the law’ (N=2), ‘not becoming a criminal’ (N=1), ‘following the rules of society’ (N=1), and ‘being honest’ (N=1).

The category ‘*Social attitude IV*’ comprises the characteristics ‘being environmentally aware’ (N=1), ‘being politically interested’ (N=1), ‘being a pacifist’ (N=1), and ‘being an [important] part of society’ (N=1).

The category ‘*Job/Activities*’ contains the characteristic ‘having a steady job’ (N=2), ‘having hobbies’ (N=1), and ‘not being passive’ (N=1).

The category ‘*Miscellaneous*’ comprises the characteristics ‘not being materialistic’ (N=2), ‘being able to keep oneself clean’ (N=1), and ‘being fond of animals’ (N=1).

The category ‘*Education*’ comprises the characteristics ‘being educated’ (N=2) and ‘being intelligent’ (N=1).

The category ‘*Responsibility*’ contains the answer ‘being responsible’ (N=2).

The statement ‘being intelligent’ was listed both in the category ‘*Mature personality*’ and ‘*Education*’. The statement ‘not being boastful/pretentious’ was listed both in the category ‘*Mature personality*’ and ‘*Social attitude IIIb*’.

## 1.5 Ideal concept, Peruvian female students, N=25

The category ‘*Mature personality*’ contains the sub-category ‘*Values*’ (N=11) and comprises the characteristics ‘being mature’ (N=8), ‘pursuing and reaching one’s goals’ (N=6), ‘trying to get better’ (N=6), ‘being self-assured’ (N=4), ‘knowing what one wants’ (N=3), ‘looking for self-fulfillment’ (N=2), ‘being emotionally balanced’ (N=2), ‘appreciating oneself’ (N=2), ‘having self-respect’ (N=2), ‘having come to terms with one’s childhood’ (N=2), ‘having a vision of and planning for one’s future’ (N=2), ‘being earnest’ (N=1), ‘not being too impulsive’ (N=1), ‘being stable in one’s affections’ (N=1), ‘being able to control one’s emotions’ (N=1), ‘having a stable personality’ (N=1), ‘being firm in one’s decisions’ (N=1), ‘not being exclusively interested in fun’ (N=1), ‘being capable of facing life with its problems’ (N=1), ‘being independent’ (N=1), ‘being happy’ (N=1), ‘feeling good’ (N=1), ‘keeping and pursuing one’s dreams’ (N=1), ‘keeping the ideals of one’s youth’ (N=1), ‘reaching one’s ideals’ (N=1), ‘not losing one’s dignity’ (N=1), ‘being aware of what one is doing’ (N=1), ‘being coherent in one’s actions’ (N=1), ‘everything one does has to be good for oneself and others’ (N=1), ‘using one’s knowledge’ (N=1), ‘being able to adapt to one’s environment’ (N=1), ‘not being doubtful, hesitating’ (N=1), ‘trying to overcome one’s defects’ (N=1), and ‘not being afraid of sticking to one’s opinion’ (N=1).

The category ‘*Social attitude IIIb*’ comprises the characteristics ‘feeling solidarity with others’ (N=5), ‘being respectful towards others’ (N=4), ‘being affectionate’ (N=2), ‘helping others’ (N=2), ‘understanding others’ (N=2), ‘being fair, just’ (N=2), ‘being understanding’ (N=2), ‘trusting others’ (N=2), ‘being friendly’ (N=1),

'treating others well' (N=1), 'being sensitive to the needs of others' (N=1), 'being appreciated and recognized for what one does' (N=1), 'being trustworthy' (N=1), 'appreciating others' (N=1), 'having interactions with many people' (N=1), 'being cooperative' (N=1), 'not interfering with other people's plans' (N=1), 'knowing how to talk with people' (N=1), 'thinking of and acting for others' (N=1), 'everything one does has to be good for oneself and others' (N=1), 'not being violent' (N=1), 'not cheating on others' (N=1), 'being accessible for others' (N=1), 'accepting others' (N=1), 'accepting others' ideas' (N=1), 'giving strength to young people' (N=1), 'being kind' (N=1), 'being open for the next generation' (N=1), and 'caring for children' (N=1).

The category '*Open-mindedness*' comprises the characteristics 'developing further' (N=3), 'having a zest for life' (N=2), 'being spontaneous' (N=2), 'being mentally flexible' (N=2), 'being less inhibited' (N=2), 'staying mentally young' (N=2), 'being optimistic' (N=1), 'not being stuck, looking for more' (N=1), 'being open to talking about sex with one's children' (N=1), and 'being open for the next generation' (N=1).

The category '*Correct behavior*' comprises the characteristics 'being honest' (N=4), 'being honorable' (N=2), 'knowing how to behave properly' (N=2), 'not living together without being married' (N=2), 'behaving in a disciplined manner' (N=1), 'being loyal' (N=1), 'being orderly' (N=1), 'not drinking excessively' (N=1), 'not going to parties excessively often' (N=1), 'not being a hypocrite' (N=1), and 'not swearing' (N=1).

The category '*Relationships*' contains the sub-category '*Family*' (N=5), the sub-category '*Partner/Romantic love*' (N=2), and the sub-category '*Friends*' (N=2). It further contains the characteristic 'being open to talking about sex with one's children' (N=1).

The category '*Responsibility*' contains the characteristic 'being responsible' (N=9).

The category '*Social attitude IV*' contains the characteristic 'being a role model for others' (N=2), 'passing on one's experiences to others' (N=1), 'participating actively in one's society' (N=1), 'preserving nature and the environment' (N=1), 'caring for the progress of the community' (N=1), 'fulfilling one's function for society' (N=1), and 'caring for this world becoming better and better' (N=1).

The category '*Education*' comprises the characteristics 'being educated' (N=6) and 'acquiring knowledge' (N=1).

The category '*Job/Activities*' comprises the characteristics 'caring for one's career, professional life' (N=4), 'having a zest for work' (N=2), and 'being willing to do things' (N=1).

The category '*Descriptions II*' contains the answer 'being financially independent' (N=3).

The category '*Miscellaneous*' comprises the characteristics 'being religious' (N=1) and 'appreciating life' (N=1).

The statement 'being open to talking about sex with one's children' was listed both in the category '*Open-mindedness*' and in the category '*Relationships*'. The statement 'everything one does has to be good for oneself and others' was listed both in the categories '*Mature personality*' and '*Social attitude IIIb*'. The statement 'being open for the next generation' was listed both in the category '*Social attitude IIIb*' and '*Open-mindedness*'.

## **1.6 Ideal concept, Peruvian male students, , N=23**

The category '*Mature personality*' comprises the answers 'being mature' (N=8), the sub-category '*Values*' (N=5), and also the answers 'pursuing and reaching goals' (N=5), 'knowing how to deal with difficult situations, knowing how to take the right decisions in difficult situations' (N=5), 'being emotionally balanced' (N=3), 'having life experience' (N=2), 'having a critical faculty' (N=2), 'being reflexive' (N=2), 'being aware of what one is doing' (N=2), 'knowing what one wants from life' (N=2), 'planning one's future' (N=2), 'being earnest' (N=2), 'not being crazy [referring to unreasonable, childish behavior]' (N=1), 'having left one's storm and stress period behind' (N=1), 'being reasonable' (N=1), 'making autonomous decisions' (N=1), 'making less mistakes by using one's experiences for all decisions' (N=1), 'having a clear vision of reality' (N=1), 'being coherent in one's actions' (N=1), 'having abstract reasoning' (N=1), 'being self-critical' (N=1), 'being self-confident' (N=1), 'having self-esteem' (N=1), 'loving oneself' (N=1), 'feeling good with oneself' (N=1), 'being happy' (N=1), 'being self-fulfilled' (N=1), 'organizing one's life' (N=1), 'being calm' (N=1), 'being stable' (N=1), and 'not being hesitant, doubtful' (N=1).

The category '*Social attitude IIIb*' comprises the characteristics 'being understanding' (N=3), 'being open for adolescents and their changing times' (N=3), 'supporting and advising younger people' (N=2), 'accepting others' (N=2), 'not hurting anyone' (N=2), 'being respectful towards others' (N=2), 'being understanding with people around you' (N=2), 'being understanding with children' (N=1), 'being understanding with young people' (N=1), 'being tolerant' (N=1), 'being fair/just' (N=1), 'being friendly' (N=1), 'expressing one's opinion tactfully' (N=1), 'having the capacity for dialogue' (N=1), 'being sociable, easy to get along with' (N=1), 'being communicative, extraverted' (N=1), 'being co-operative, social' (N=1), and 'having social values' (N=1).

The category '*Open-mindedness*' comprises the characteristics 'developing further' (N=4), 'being open' (N=2), 'taking the initiative for doing new things' (N=2), 'not being stuck' (N=1), 'not having prejudices' (N=1), 'being ambitious' (N=1), 'trying to make the best of one's life' (N=1), and 'being flexible in one's thoughts' (N=1).

The category '*Responsibility*' contains the answer 'being responsible' (N=15).

The category '*Social attitude IV*' comprises the characteristics 'thinking of the social well-being' (N=2), 'being a role model for younger ones' (N=2), 'passing on one's experiences to younger ones' (N=1), 'passing on one's knowledge to others' (N=1), 'understanding one's society' (N=1), 'helping society' (N=1), 'loving one's society' (N=1), 'doing something productive for the community' (N=1), 'respecting human rights' (N=1), and 'holding every single human life in high esteem' (N=1).

The category '*Relationships*' contains the sub-category '*Family*' (N=7) and the sub-category '*Friends*' (N=1). It further contains the characteristics 'having people you like around you' (N=1), 'caring for the people who depend on you' (N=1), and 'having close relationships with others' (N=1).

The category '*Job/Activities*' comprises the characteristics 'having a professional outlook /career' (N=8) and 'being diligent' (N=2).

The category '*Correct behavior*' comprises the characteristics 'being honest/sincere' (N=6), 'being honorable' (N=3), and 'being loyal' (N=1).

The category '*Miscellaneous*' comprises the characteristics 'being healthy' (N=2), 'having faith in God' (N=1), and 'having noble feelings' (N=1).

The category '*Descriptions II*' contains the answer 'being financially independent' (N=3).

### **1.7 Ideal concept, Peruvian female night-students, N=20**

The category '*Social attitude IIIb*' comprises the characteristics 'being friendly and kind to others' (N=4), 'helping those in need' (N=4), 'being respected by others' (N=3), 'being respectful towards others' (N=2), 'understanding younger ones' (N=2), 'treating other people well' (N=1), 'treating everyone the same' (N=1), 'being friendly and understanding with adolescents' (N=1), 'giving younger ones love' (N=1), 'respecting older people' (N=1), 'respecting adolescents' (N=1), 'addressing others in a correct way' (N=1), and 'being generous' (N=1).

The category '*Mature personality*' comprises the characteristics 'trying to get better' (N=3), 'being mature' (N=2), 'not behaving like children' (N=2), 'being able to appreciate oneself' (N=2), 'being simple [referring to one's character as being unaffected and not stuck-up]' (N=2), 'having life experience' (N=1), 'feeling good' (N=1), 'thinking before acting' (N=1), 'recognizing and correcting one's mistakes' (N=1), and 'not having children without thinking about it first' (N=1). It also contains the sub-category '*Values*' (N=6).

The category '*Relationships*' contains the sub-category '*Family*' (N=12), which comprises the characteristics 'sticking together as a family' (N=2), 'treating one's children well' (N=2), 'maintaining one's children' (N=2), 'being tender with one's children' (N=1), 'having an interest in one's family' (N=1), 'starting a family' (N=1), 'not having children without thinking about it first' (N=1), 'having love and understanding from one's parents' (N=1), and 'caring for one's family' (N=1).

The category '*Job/Activities*' comprises the characteristics 'giving importance to one's job/career' (N=9) and 'being diligent' (N=1).

The category '*Responsibility*' contains the characteristic 'being responsible' (N=8).

The category '*Correct behavior*' contains the characteristic 'behaving well' (N=3), 'knowing how to behave' (N=1), 'addressing others in a correct way' (N=1), 'being punctual' (N=1), 'not stealing' (N=1), and 'not having vices' (N=1).

The category '*Education*' contains the characteristic 'being educated, getting further education' (N=5).

The category '*Miscellaneous*' comprises the characteristics 'not being envious' (N=1), 'being healthy' (N=1), and 'being able to appreciate life' (N=1).

The category '*Social attitude IV*' contains the characteristic 'passing on one's knowledge to younger ones' (N=1).

The category '*Descriptions II*' contains the characteristic 'earning money' (N=1).

The statement 'not having children without thinking about it first' was listed both in the sub-category '*Family*' and in the category '*Mature personality*'. The statement 'addressing others in a correct way' was listed both in the category '*Social attitude IIIb*' and in the category '*Correct behavior*'.

### **1.8 Ideal concept, Peruvian male night-students, N=15**

The category '*Mature personality*' comprises the characteristics 'being mature' (N=4), 'making progress in life' (N=3), 'thinking of the future' (N=3), 'having serious thoughts' (N=2), 'having mature thoughts' (N=1), 'having life experience' (N=1), 'thinking properly before acting' (N=1), 'being simply oneself without copying others' (N=1), 'having one's feet on the ground' (N=1), 'triumphing in life' (N=1), 'reaching one's goals' (N=1), 'becoming someone important' (N=1), 'wanting to fight for one's aims in life' (N=1), 'feeling good about oneself' (N=1), 'being happy' (N=1), 'appreciating oneself' (N=1), and the sub-category '*Values*' (N=2).

The category '*Social attitude IIIb*' comprises the characteristics 'being respectful towards others' (N=4), 'being respected by others' (N=3), 'being friendly' (N=2), 'helping others' (N=2), 'helping each other' (N=1), 'helping handicapped people' (N=1), 'feeling solidarity with others' (N=1), 'being understanding' (N=1), 'being modest' (N=1), 'being tolerant' (N=1), 'being sociable' (N=1), 'relating to others' (N=1), 'communicating with others' (N=1), 'not being egoistic' (N=1), 'teaching others who have no knowledge' (N=1), and 'not fighting' (N=1).

The category '*Relationships*' contains the sub-category '*Family*' (N=8), which comprises the characteristics 'caring for one's family' (N=2), 'maintaining one's family' (N=1), 'being tender with one's family' (N=1), 'doing the best for one's family' (N=1), 'starting a family' (N=1), 'being a good example for one's children' (N=1), and 'one's children should always be a bit better off than oneself' (N=1).

The category '*Responsibility*' contains the characteristic 'being responsible' (N=8).

The category '*Correct behavior*' comprises the characteristics 'being punctual' (N=3), 'being honest' (N=3), 'behaving well' (N=1), and 'behaving in a disciplined manner' (N=1).

The category '*Education*' comprises the characteristics 'studying more' (N=6) and 'teaching others who have no knowledge' (N=1).

The category '*Job/Activities*' comprises the characteristics 'having a job' (N=2), 'being diligent' (N=1), 'having a professional career' (N=1), and 'dedicating oneself to working' (N=1).

The category '*Social attitude IV*' comprises the characteristics 'thinking of one's country' (N=1) and 'being an example for younger ones' (N=1).

The category '*Descriptions II*' comprises the characteristics 'keeping their homes clean' (N=1) and 'being economically independent' (N=1).

The category '*Miscellaneous*' contains the characteristic 'being healthy' (N=1).

The statement 'teaching others who have no knowledge' was listed both in the category '*Social Attitude IIIb*' and in the category '*Education*'.

### **1.9 Ideal concept, Peruvian female immigrants, N=6**

The category '*Social attitude IIIb*' comprises the characteristics 'being understanding' (N=2), 'being a good example for others' (N=2), 'being respectful towards others' (N=1), 'not killing others' (N=1), and 'supporting adolescents' (N=1).

The category '*Mature personality*' comprises the characteristics 'being self-fulfilled' (N=3), 'being centered in oneself' (N=1), 'planning one's actions' (N=1), 'having a clean mentality [referring to thinking in a positive and healthy way]' (N=1), and 'being fully formed' (N=1).

The category '*Relationships*' contains the sub-category '*Family*' (N=5), with the characteristics 'caring for one's children's future' (N=3), 'valuing one's family' (N=1), and 'being a good example for one's children' (N=1).

The category '*Responsibility*' contains the characteristic 'being responsible' (N=2).

The category '*Correct behavior*' comprises the characteristics 'behaving in a disciplined manner' (N=1) and 'not stealing' (N=1).

The category '*Job/Activities*' contains the characteristic 'being diligent' (N=2).

### **1.10 Ideal concept, Peruvian male immigrants, N=8**

The category '*Social attitude IIIb*' comprises the characteristics 'being respectful towards others' (N=3), 'being nice, friendly' (N=3), 'understanding others' (N=2), 'being communicative' (N=1), 'helping others' (N=1), 'having a social attitude' (N=1), 'sharing what one has got with others' (N=1), and 'being modest' (N=1).

The category '*Mature personality*' comprises the characteristics 'trying to reach self-fulfillment, to get better' (N=2), 'planning for the future' (N=2), 'being mature' (N=1), 'valuing oneself' (N=1), and 'being conscious of who one is' (N=1). It also contains the sub-category '*Values*' (N=1).

The category '*Responsibility*' contains the characteristic 'being responsible' (N=3).

The category '*Relationships*' contains the sub-category '*Family*' (N=3), with the answers 'caring for one's family' (N=1), 'showing one's children the right way' (N=1), and 'trying to push the family forwards' (N=1).

The category '*Correct behavior*' comprises the characteristics 'fulfilling one's duties' (N=1), 'not getting drunk' (N=1), and 'knowing ones duties and rights' (N=1).

The category '*Education*' comprises the characteristics 'studying' (N=1) and 'getting further education' (N=1).

The category '*Descriptions II*' comprises the characteristics 'accumulating material goods' (N=1) and 'having money' (N=1).

The category '*Social attitude IV*' contains the characteristic 'serving society' (N=1).

The category '*Job/Activities*' contains the characteristics 'having a job' (N=1).

### **1.11 Ideal concept, Peruvian female Indians, N=30**

The category '*Job/Activities*' comprises the characteristics 'being diligent' (N=28), 'women fulfilling their duties [housework, care for family]' (N=8), 'men fulfilling their duties [field, animals, communal meetings]' (N=6), 'not being lazy' (N=2), 'getting up early in the morning to work' (N=2), 'having knowledge about field work' (N=1), and 'staying young [referring to going on working]' (N=1).

The category '*Correct behavior*' comprises the characteristics 'not getting drunk' (N=15), 'living, being well [referring to behaving according to the community's expectation]' (N=4), 'not stealing' (N=2), 'behaving in a correct manner' (N=2), and 'being well-behaved' (N=1).

The category '*Relationships*' contains the sub-category '*Family*' (N=15), with the characteristics 'educating one's children well, caring for a good education of one's children' (N=6), 'raising one's children' (N=4),

‘maintaining one’s children’ (N=1), ‘orienting one’s children’ (N=1), ‘thinking of one’s children’s future’ (N=1), ‘thinking of one’s children’ (N=1), and ‘helping one’s children to do their homework’ (N=1). It also contains the sub-category *‘Partner/Romantic love’* with the answer ‘being faithful to one’s spouse’ (N=1).

The category *‘Responsibility’* contains the answer ‘being responsible’ (N=9).

The category *‘Education’* comprises the answers ‘educating one’s children well, caring for a good education of one’s children’ (N=6), ‘helping one’s children to do their homework’ (N=1), and ‘speaking Quechua well’ (N=1).

The category *‘Social attitude IV’* comprises the characteristics ‘being a good example for younger ones’ (N=6) and ‘passing on one’s experiences to younger ones’ (N=2).

The category *‘Social attitude IIIb’* comprises the characteristics ‘not fighting’ (N=2), ‘behaving well towards other people’ (N=1), ‘collaborating with younger people’ (N=1), ‘helping others’ (N=1), and ‘being friendly’ (N=1).

The category *‘Mature personality’* comprises the characteristics ‘having life experience’ (N=1), ‘being mature’ (N=1), ‘having the incentive to progress’ (N=1), and ‘being better than adolescents’ (N=1).

The statements ‘educating one’s children well, caring for a good education of one’s children’ and ‘helping one’s children to do their homework’ were listed both in the category *‘Education’* and in the sub-category *‘Family’*.

### **1.12 Ideal concept, Peruvian male Indians, N=30**

The category *‘Job/Activities’* comprises the characteristics ‘being diligent’ (N=12), ‘being able to give orders when working with others’ (N=3), ‘working in the same way younger ones work’ (N=2), ‘thinking of how to work’ (N=1), ‘working together with one’s children’ (N=1), ‘being able to guide others at work’ (N=1), ‘fulfilling one’s tasks as leading members of the community’ (N=1), ‘participating in the community meetings’ (N=1), and ‘improving one’s techniques at work’ (N=1).

The category *‘Education’* comprises the characteristics ‘educating one’s children, making one’s children study, motivating one’s children to study’ (N=10), ‘getting (further) education, training’ (N=4), ‘having more, modern, up to date knowledge’ (N=4), and ‘being literate’ (N=3).

The category *‘Social attitude IV’* comprises the characteristics ‘developing the community’ (N=10), ‘passing on one’s knowledge’ (N=5), ‘being an example for younger ones’ (N=1), ‘guiding younger ones’ (N=1), ‘fulfilling one’s tasks as leading members of the community’ (N=1), and ‘participating in the community meetings’ (N=1).

The category *‘Relationships’* contains the sub-category *‘Family’* (N=17), which comprises the characteristics ‘educating one’s children, making one’s children study, motivating one’s children to study’ (N=10), ‘caring for one’s family’ (N=2), ‘achieving progress for one’s children’ (N=2), ‘thinking about the development of one’s children’ (N=1), ‘not abandoning the family’ (N=1), and ‘providing food for one’s children’ (N=1).

The category *‘Social attitude IIIb’* comprises the characteristics ‘being respected by others’ (N=2), ‘treating others respectfully’ (N=1), ‘not offending anybody’ (N=1), ‘creating organizations to protect the elderly’ (N=1), and ‘showing solidarity with younger ones’ (N=1).

The category *‘Open-mindedness’* contains the characteristic ‘thinking like younger ones’ (N=6).

The category *‘Mature personality’* comprises the characteristics ‘being able to give orders when working with others’ (N=3), ‘being able to guide others at work’ (N=1), and ‘thinking about the future’ (N=1).

The category *‘Correct behavior’* comprises the characteristics ‘not getting drunk’ (N=3) and ‘being obedient’ (N=1).

The category *‘Descriptions II’* comprises the characteristics ‘getting enough money to maintain oneself’ (N=1) and ‘having enough money to lead a good life’ (N=1).

The category '*Responsibility*' contains the characteristics 'being responsible' (N=1).

The category '*Miscellaneous*' contains the characteristic 'resting' (N=1).

The statements 'being able to give orders when working with others' and 'being able to guide others at work' were listed under both '*Job/Activities*' and '*Mature personality*'. The statement 'educating one's children, making one's children study, motivating one's children to study' was listed both in the category '*Education*' and in the category '*Family*'. The statements 'fulfilling one's tasks as leading members of the community' and 'participating in the community meetings' were listed under both '*Job/Activities*' and '*Social Attitude IV*'.

## **2. Real concept**

Complete list of characteristics mentioned in each sub-sample

### **2.1 Real concept, German female students, N=37**

The category '*Immature personality*' comprises the characteristics 'being immature, childish, unbalanced' (N=5), 'being insecure about oneself' (N=3), 'being ignorant [not referring to lack of education but to not making use of one's cognitive abilities], not thinking' (N=3), 'not knowing what to do' (N=2), 'not being able to handle things' (N=1), 'losing self-control' (N=1), 'being dependent' (N=1), 'being self-important/self-centered' (N=1), 'being unhappy' (N=1), 'being superficial' (N=1), 'being broken inside' (N=1).

The category '*Ambivalence*' contains the characteristic 'ambivalent' (N=17), which stands for statements such as 'everybody is different', 'some come close to my ideal concept, some do not', and 'everybody has his/her good and bad sides'.

The category '*No IIIb*' contains the sub-category '*Egoism*' (N=7), with the characteristics 'being egoistic' (N=4), 'caring only about one's own interests' (N=2), and 'only thinking of oneself' (N=1). It also comprises the characteristics 'being intolerant' (N=4), 'finding it difficult to make friends' (N=2), 'not having warmth and closeness toward others' (N=1), not being capable of understanding and empathy' (N=1), 'being unfriendly' (N=1), and 'being inconsiderate and ruthless' (N=1).

The category '*Narrow-mindedness*' comprises the characteristics 'not being open, being stuck in the mud, being stubborn' (N=5), 'being indifferent and anonymous' (N=2), 'being hardened, closed' (N=1), 'being cynical' (N=1), 'being too focused on one's jobs' (N=1), 'not being adventurous' (N=1), 'being insensitive and dulled' (N=1), and 'being fearful' (N=1). It also contains the sub-category '*Conformism*', with the characteristic 'being too conservative' (N=1).

The category '*Positive characteristics*' comprises the characteristics 'being tolerant' (N=4), 'being open-minded' (N=2), 'being honest' (N=1), 'engaging in social activities' (N=1), 'knowing how to behave properly' (N=1), and 'being cool, calm' (N=1).

The category '*Environment*' contains the characteristic 'being determined by social constraints' (N=9).

The category '*Danger*' comprises the characteristics 'being xenophobic and willing to hurt foreigners' (N=2), 'being dominant and exercising power over others' (N=2), 'killing others' (N=1), 'being bad people' (N=1), and 'being aggressive towards others' (N=1).

The category '*No IV*' comprises the characteristics 'being unable to help younger ones [referring to the inability to serve as an example for the next generation]' (N=1), 'being disinterested in children and adolescents [referring to the neglect of the future of the next generation]' (N=1), and 'destroying one's own environment' (N=1).

The category '*Miscellaneous*' comprises the characteristics 'being materialistic' (N=1), 'being stressed' (N=1), and 'making mistakes' (N=1).

The category '*Incorrect behavior*' contains the characteristic 'being dishonest' (N=2).

## 2.2 Real concept, German male students, N=25

The category '*Immature personality*' comprises the characteristics 'being unhappy with oneself' (N=2), 'being insecure' (N=2), 'not having inner tranquility' (N=1), 'being angry' (N=1), 'being dissatisfied' (N=1), 'not being self-assured' (N=1), 'being dependent' (N=1), 'not being autonomous' (N=1), 'being uncritical' (N=1), 'being stupid' (N=1), 'being impatient' (N=1), 'overreacting' (N=1), 'becoming extreme' (N=1), 'not knowing the answers to most questions' (N=1), 'being irrational' (N=1), 'behaving like children' (N=1), and 'not knowing what they want/expect from life' (N=1).

The category '*Ambivalence*' contains the characteristic 'ambivalent' (N=14), which stands for statements such as 'everybody is different', 'some come close to my ideal concept, some do not', and 'everybody has his/her good and bad sides'.

The category '*Narrow-mindedness*' comprises the characteristics 'being closed' (N=1), 'having a rhythm of life which is too static' (N=1), 'having lost one's perspectives' (N=1), 'not having liberal thoughts' (N=1), 'being indifferent' (N=1), 'being interested in too few things' (N=1), and 'not staying [mentally] young' (N=1). It also contains the sub-category '*Conformism*', with the answer 'adapting too easily to conventions' (N=1).

The category '*Positive characteristics*' comprises the characteristics 'being self-determined' (N=1), 'being straight' (N=1), 'being open' (N=1), 'being susceptible to reason' (N=1), 'being willing to compromise' (N=1), 'being sensitive and reactive to the way they are treated by others' (N=1), and 'influencing one's environment' (N=1).

The category '*Environment*' contains the characteristic 'being determined by social constraints' (N=7).

The category '*No IIIb*' contains the sub-category '*Egoism*' (N=3) and the characteristic 'not being fond of children' (N=1).

The category '*No IV*' comprises the characteristics 'not being interested in what is happening around them' (N=2), 'not thinking about generations to come' (N=1), and 'not influencing one's environment' (N=1).

The category '*No education*' comprises the characteristics 'not being interested in education' (N=1), 'being stupid' (N=1), and 'not knowing the answers to most questions' (N=1).

The category '*Irresponsibility*' contains the characteristic 'being irresponsible' (N=2).

The category '*Danger*' comprises the characteristics 'repeating racist stereotypes' (N=1) and 'becoming extreme' (N=1).

The category '*No job/activities*' contains the characteristic 'being too idle' (N=1).

The category '*Miscellaneous*' contains the characteristic 'being drunk' (N=1).

The statements 'being stupid' and 'not knowing the answers to most questions' were listed in both the categories '*No education*' and '*Immature personality*'. The statement 'becoming extreme' was listed in both the categories '*Immature personality*' and '*Danger*'.

## 2.3 Real concept, German female non-students, N=25

The category '*Narrow-mindedness*' comprises the characteristics 'not being open, being narrow-minded' (N=5), 'being stubborn, being inflexible' (N=3), 'being indifferent' (N=2), 'having prejudices' (N=1), 'not having stayed mentally young' (N=1), 'having difficulties getting involved in something new' (N=1), 'being dulled' (N=1), and 'being bitter' (N=1). It also contains the sub-category '*Conformism*', with the answer 'putting up with too much' (N=1).

The category '*No IIIb*' comprises the characteristics 'being intolerant' (N=4), the sub-category '*Egoism*' (N=2), 'not being able to deal with others' (N=2), 'not being generous' (N=1), 'not being understanding' (N=1), 'being impolite' (N=1), 'being unfriendly' (N=1), 'not being willing to compromise' (N=1), and 'not being able to understand children' (N=1).

The category '*Immature personality*' comprises the characteristics 'being childish' (N=2), 'ignoring problems instead of solving them' (N=2), 'being inhibited' (N=1), 'being ignorant' (N=1), 'being dissatisfied' (N=1), 'being unhappy' (N=1), 'repressing one's feelings and wishes' (N=1), 'not using one's life experience' (N=1), 'following one's role models without thinking' (N=1), 'not learning from one's mistakes' (N=1), and 'dealing with life in a childish way' (N=1).

The category '*Ambivalence*' contains the characteristic 'ambivalent' (N=11), which stands for statements such as 'everybody is different', 'some come close to my ideal concept, some do not', and 'everybody has his/her good and bad sides'.

The category '*Positive characteristics*' comprises the characteristics 'being tolerant' (N=2), 'having one's feet on the ground' (N=1), 'having found one's way' (N=1), 'being calm' (N=1), 'trying to reach one's goals' (N=1), 'being able to love' (N=1), 'having respect towards others' (N=1), and 'having one's own opinion, not swimming with the tide' (N=1).

The category '*Danger*' comprises the characteristics 'being hostile to foreigners' (N=3), 'selling one's own grandmother to reach one's goals' (N=2), 'abusing one's position of power over children' (N=2), and 'hating children' (N=1).

The category '*Environment*' contains the characteristic 'being determined by social constraints' (N=5).

The category '*No education*' comprises the characteristics 'being ignorant' (N=1) and 'not possessing enough knowledge' (N=1).

The category '*Incorrect behavior*' contains the characteristic 'being dishonest' (N=2).

The category '*No relationships*' contains the characteristic 'being unable to love' (N=1).

The category '*Irresponsibility*' contains the characteristic 'being irresponsible' (N=1).

The category '*Miscellaneous*' contains the characteristic 'being too focused on one's career' (N=1).

The statement 'being ignorant' was listed both in the category '*Immature personality*' and in the category '*No education*'.

#### **2.4 Real concept, German male non-students, N=17**

The category '*Ambivalence*' contains the characteristic 'ambivalent' (N=9), which stands for statements such as 'everybody is different', 'some come close to my ideal concept, some do not', and 'everybody has his/her good and bad sides'.

The category '*No IIIb*' comprises the characteristics 'being intolerant' (N=1), 'being arrogant' (N=1), 'being unfriendly' (N=1), 'being a quarrelsome person' (N=1), 'using one's elbows to get what one wants' (N=1), 'too single minded, determined' (N=1), 'trying to achieve everything on one's own, without others' (N=1), and 'too distant' (N=1).

The category '*Narrow-mindedness*' comprises the characteristics 'being stuck in one's ideas' (N=2), 'being stubborn' (N=2), 'being inflexible' (N=1), 'not being open' (N=1), 'being indifferent towards life' (N=1), and 'not really participating in life' (N=1).

The category '*Immature personality*' comprises the characteristics 'being dissatisfied' (N=2), 'being unhappy' (N=1), 'being immature' (N=1), 'being dependent' (N=1), and 'being inhibited' (N=1).

The category '*Environment*' contains the characteristic 'being determined by social constraints' (N=5).

The category '*Miscellaneous*' comprises the characteristics 'being envious' (N=1), 'being too materialistic' (N=1), 'being too focused on one's status' (N=1), 'being too responsible' (N=1), and 'being in debt' (N=1).

The category '*Positive characteristics*' contains the characteristics 'being interested in one's environment' (N=1), 'being tolerant' (N=1), 'being patient' (N=1), and 'sacrificing oneself for disabled people' (N=1).

The category '*No IV*' contains the characteristic 'not being interested in the environment' (N=1).

The category '*No relationships*' contains the characteristic 'not having a sense of a common bond with one's family' (N=1).

## **2.5 Real concept, Peruvian female students, N=25**

The category '*Immature personality*' comprises the characteristics 'being immature' (N=3), 'being indifferent' (N=2), 'being cold' (N=2), 'being superficial' (N=2), 'being childish' (N=1), 'being too impulsive' (N=1), 'being only interested in fun' (N=1), 'not knowing what to do with one's life' (N=1), 'having inner conflicts' (N=1), 'being very worried about what others might think' (N=1), 'having an inferiority complex' (N=1), 'being insecure' (N=1), 'feeling that one has failed in life' (N=1), 'not reaching one's aims' (N=1), 'not knowing what one wants' (N=1), 'getting worse instead of getting better' (N=1), 'having little critical faculty' (N=1), 'believing one knows a lot [meant as criticism]' (N=1), 'not loving oneself' (N=1), 'being tense' (N=1), 'being nervous' (N=1), 'being anxious' (N=1), 'being stupid' (N=1), and 'being frustrated' (N=1). It also contains the sub-category '*No values*' (N=2).

The category '*No IIIb*' comprises the characteristics 'being too competitive' (N=4), 'being too individualistic' (N=3), 'lacking respect towards others' (N=2), 'not thinking of others' (N=2), 'not respecting the ideas of other people' (N=1), 'being proud' [this term was used with the connotation that people believe they are better than others] (N=1), 'being egocentric' (N=1), 'not being trustworthy' (N=1), 'devaluating others' (N=1), 'not helping others' (N=1), 'putting one's problems onto younger ones' (N=1), 'not being very understanding' (N=1), 'criticizing others too much' (N=1). It also contains the sub-category '*Egoism*' (N=4).

The category '*Positive characteristics*' comprises the characteristics 'one can learn from them' (N=2), 'trying to get better' (N=2), 'being diligent' (N=1), 'being good people' (N=1), 'being responsible' (N=1), 'being trustworthy' (N=1), 'being calm' (N=1), 'being honest' (N=1), 'treating others well' (N=1), 'thinking of others' (N=1), 'being sensible, reasonable' (N=1), and 'being mature' (N=1).

The category '*Ambivalence*' contains the characteristic 'ambivalent' (N=8), which stands for statements such as 'everybody is different', 'some come close to my ideal concept, some do not', and 'everybody has his/her good and bad sides'.

The category '*Narrow-mindedness*' contains the sub-category '*Conformism*' (N=4) with the answers 'not trying to get better' (N=2), 'being too conforming, putting up with too much' (N=1) and 'not fighting for one's goals' (N=1). It also comprises the characteristics 'being stubborn' (N=1), 'having lost one's ideals' (N=1), and 'not talking about sex with one's children' (N=1).

The category '*Danger*' comprises the characteristics 'hurting others' (N=2), 'being violent' (N=2), 'being bad people' (N=1), 'many people are born bad' (N=1), and 'you must be very careful with some people' (N=1).

The category '*Miscellaneous*' comprises the characteristics 'being stressed' (N=3), 'being envious' (N=1), 'being materialistic' (N=1), 'copying everything from foreign countries instead of being original' (N=1), and 'complaining' (N=1).

The category '*Environment*' contains the characteristic 'being determined by social, economical, and educational conditions' (N=5).

The category '*Incorrect behavior*' comprises the characteristics 'having pre-marital sexual relationships' (N=2), 'being a hypocrite' (N=1), 'swearing' (N=1), and 'being liars' (N=1).

The category '*No education*' comprises the characteristics 'having too little education' (N=3) and 'being stupid' (N=1).

The category '*No job/activities*' comprises the characteristics 'being idle' (N=1), 'being passive' (N=1), and 'being lazy' (N=1).

The category '*No IV*' contains the characteristic 'lacking in social awareness' (N=1).

The statement 'being stupid' was listed both in the category '*Immature personality*' and '*No education*'.

## 2.6 Real concept, Peruvian male students, N=23

The category '*No IIIb*' comprises the sub-category '*Egoism*' (N=5) and the characteristics 'being egocentric' (N=2), 'being too individualistic' (N=2), 'believing oneself to be superior to others' (N=2), 'being unfair' (N=1), 'being rude' (N=1), 'being unreliable' (N=1), 'sowing discord' (N=1), 'moaning' (N=1), 'not being communicative' (N=1), and 'disrespecting others' (N=1).

The category '*Immature personality*' comprises the characteristics 'being immature, childish' (N=4), the sub-category '*No values*' (N=2), and the characteristics 'being cold' (N=2), 'being unreasonable' (N=1), 'blaming others for one's failures' (N=1), 'not having inner tranquillity' (N=1), 'being insecure' (N=1), 'being superficial' (N=1), 'being easily influenced by mass media and other people' (N=1), 'being wrong, making mistakes' (N=1), and 'being frustrated' (N=1).

The category '*Narrow-mindedness*' contains the sub-category '*Conformism*' (N=6) with the answers 'being too conformist' (N=2), 'not being motivated to improve' (N=2), 'not having ambitions' (N=1), and 'being traditionalist' (N=1). It also comprises the characteristics 'being closed' (N=1), 'not having an open mind' (N=1), 'not being open for change, being sunk in the past' (N=1), 'being suspicious and fearful' (N=1).

The category '*Environment*' contains the characteristic 'being dependent on social status, economical status and education' (N=8).

The category '*Danger*' comprises the characteristics 'being violent' (N=2), 'being criminals' (N=1), 'living by the law of the strongest' (N=1), 'being corrupt, doing anything for money' (N=1), 'being rats' (N=1), and 'being garbage' (N=1).

The category '*Positive characteristics*' comprises the characteristics 'being responsible' (N=2), 'being rational' (N=1), 'being earnest' (N=1), 'being calm' (N=1), 'being open' (N=1), and 'trying to plan for the future' (N=1).

The category '*Ambivalence*' contains the characteristic 'ambivalent' (N=6), which stands for statements such as 'everybody is different', 'some come close to my ideal concept, some do not', and 'everybody has his/her good and bad sides'.

The category '*No IV*' comprises the characteristics 'not being good role models for younger people' (N=2), 'passing on one's egoism to younger people' (N=1), 'being disinterested in society' (N=1), 'having little identification with one's country' (N=1), and 'not holding human beings in high esteem' (N=1).

The category '*Miscellaneous*' comprises the characteristics 'being drunk' (N=2), 'being calculating' (N=1), 'being envious' (N=1), 'being opportunistic' (N=1), and 'being materialistic' (N=1).

The category '*Irresponsibility*' contains the characteristic 'being irresponsible' (N=4).

The category '*Incorrect behavior*' comprises the characteristics 'being a hypocrite' (N=2), 'being dishonest' (N=1), and 'being liars' (N=1).

## 2.7 Real concept, Peruvian female night-students, N=20

The category '*Danger*' comprises the characteristics 'being bad' (N=7), 'being criminals' (N=3), 'hitting one's family' (N=2), 'being aggressive' (N=2), 'being abusive' (N=2), 'abandoning one's children' (N=2), 'maltreating one's children' (N=1), 'being terrible' (N=1), 'being drug addicts' (N=1), 'believing themselves the master of others' (N=1), and 'treating each other badly' (N=1).

The category '*Positive characteristics*' comprises the characteristics 'being good' (N=6), 'being diligent' (N=2), 'studying' (N=2), 'being simple [referring to one's character as being unaffected and not stuck-up]' (N=2), 'appreciating oneself' (N=1), 'loving one's family' (N=1), 'being sociable' (N=1), 'thinking well' (N=1), 'being mature' (N=1), 'being responsible' (N=1), 'teaching younger ones what one knows' (N=1), 'sharing with others' (N=1), and 'being humble' (N=1).

The category '*Immature personality*' comprises the characteristics 'being childish' (N=3), 'being immature' (N=2), 'being ignorant' (N=1), 'acting without thinking first' (N=1), 'not knowing how to face life' (N=1), 'having severe defects' (N=1), 'thinking wrong' (N=1), and 'having little understanding' (N=1).

The category '*No IIIb*' contains the sub-category '*Egoism*' (N=3). It also comprises the characteristics 'not being generous' (N=1), 'not feeling pity for poor children' (N=1), 'being disrespectful towards others' (N=1), 'being disrespectful towards older people' (N=1), 'not understanding younger people' (N=1), and 'thinking badly of younger people' (N=1).

The category '*No relationships*' contains the sub-category '*Anti-family*' (N=8) with the answers 'hitting one's family' (N=2), 'abandoning one's children' (N=2), 'not caring for one's children' (N=1), 'maltreating one's children' (N=1), 'not supporting one's children's studies' (N=1), and 'not knowing how to maintain one's family' (N=1).

The category '*Ambivalence*' contains the characteristic 'ambivalent' (N=8), which stands for statements such as 'everybody is different', 'some come close to my ideal concept, some do not', and 'everybody has his/her good and bad sides'.

The category '*Irresponsibility*' contains the answer 'being irresponsible' (N=5).

The category '*Miscellaneous*' comprises the characteristics 'being drunk' (N=2), 'being envious' (N=1), 'complaining' (N=1), and 'being disorganized' (N=1).

The category '*No job/activities*' comprises the characteristics 'preferring to have fun than to work' (N=2), 'not liking to work' (N=1), and 'not being reliable at work' (N=1).

The category '*No education*' comprises the characteristics 'being ignorant' (N=1), 'having little understanding' (N=1), and 'not supporting one's children's studies' (N=1).

The category '*Incorrect behavior*' comprises the characteristics 'being liars' (N=1) and 'stealing' (N=1).

The category '*Environment*' contains the answer 'not knowing how to maintain the family' (N=1).

The statement 'not knowing how to maintain the family' was listed in both the category '*No relationships*', referring to one's family, and in the category '*Environment*' since it could be deduced that the subject was partly blaming the conditions which make it hard for the individual to maintain others. The statements 'being ignorant' and 'having little understanding' were listed both under the category '*Immature personality*' and the category '*No education*'. The statements 'hitting one's family' and 'abandoning one's children' and 'maltreating one's children' were listed both under the category '*Danger*' and the sub-category '*Anti-family*'. The statement 'not supporting one's children's studies' was listed in both the category '*No education*' and in the sub-category '*Anti-family*'.

## **2.8 Real concept, Peruvian male night-students, N=15**

The category '*Danger*' comprises the characteristics 'being bad' (N=4), 'being drug addicts' (N=3), 'being criminals' (N=2), 'treating each other badly' (N=2), 'treating one's family badly' (N=1), 'being perverted' (N=1), 'dominating weaker ones' (N=1), 'fighting others' (N=1), 'hurting others' (N=1), 'killing others' (N=1), and 'betraying others as soon as they turn their back' (N=1).

The category '*Immature personality*' comprises the characteristics 'being immature' (N=3), 'being ignorant' (N=3), 'being incapable' (N=1), 'being self-negligent' (N=1), 'not knowing what one wants from life' (N=1), 'just living for the moment without thinking of tomorrow' (N=1), 'blaming others for one's mistakes' (N=1), and 'being superficial' (N=1).

The category '*No IIIb*' contains the sub-category '*Egoism*' (N=3). It also comprises the characteristics 'being too ambitious [referring to using one's elbows to get what one wants]' (N=2), 'being intolerant' (N=1), 'having problems in dealing with others' (N=1), 'not conversing enough with others' (N=1), 'betraying others as soon as they turn their back' (N=1), 'blaming others for one's mistakes' (N=1), 'not respecting others' (N=1), and 'not helping each other' (N=1).

The category '*Positive characteristics*' comprises the characteristics 'being good people' (N=3), 'being responsible' (N=3), 'giving advice to younger ones' (N=1), 'being respected by others' (N=1), 'being professionals' (N=1), and 'being friendly' (N=1).

The category '*Ambivalence*' contains the characteristic 'ambivalent' (N=7), which stands for statements such as 'everybody is different', 'some come close to my ideal concept, some do not', and 'everybody has his/her good and bad sides'.

The category '*Irresponsibility*' contains the answer 'being irresponsible' (N=5).

The category '*No education*' contains the answer 'being ignorant' (N=3) and 'having little education' (N=1).

The category '*No job/activities*' comprises the characteristics 'hanging around in the street instead of going to work' (N=2) and 'being unemployed' (N=1).

The category '*Miscellaneous*' contains the characteristic 'being drunk' (N=2) and 'smoking' (N=1).

The category '*Incorrect behavior*' comprises the characteristics 'being liars' (N=1) and 'being unpunctual' (N=1).

The category '*No relationships*' contains the sub-category of '*Anti-family*' with the answer 'treating one's family badly' (N=1).

The statement 'treating one's family badly' was listed in both the category '*No relationships*' and the category '*Danger*'. The statement 'being ignorant' was listed in both the category '*No education*' and the category '*Immature personality*'. The statement 'betraying others as soon as they turn their back' was listed in both the category '*Danger*' and the category '*No IIIb*'. The statement 'blaming others for one's mistakes' was listed in both the category '*No IIIb*' and the category '*Immature personality*'.

## **2.9 Real concept, Peruvian female immigrants, N=6**

The category '*Danger*' comprises the characteristics 'killing others' (N=1), 'being abusive' (N=1), 'being addicted' (N=1), 'being violent' (N=1), and 'being corrupt' (N=1).

The category '*Positive characteristics*' comprises the characteristics 'having a good culture' (N=1), 'being responsible' (N=1) and 'being diligent' (N=1).

The category '*Irresponsibility*' contains the characteristic 'being irresponsible' (N=2).

The category '*No IIIb*' comprises the characteristics 'not trusting others' (N=1) and 'not being interested in children or community' (N=1).

The category '*No job/activities*' contains the characteristic 'not being interested in work' (N=2).

The category '*Immature personality*' comprises the characteristics 'being immature' (N=1) and 'thinking in a negative way' (N=1).

The category '*Miscellaneous*' contains the characteristic 'drinking' (N=2).

The category '*No relationships*' contains the sub-category '*Anti-family*', with the answer 'not thinking of one's family' (N=1).

The category '*Incorrect behavior*' contains the characteristic 'stealing' (N=1).

## **2.10 Real concept, Peruvian male immigrants, N=8**

The category '*Positive characteristics*' comprises the characteristics 'fighting for something better' (N=1), 'knowing how to plan one's lives' (N=1), 'knowing how to think' (N=1), and 'working hard' (N=1).

The category '*Miscellaneous*' comprises the characteristics 'being mediocre' (N=1), 'being drunk' (N=1), and 'being chauvinists' (N=1).

The category '*Danger*' contains the characteristic 'being addicted' (N=2).

The category '*No education*' contains the characteristics 'not studying' (N=1).

The category '*Immature personality*' contains the characteristic 'being too interested in fun' (N=1).

The category '*Irresponsibility*' contains the characteristic 'being irresponsible' (N=1).

The category '*No job/activities*' contains the characteristic 'being idle' (N=1).

The category '*No relationships*' contains the sub-category '*Anti-family*', with the answer 'neglecting the family' (N=1).

The category '*No IIIb*' contains the characteristic 'not communicating' (N=1).

The category '*Narrow-mindedness*' contains the characteristic 'being reserved' (N=1).

The category '*Incorrect behavior*' contains the characteristic 'not having manners' (N=1).

The category '*Ambivalence*' contains the characteristic 'ambivalent' (N=1), which stands for statements such as 'everybody is different', 'some come close to my ideal concept, some do not', and 'everybody has his/her good and bad sides' .

The answers of the Peruvian Indians can be found in the empirical section.

### **3. Meaning of life**

#### **3.1 Meaning of life, German female students, N=37**

The category '*Existentialism*' comprises the answers 'life has no meaning' (N=7), 'living intensively and consciously' (N=4), 'being able to say 'It was good' when it is over' (N=4), 'making the best out of it' (N=4), 'reproduction, getting on with it' (N=2), 'just living' (N=2), 'trying to see something positive in life' (N=1), 'using opportunities when they present themselves' (N=1), 'spending one's time without making much of a mess' (N=1), 'living while causing as little damage as possible' (N=1), 'to maneuver oneself through life as well as possible' (N=1), 'not thinking of one's death' (N=1), and 'life is so inspiring itself, it does not need a meaning' (N=1).

The category '*Growth*' comprises the answers 'pursuing/reaching personal goals' (N=14), 'freeing oneself from constraints' (N=2), 'gathering experiences' (N=1), 'personal development' (N=1), 'using one's abilities' (N=1), 'self-fulfillment [defined as finding out what one wants and doing it]' (N=1), 'continuity [defined as having found what one considers as valuable and not suffering major disruptions from that principle]' (N=1), and 'change [defined as not to be stuck in one's development]' (N=1).

The category '*Relationships*' contains the three sub-categories '*Family*' (N=9), '*Friends*' (N=5), and '*Partner/Romantic love*' (N=3). It also comprises the answers 'contact with other people' (N=4) and 'harmony' (N=1).

The category '*Pleasure*' comprises the answers 'being/becoming happy' (N=9), 'being content' (N=7), 'having zest for life' (N=4), and 'leading a pleasant life' (N=1).

The category '*Belief*' contains the sub-category '*Religious/Spiritual*' (N=3), which comprises the answers 'God' (N=1), 'there is more than we can understand' (N=1), and 'there will be a judgment after death' (N=1). It also contains the sub-category '*Political/Social*' (N=6), which comprises the answers 'preserving this earth' (N=2), 'passing on one's experiences to younger generations' (N=2), 'making this earth a better place' (N=1), and 'peace' (N=1).

The category '*Service*' comprises the answers 'helping others, doing good' (N=4), 'spreading beliefs which help other people overcome their crises' (N=1), 'contributing to others reaching their goals' (N=1), 'doing something sensible for humanity' (N=1), and 'making life easier and worth living for humanity' (N=1).

The category '*Life work*' contains the characteristic 'being interested in and good at one's job' (N=3).

The category '*Obtaining*' comprises the characteristics 'owning a house' (N=1) and 'having enough money to travel' (N=1).

The category '*Miscellaneous*' contains the answer 'the search for meaning' (N=1).

### **3.2 Meaning of life, German male students, N=25**

The category '*Existentialism*' comprises the answers 'life has no meaning, everyone has to try and make the best of it' (N=8), 'being able to say it was good when it is over/not regretting one's life at old age/not having the feeling that one's life was wasted' (N=3), 'getting on with life as well as possible' (N=3), 'reproduction and survival of the species' (N=2), 'living until we die' (N=1), 'I don't know if there is a meaning at all' (N=1), 'dying one day' (N=1), 'surviving is the only meaning there is' (N=1), 'everything would go on without us' (N=1), 'life is the product of chance. It has no meaning' (N=1), and 'to go on living and waiting for a natural death instead of committing suicide' (N=1).

The category '*Growth*' comprises the answers 'pursuing/reaching personal goals' (N=6), 'self-fulfillment' (N=2), 'doing what one wants to do' (N=1), 'finding something for oneself which is important' (N=1), 'feeling self-fulfilled through personal achievement' (N=1), 'making one's own decisions' (N=1), 'being oneself' (N=1), 'developing further' (N=1), 'continuity [defined as having found what one considers as valuable and not suffering major disruptions from that principle]' (N=1), 'being able to explain everything' (N=1), 'recognition' (N=1), and 'doing good for oneself' (N=1).

The category '*Belief*' contains the sub-category '*Political/Social*' (N=12), which comprises the answers 'engaging in political/social activities' (N=5), 'making this world a better place' (N=3), 'living according to Kant's categorical imperative' (N=1), 'passing on what one considers to be important' (N=1), 'having a function within society' (N=1), and 'contributing to a free life for generations to come' (N=1). It also contains the sub-category '*Religious/Spiritual*' (N=2), which comprises the characteristics 'There is a meaning. One only has to search for and recognize it' (N=1), and 'depicting the kingdom of God on earth' (N=1). It also contains the sub-category '*Transcendence*' (N=2) with the characteristics 'There should remain more of me than my gravestone at the end of my life' (N=1) and 'presenting my opinions so brilliantly that they shall remain for posterity' (N=1).

The category '*Pleasure*' comprises the answers 'being/becoming happy' (N=7), 'being content/satisfied' (N=3), 'engaging in one's hobbies and pleasant activities' (N=2), and 'having fun' (N=1).

The category '*Service*' comprises the answers 'doing good for others' (N=1), 'awaking enthusiasm for sensible things in others' (N=1), 'helping others to find self-fulfillment' (N=1), and 'doing useful things for others' (N=1).

The category '*Relationships*' contains the sub-category '*Partner/Romantic love*' (N=1), with the answer 'being there for my partner' (N=1). It also contains the characteristic 'living in harmony [referring to living with other people]' (N=1).

The category '*Life work*' contains the answer 'one's job' (N=1).

The category '*Miscellaneous*' contains the answer 'living a peaceful life' (N=1).

### **3.3 Meaning of life, German female non-students, N=25**

The category '*Growth*' comprises the answers 'pursuing/reaching personal goals' (N=7), 'gathering experience' (N=3), 'being self-fulfilled' (N=2), 'having new experiences abroad' (N=2), 'having change and diversity' (N=2), 'learning new things' (N=1), 'finding what one is looking for' (N=1), 'using all one's senses' (N=1), 'experiencing something new and living it fully' (N=1), 'doing everything one likes to do' (N=1), and 'fulfilling one's dreams, but not at the expense of others' (N=1).

The category '*Existentialism*' comprises the answers 'man created meaning; life itself does not have any' (N=4), 'living life here and now' (N=3), 'reproducing oneself' (N=3), 'making the best out of it' (N=2), 'not regretting anything in the end' (N=2), 'living intensely' (N=1), 'dying in the end' (N=1), 'fighting one's way though life as well as possible' (N=1), 'we are just part of the Earth's evolution' (N=1), 'one day it will be over and then nobody is going to care if you existed once' (N=1), and 'there can only be a meaning if there is something like a God, and it will never be possible to prove his existence. Thus, no-one can know if there is a meaning' (N=1).

The category '*Pleasure*' comprises the answers 'being/becoming happy' (N=8), 'being content/satisfied' (N=7), 'enjoying life' (N=2), 'having fun' (N=1), and 'it should be fun for everybody' (N=1).

The category '*Relationships*' contains the sub-category '*Partner/Romantic love*' (N=4), the sub-category '*Family*' (N=4), and the sub-category '*Friends*' (N=2). It also comprises the characteristics 'getting to know other people' (N=3) and 'having interpersonal relationships' (N=1).

The category '*Belief*' contains the sub-category '*Political/Social*' (N=6) with the answers 'doing something for society' (N=1), 'saving this earth' (N=1), 'passing on one's experiences to others' (N=1), 'passing on one's experiences and values to future generations' (N=1), 'doing things such as stopping radioactive waste' (N=1), and 'fulfilling one's dreams, but not at the expense of others' (N=1). It contains the sub-category '*Religious/Spiritual*' (N=1) with the answer 'there is something bigger above me' (N=1). It also contains the sub-category '*Mission*' (N=1), with the answer 'everyone has a mission to fulfill on earth' (N=1).

The category '*Life work*' comprises the answers 'one's job' (N=3) and 'being active' (N=1).

The category '*Obtaining*' comprises the characteristics 'having a secure financial basis' (N=2) and 'owning a flat' (N=1).

The category '*Service*' comprises the characteristics 'doing something for other people' (N=1), 'making others happy' (N=1), and 'helping people in their personal development' (N=1).

The category '*Health*' contains the answer 'being healthy' (N=1).

The statement 'fulfilling one's dreams, but not at the expense of others' was listed both in the category '*Growth*' and in the sub-category '*Political/Social belief*'.

### **3.4 Meaning of life, German male non-students, N=17**

The category '*Growth*' comprises the answers 'having all sorts of experiences' (N=5), 'getting to know foreign countries' (N=2), 'living life with all its ups and downs' (N=1), 'defining and reaching personal goals' (N=1), 'knowing a lot' (N=1), 'learning [referring to making new experiences]' (N=1), 'doing things which are good for oneself' (N=1), and 'being creative' (N=1).

The category '*Pleasure*' comprises the answers 'being/becoming happy' (N=4), 'having fun' (N=3), 'leading a pleasant private life' (N=2), 'being content/satisfied' (N=1), 'feeling good' (N=1), 'being happy together with others' (N=1), and 'enjoying life' (N=1).

The category '*Belief*' contains the sub-category '*Political/Social*' (N=3) with the answers 'passing on one's experiences to others' (N=1), 'passing on something to others' (N=1), and 'serving nature' (N=1). It contains the sub-category '*Religious/Spiritual*' (N=2) with the answers 'God' (N=1) and 'there is something higher' (N=1). It also contains the sub-category '*Transcendence*' (N=1) with the characteristic 'having the feeling of being irreplaceable' (N=1).

The category '*Relationships*' contains the sub-category '*Partner/Romantic love*' (N=1) and the sub-category '*Family*' (N=1). It also comprises the answers 'interacting with other people' (N=2) and 'being happy together with others' (N=1).

The category '*Existentialism*' comprises the answers 'just living' (N=1), 'we are a product of evolution and have to make the best out of it' (N=1), 'being able to say it was good when it's over' (N=1), 'I don't know if there is a meaning - looking at it closely it's all meaningless' (N=1), and 'there is no real meaning. One has to make the best out of it' (N=1).

The category '*Life work*' comprises the answers 'one's job' (N=2) and 'having fun working' (N=1).

The category '*Service*' comprises the characteristics 'serving other people' (N=1) and 'making others happy' (N=1).

The statement 'being happy together with others' was listed both in the category '*Pleasure*' and '*Relationships*'.

### 3.5 Meaning of life, Peruvian female students, N=25

The category '*Growth*' comprises the answers 'pursuing/reaching personal goals' (N=8), 'personal development' (N=3), 'self-fulfillment' (N=3), 'getting better, winning the battle against our own monsters, personal improvement' (N=2), 'personal advance and growth' (N=1), 'using my inherent qualities and skills' (N=1), and 'reaching an integral development' (N=1).

The category '*Belief*' contains the sub-categories '*Mission*' (N=7), '*Religious/Spiritual*' (N=5), '*Political/Social*' (N=4), and '*Transcendence*' (N=3). '*Mission*' comprises the answers 'to fulfill the mission we have' (N=4) and 'everyone has a reason for being here' (N=3). '*Religious/Spiritual*' comprises the answers 'God put me here, God gave us this life' (N=2), 'to understand what God wants from you' (N=1), 'God' (N=1), and 'reincarnation' (N=1). '*Political/Social*' comprises the answers 'doing something for a better world' (N=2), 'fighting for the development of a better world' (N=1), 'doing something for the environment and country as part of a collective project to improve this world' (N=1). '*Transcendence*' comprises the answers 'going through this world leaving traces' (N=1), 'doing big things' (N=1), and 'that which you have done for others transcends your life' (N=1).

The category '*Pleasure*' comprises the answers 'happiness' (N=8), 'being content' (N=5), 'joy of life' (N=1), 'living to make my family and myself happy' (N=1), and 'enjoying life in harmony with the people you love the most' (N=1).

The category '*Relationships*' contains the sub-categories '*Family*' (N=6) and '*Partner/Romantic love*' (N=1). It also comprises the answers 'living together with others' (N=1) and 'enjoying life in harmony with the people you love the most' (N=1).

The category '*Service*' comprises the answers 'helping others, making others happy' (N=3), 'giving love to those who never got it' (N=1), 'doing productive things for me and others' (N=1), 'serving others' (N=1), and 'that what you have done for others transcends your life' (N=1).

The category '*Life work*' comprises the answers 'being good at and happy in one's job' (N=2), 'professional life' (N=2), and 'work' (N=1).

The category '*Obtaining*' comprises the answers 'reaching a high economical state' (N=1) and 'earning money' (N=1).

The category '*Existentialism*' comprises the answers 'nothing beyond survival' (N=1) and 'being able to say 'It was good' when it is over' (N=1).

The category '*Miscellaneous*' contains the answer 'hope' (N=1).

The statement 'living to make my family and myself happy' was listed both in the category '*Pleasure*' and in the sub-category '*Family*'.

### 3.6 Meaning of life, Peruvian male students, N=23

The category '*Growth*' comprises the answers 'pursuing/reaching personal goals' (N=9), 'self-fulfillment' (N=2), 'trying to achieve personal progress' (N=2), 'full development of one's skills' (N=1), 'managing challenges' (N=1), 'feeling good with oneself' (N=1), 'learning' (N=1), and 'having inner tranquility' (N=1).

The category '*Belief*' contains the sub-category '*Political/Social*' (N=10) with the answers 'doing something for this world' (N=3), 'passing on one's experiences to others' (N=2), 'doing something for society' (N=2), 'being useful for humanity' (N=1), 'being useful to the environment' (N=1), and 'not hurting other people' (N=1). It contains the sub-category '*Religious/Spiritual*' (N=3) with the answers 'doing what God has assigned me to do' (N=2) and 'following the way God has chosen for me' (N=1). It further contains the sub-category '*Mission*' (N=1) with the answer 'fulfilling one's function' (N=1), and the sub-category '*Transcendence*' (N=1) with the answer 'being part of history, having done something extraordinary in this world' (N=1).

The category '*Relationships*' contains the sub-category '*Family*' (N=8) with the answers 'my family' (N=6) and 'making my parents proud of me' (N=2). It further contains the sub-categories '*Friends*' (N=1) and '*Partner/Romantic love*' (N=1). The category '*Relationships*' also comprises the answers 'being nice and friendly towards others' (N=1) and 'being happy with the people I love' (N=1).

The category '*Pleasure*' comprises the answers 'happiness' (N=6), 'enjoying life' (N=2), 'feeling good' (N=1), and 'being happy with the people I love' (N=1).

The category '*Life work*' comprises the answers 'career/job' (N=5) and 'academic achievement' (N=2).

The category '*Service*' comprises the answers 'helping others to solve their problems' (N=1), 'making others happy' (N=1), 'giving what one possesses to others' (N=1), and 'serving others' (N=1).

The category '*Existentialism*' comprises the answers 'Life itself. There is no other meaning than existing' (N=1), 'it would be better not to live as we are all going to die' (N=1), and 'a sheer coincidence' (N=1).

The category '*Obtaining*' comprises the answers 'having financial stability' (N=1) and 'earning a lot of money' (N=1).

The statement 'being happy with the people I love' was listed both in the category '*Pleasure*' and in the category '*Relationships*'.

### **3.7 Meaning of life, Peruvian female night-students, N=20**

The category '*Growth*' comprises the answers 'finishing school, studying, and education' (N=11), 'getting better, making progress, getting to be someone' (N=7), 'reaching one's goals' (N=3), 'knowing something about life' (N=2), 'being someone good' (N=2), 'not being egoistic' (N=1), and 'not giving up, triumphing' (N=1).

The category '*Life work*' contains the answer 'career/job' (N=11).

The category '*Relationships*' contains the sub-category '*Family*' (N=5) with the answers 'my family' (N=4) and 'making my parents happy' (N=1). It also comprises the answers 'liking and loving each other' (N=2), 'not offending anyone' (N=1), and 'having a good relationship with everyone' (N=1).

The category '*Belief*' contains the sub-category '*Political/Social*' (N=3) with the answers 'changing things so the world can get better' (N=1), 'caring for animals, plants, and people' (N=1), and 'reaching understanding between people' (N=1). It contains the sub-category '*Religious/Spiritual*' (N=2) with the answer 'God' (N=2).

The category '*Existentialism*' comprises the answers 'just living' (N=2), 'reproduction' (N=1), and 'there is no meaning, everything comes to an end' (N=1).

The category '*Service*' contains the answer 'helping sick and poor people' (N=1).

The category '*Pleasure*' contains the answer 'enjoying life' (N=1).

### **3.8 Meaning of life, Peruvian male night-students, N=15**

The category '*Growth*' comprises the answers 'getting to be someone in life' (N=5), 'getting (further) education, studying' (N=4), 'reaching goals' (N=2), 'learning, knowing' (N=2), 'getting better' (N=2), 'progressing' (N=2), and 'triumphing in life' (N=1).

The category '*Belief*' contains the sub-category '*Religious/Spiritual*' (N=8) with the answers 'God gave us this life' (N=3), 'fulfilling the tasks imposed by God' (N=2), 'knowing more about God's life' (N=1), 'suffering in this life and going to Heaven' (N=1), and 'serving God' (N=1). It contains the sub-category '*Political/Social*' (N=3) with the answers 'contributing to society's benefit' (N=1), 'helping society' (N=1), and 'making my nation progress' (N=1).

The category '*Relationships*' contains the sub-category '*Family*' (N=5) with the answers 'being with my family' (N=2), 'starting a family' (N=2), and 'maintaining my family' (N=1). It also contains the answer 'not feeling lonely' (N=1).

The category '*Pleasure*' comprises the answers 'being happy' (N=2), 'having a good time' (N=1), 'feeling good' (N=1), 'enjoying life' (N=1), and 'enjoying one's possessions' (N=1).

The category '*Life work*' contains the answer 'career/job' (N=4).

The category '*Obtaining*' comprises the answers 'maintaining my family' (N=1), 'maintaining myself' (N=1), 'enjoying one's possessions' (N=1), and 'having what one likes to have [referring to material goods]' (N=1).

The category '*Existentialism*' comprises the answers 'living life' (N=1) and 'surviving' (N=1).

The category '*Miscellaneous*' contains the answer 'nature' (N=2).

The category '*Service*' contains the answer 'helping those who need help' (N=1).

The statement 'enjoying one's possessions' was listed in both the category '*Obtaining*' and in the category '*Pleasure*'. The statement 'maintaining my family' was listed in both the category '*Obtaining*' and in the sub-category '*Family*'.

### **3.9 Meaning of life, Peruvian female immigrants, N=6**

The category '*Existentialism*' comprises the answers 'just living, life will end' (N=1), 'struggling against everything we have to endure' (N=1), and 'being alive' (N=1).

The category '*Relationships*' contains the sub-category '*Partner/Romantic love*' (N=2) with the answer 'love' (N=2), and the sub-category '*Family*' (N=1) with the answer 'my family' (N=1).

The category '*Growth*' contains the answer 'studying, getting an education [seen as a personal goal]' (N=2).

The category '*Pleasure*' comprises the answers 'being happy' (N=1) and 'having joy' (N=1).

The category '*Life work*' contains the answer 'work' (N=2).

The category '*Miscellaneous*' comprises the answers 'eating' (N=1) and 'living in an appropriate manner, leading an orderly life' (N=1).

The category '*Belief*' contains the sub-category '*Political/Social*' (N=1) with the answer 'to see the reality, what is happening around us' (N=1).

The category '*Obtaining*' contains the answer 'getting money' (N=1).

The category '*Health*' contains the answer 'being healthy' (N=1).

### **3.10 Meaning of life, Peruvian male immigrants, N=8**

The category '*Belief*' contains the sub-category '*Political/Social*' (N=3) with the answers 'achieving progress for Peru' (N=1), 'improving society' (N=1), and 'doing good things' (N=1). It contains the sub-category '*Religious/Spiritual*' (N=2), with the answers 'we live because of God's grace' (N=1) and 'God put us here' (N=1).

The category '*Growth*' comprises the answers 'a life project which you have to reach in spite of obstacles' (N=1), 'self-fulfillment' (N=1), 'progressing, becoming better' (N=1), and 'standing out' (N=1).

The category '*Existentialism*' comprises the answers 'we live to die' (N=1), 'our parents brought us to this life' (N=1), 'life is hard, it hasn't got a meaning' (N=1), and 'struggling for survival' (N=1).

The category '*Relationships*' contains the sub-category '*Family*' with the answers 'achieving progress for our families' (N=1) and 'being a role model for my family' (N=1). It contains the sub-category '*Partner/Romantic love*' with the answer 'love' (N=1).

The category '*Life work*' contains the answer 'work, duties' (N=2) and 'becoming a professional' (N=1).

The category '*Service*' comprises the answers 'helping old people' (N=1) and 'helping those who need help' (N=1).

The category '*Pleasure*' contains the answer 'reaching happiness/joy' (N=2).

### **3.11 Meaning of life, Peruvian female Indians, N=30**

The category '*Relationships*' contains the sub-category '*Family*' (N=45), with the answers 'taking care of the children [implies all activities related to raising them], living for the children' (N=14) 'education of children' (N=7), 'taking care of my parents/grandparents/parents in law' (N=6), 'living for the family [which includes children and husband in one statement]' (N=4), 'to live happily with my family' (N=3), 'I live to have children/grandchildren' (N=2), 'buying a house so that the children will have a place to live when the parents die' (N=2), 'having a home [includes the house and the family ]' (N=1), 'buying things to bequeath to the children' (N=1), 'I live to take care of my children so they will not curse me, but celebrate a mass for me when I die' (N=1), 'we were created to live for our families' (N=1), 'enjoying festivities with my family' (N=1), 'living together in a family and supporting each other' (N=1), and 'achieving respect for my children' (N=1). It also contains the sub-category '*Partner/Romantic love*' (N=4) with the answers 'taking care of the husband [implies activities like cooking, washing, taking his meal to the field, looking after him when he is drunk, trying to prevent him from drinking, making him go to work, etc.]' (N=3) and 'being together with the father of my children' (N=1).

The category '*Belief*' contains the sub-category '*Religious/Spiritual*' (N=6) and the sub-category '*Political/Social*' (N=5). The sub-category '*Religious/Spiritual*' comprises the answers 'we were created to live for our families' (N=1), 'I live because God allows it' (N=1), 'our lives depend on God' (N=1), 'I live because God created me' (N=1), 'I live to take care of my children so they will not curse me, but celebrate a mass for me when I die' (N=1), and 'to fulfill what God wants. We live because Gods wants us to, otherwise we would be dead' (N=1). The sub-category '*Political/Social*' comprises the answers 'welfare/progress of the community' (N=3), 'identification with the community' (N=1), and 'to ensure that the village is appreciated by others' (N=1).

The category '*Life work*' comprises the answers 'work, daily housework' (N=8) and 'work in the fields' (N=1).

The category '*Pleasure*' consists in the answers 'to live happily with my family' (N=3), 'being happy' (N=3), 'drinking' (N=2), and 'enjoying festivities with my family' (N=1).

The category '*Obtaining*' comprises the answers 'buying things/buying things for the house' (N=4), 'buying a house so that the children will have a place to live when the parents die' (N=2), 'having a home [includes the house and the family]' (N=1), 'buying things to bequeath to the children' (N=1), and 'buying clothes for the children' (N=1).

The category '*Service*' contains the answer 'serving as an example for others' (N=1).

The category '*Growth*' contains the answer 'living a good life [seen as a personal goal]' (N=1).

The category '*Existentialism*' contains the answer 'living to increase the number of inhabitants' (N=1).

The statement 'buying clothes for the children' was listed both in the sub-category '*Family*' and in the category '*Obtaining*'. The statement 'we were created to live for our families' was listed both in the sub-category '*Family*' and in the sub-category '*Religious/Spiritual*'. The statement 'buying a house so that the children will have a place to live when the parents die' was listed both in the sub-category '*Family*' and in the sub-category '*Obtaining*'. The statement 'having a home [includes the house and the family]' was listed both in the sub-category '*Family*' and in the sub-category '*Obtaining*'. The statement 'to live happily with my family' was listed both in the sub-category '*Family*' and in the sub-category '*Pleasure*'. The statement 'buying things to bequeath to the children' was listed both in the sub-category '*Family*' and in the sub-category '*Obtaining*'. The statement 'I live to take care of my children so they will not curse me, but celebrate a mass for me when I die' was listed both in the sub-category '*Family*' and in the sub-category '*Religious/Spiritual*'. The statement 'enjoying festivities with my family' (N=1) was listed both in the sub-category '*Family*' and in the category '*Pleasure*'.

### **3.12 Meaning of life, Peruvian male Indians, N=30**

The category '*Relationships*' contains the sub-category '*Family*' (N=31), with its answers 'I live for my family/to care for my family/maintaining wife and children/raising my children' (N=16), 'I live to educate my children/to enable my children to get an education' (N=6), 'I live to find happiness with my family' (N=2), 'one day my children shall live better than me' (N=2), 'being a farmer must finish with me. My children shall have a better job' (N=2), 'I live to fight for a better life for my family and community' (N=1), 'I live to construct a future with my family' (N=1), 'moving to a bigger city so the children have better chances, education' (N=1). It contains the sub-category '*Friends*' (N=1), with the answer 'my life wouldn't be just for me but for my friends in the community' (N=1). It also comprises the answers 'living a quiet life without causing problems for anyone' (N=1) and 'my life would be meaningless if I lived just for myself' (N=1).

The category '*Belief*' contains the sub-category '*Political/Social*' (N=22) and the sub-category '*Religious/Spiritual*' (N=5). The sub-category '*Political/Social*' contains the answers 'development/improvement of the community' (N=10), 'I live to attend the communal meetings of the village [local politics takes place at these meetings, decisions regarding the village are made, and all men are required to assist]' (N=4), 'one day my children shall live better than me' (N=2), 'being a farmer must finish with me. My children shall have a better job' (N=2), 'I live to realize the work that the community assigns to me' (N=1), 'I live to fight for a better life for my family and community' (N=1), 'everyone should be happy' (N=1), and 'hoping to fix problems' (N=1). The sub-category '*Religious/Spiritual*' contains the answers 'I live because God gave us life/created us' (N=3) and 'belonging to a religious group' (N=2).

The category '*Life work*' comprises the answers 'I live to work/ I live to participate in the collective field work/ I live for agricultural work/ cattle breeding [these four answers were joined in one category since most participants explained what their work consisted of]' (N=17).

The category '*Growth*' comprises the answers 'education for oneself' (N=4), 'becoming a communal leader' (N=4), 'getting on/progressing' (N=3), 'stopping drinking' (N=1), 'getting out of my situation of poverty, realizing commercial activities' (N=1), 'doing things I like to do [regarded as a personal goal]' (N=1), and 'living a good life [seen as a personal goal]' (N=1).

The category '*Pleasure*' consists in the answers 'I live to find happiness with my family' (N=2), 'being happy' (N=1), 'everyone should be happy' (N=1), and 'drinking' (N=1).

The category '*Obtaining*' comprises the answers 'living to acquire things' (N=1), 'living so that nothing shall be missing in my house' (N=1), and 'living to accumulate money' (N=1).

The category '*Service*' comprises the answers 'helping others' (N=1) and 'being useful to others' (N=1).

The category '*Health*' comprises the answers 'taking care of my health' (N=1).

The category '*Miscellaneous*' comprises the answers 'we are in this world to behave properly' (N=1).

The statement 'one day my children shall live better than me' was listed both in the sub-category '*Family*' and in the sub-category '*Political/Social*'. The statement 'I live to find happiness with my family' was listed both in the sub-category '*Family*' and in the category '*Pleasure*'. The statement 'I live to fight for a better life for my family and community' was listed both in the sub-category '*Family*' and in the sub-category '*Political/Social*'. The statement 'being a farmer must finish with me. My children shall have a better job' was listed both in the sub-category '*Family*' and in the sub-category '*Political/Social*'. The statement 'everyone should be happy' was listed both in the sub-category '*Political/Social*' and '*Pleasure*'.

## **4. Happiness**

### **4.1 Happiness, German female students, N=37**

The category '*Pleasure*' contains the answer 'the perfect moment' (N=24), which was defined as an overwhelming feeling, a moment of euphoria, the notion that everything is just the way it should be, a flooding of endorphins, a climax, and ecstasy. Common to all these descriptions is the fact that happiness is a feeling, which does not last long. The category also comprises the answers 'contentment/satisfaction' (N=18), 'a feeling of harmony [subjects did not refer to harmony with others]' (N=4), 'feeling good' (N=3), 'having fun, laughing

aloud' (N=2), 'joy about what is happening' (N=2), 'being aware of one's happiness' (N=1), 'lack of stress and problems' (N=1), 'feeling secure and warm' (N=1).

The category '*Growth*' contains the answer 'self-fulfillment' (N=8), which was defined as following one's interests, living according to one's potentials and recognizing one's identity and wishes. It contains the answer 'reaching goals, achieving something, being successful' (N=8). It also comprises the answers 'being in accordance with oneself' (N=10), 'maintaining one's individuality' (N=1), 'loneliness [defined in terms of being important to find oneself]' (N=1), 'being able to cope with daily hassles' (N=1), and 'knowing that whatever happens, I will be able to cope' (N=1).

The category '*Relationships*' contains the sub-categories '*Friends*' (N=10), '*Partner/Romantic love*' (N=9), and '*Family*' (N=5). It also comprises the answers 'I must not be happy at the expense of others' (N=2), 'I cannot be happy alone' (N=1), and 'being in complete accordance with someone else' (N=1).

The category '*Life work*' comprises the answers 'job' (N=4) and 'being active' (N=2).

The category '*Miscellaneous*' comprises the answers 'nature' (N=3) and 'a quiet life without war, need, and fear' (N=1).

The category '*Health*' comprises the answers 'health' (N=2) and 'lack of depression' (N=1).

The category '*Obtaining*' comprises the answers 'financial security' (N=2) and 'a certain standard of living' (N=1).

The category '*Belief*' contains the sub-category '*Political/Social*' with the answer 'freedom' (N=1).

The category '*Unattainable*' contains the answer 'something you cannot reach. If you are truly happy, you must be dead' (N=1).

#### **4.2 Happiness, German male students, N=25**

The category '*Pleasure*' contains the answer 'the perfect moment' (N=9), defined as a short-term state in which no wishes remain unfulfilled and everything is just the way it should be. It also comprises the answers 'contentment/satisfaction' (N=14), 'absence of worries and fears' (N=2), 'feeling good with close relatives and/or friends' (N=1), 'joy' (N=1), 'being aware of one's happiness' (N=1), 'feeling good' (N=1), 'inner coziness which is motivating' (N=1), and 'lack of daily hassles' (N=1).

The category '*Relationships*' contains the sub-category '*Partner/Romantic love*' (N=11), the sub-category '*Family*' (N=8), and the sub-category '*Friends*' (N=3). It also comprises the answers 'maintaining relationships with others' (N=3), 'no-one being mad at me' (N=1), 'having a sweet home [referring to both the house and the people living in it]' (N=1) and 'feeling good with close relatives and/or friends' (N=1).

The category '*Growth*' comprises the answers 'reaching goals, achieving something, being successful' (N=6), 'doing things I like to do' (N=4), 'developing further' (N=2), 'having time for doing nice things, hobbies, activities' (N=2), 'not feeling bored' (N=2), 'being self-fulfilled' (N=1), 'fulfilling desires' (N=1), 'fulfilling hopes' (N=1), 'knowing oneself and one's wishes' (N=1), 'being educated' (N=1), 'being self-assured' (N=1), 'being independent' (N=1), and 'living abroad for a while' (N=1).

The category '*Obtaining*' comprises the answers 'financial security' (N=7), being able to travel' (N=2), 'having a sweet home [referring to both the house and the people living in it]' (N=1) 'owning a flat' (N=1), and 'possessing a house' (N=1).

The category '*Life work*' comprises the answers 'having a good job/career' (N=5) and 'doing well at one's studies' (N=2).

The category '*Belief*' contains the sub-category '*Political/Social*' (N=3), with the answers 'being politically active' (N=2), 'having a suitable societal frame for living together' (N=1). It also contains the sub-category '*Religious/Spiritual*' (N=1) with the answer 'not suffering from spiritual deprivation' (N=1).

The category '*Health*' comprises the answers 'being mentally healthy, not suffering from depressions' (N=1) and 'my family being healthy' (N=1).

The category '*Miscellaneous*' contains the answer 'happiness is the byproduct of a meaningful life' (N=1).

The statement 'my family being healthy' was listed both in the sub-category '*Family*' and in the category '*Health*'. The statement 'feeling good with close relatives and/or friends' was listed both in the category '*Relationships*' and in the category '*Pleasure*'. The statement 'having a sweet home [referring to both the house and the people living in it]' was listed both in the category '*Relationships*' and in the category '*Obtaining*'.

#### **4.3 Happiness, German female non-students, N=25**

The category '*Pleasure*' contains the answer 'the perfect moment' (N=11), defined as the short-term state, accompanied by physiological excitement, in which no wishes remain unfulfilled and everything is just the way it should be. It also comprises the answers 'being content/satisfied' (N=10), 'feeling good' (N=2), 'being able to laugh whole-heartedly' (N=1), 'absence of fear' (N=1), 'feeling joyful, being in a good mood' (N=1), 'realizing that life is light, easy' (N=1), 'everything being fine' (N=1), and 'being optimistic, having a positive attitude' (N=1).

The category '*Relationships*' contains the sub-category '*Partner/Romantic love*' (N=10), the sub-category '*Family*' (N=6), and the sub-category '*Friends*' (N=5). It also comprises the answers 'living in harmony with others' (N=1), 'being in accord with the people around me' (N=1), 'having someone in whom to confide one's worries and fears' (N=1), 'not being alone' (N=1), 'having people around me I like' (N=1), 'having a good talk/dialogue' (N=1), and 'everyone being friendly to each other' (N=1).

The category '*Growth*' comprises the characteristics 'being in harmony with oneself' (N=5), 'reaching goals' (N=4), 'engaging in things which are interesting, hobbies' (N=4), 'getting further education' (N=3), 'being independent' (N=2), 'being self-determined' (N=1), 'developing further' (N=1), 'being self-assured' (N=1), 'being self-fulfilled' (N=1), 'doing things one likes to do' (N=1), 'fulfilling one's wishes and dreams' (N=1), 'fulfilling one's basic needs' (N=1), 'having diversity in one's life' (N=1), and 'being a wildly acclaimed star' (N=1).

The category '*Obtaining*' comprises the characteristics 'having money' (N=3), 'owning a flat' (N=3), 'having enough money to go on vacation' (N=2), 'having financial security' (N=1), and 'having a car' (N=1).

The category '*Life work*' contains the characteristic 'having a good job/career' (N=6).

The category '*Miscellaneous*' comprises the characteristics 'flowers' (N=1), 'nature' (N=1), 'a feeling that is long-lasting' (N=1), and 'life itself' (N=1).

The category '*Health*' comprises the characteristics 'being healthy' (N=2) and 'one's children being healthy' (N=1).

The category '*Service*' comprises the answers 'helping others' (N=1) and 'making others happy' (N=1).

The category '*Belief*' contains the sub-category '*Political/Social*' (N=1), with the answer 'world peace' (N=1).

The statement 'one's children being healthy' was listed both in the category '*Health*' and in the sub-category '*Family*'.

#### **4.4 Happiness, German male non-students, N=17**

The category '*Pleasure*' contains the answer 'the perfect moment' (N=4), defined as the short-term state, accompanied by physiological excitement, in which no wishes remain unfulfilled and everything is just the way it should be. It also comprises the answers 'being content/satisfied' (N=4), 'feeling good' (N=2), 'enjoying life' (N=1), 'enjoying the moment' (N=1), 'feeling joy evoked by little things' (N=1), 'feeling good in one's environment' (N=1), and 'feeling joy about something unexpected' (N=1).

The category '*Relationships*' contains the sub-category '*Partner/Romantic love*' (N=3), the sub-category '*Family*' (N=2), and the sub-category '*Friends*' (N=1). It also comprises the answers 'having people around me

with whom I feel good' (N=1), 'being happy together with others' (N=1), and 'when someone does me a favor' (N=1).

The category '*Growth*' comprises the characteristics 'fulfilling one's dreams and wishes' (N=2), 'being successful' (N=2), 'being successful at sports' (N=1), 'being in accordance with oneself' (N=1), 'personal development' (N=1), 'having a positive attitude and experiencing positive things' (N=1), and 'finding meaning in one's life' (N=1).

The category '*Obtaining*' comprises the characteristics 'having money to buy nice things' (N=2), 'having enough money to travel' (N=1), 'winning the lottery' (N=1), 'being given something one has always wanted to possess' (N=1), and 'financial security in old age' (N=1).

The category '*Miscellaneous*' comprises the characteristics 'a feeling that lasts long and we sometimes have to be reminded that it exists' (N=2) and 'music' (N=1).

The category '*Life work*' contains the characteristic 'having a job I feel good in' (N=2).

The category '*Health*' contains the characteristic 'being healthy' (N=2).

The category '*Service*' contains the characteristic 'doing things for others' (N=1).

The category '*Belief*' contains the sub-category '*Political/Social*' (N=1), with the answer 'doing something for the world' (N=1).

#### **4.5 Happiness, Peruvian female students, N=25**

The category '*Growth*' contains the answer 'self-fulfillment' (N=9), which was defined as following one's interests, living according to one's abilities, and satisfying one's needs and wishes. It also comprises the answers 'reaching goals, achieving something, being successful' (N=13), 'feeling good with oneself' (N=6), 'emotional stability' (N=2), 'tranquility [referred to as emotional balance]' (N=2), 'personal development/progress' (N=1), 'feeling like a good person' (N=1), 'you want to do everything you have never done before' (N=1), 'having integrated positive and negative experiences and being able to cope efficiently with life' (N=1), 'not having feelings of guilt' (N=1), 'intelligence' (N=1), and 'further education' (N=1).

The category '*Relationships*' contains the sub-categories '*Family*' (N=10), '*Partner/Romantic love*' (N=5), and '*Friends*' (N=4). It also comprises the answers 'feeling good with the people around you' (N=3), 'sharing moments of joy and grief with others' (N=1), 'getting what you want and sharing it with people you like' (N=1), 'company of people you like' (N=1), 'inter-individual differences' (N=1), and 'a moment in which you don't feel alone' (N=1).

The category '*Pleasure*' contains the answer 'the perfect moment' (N=9), which was defined as an ideal state, no need unfulfilled, reaching a state of fullness, and the notion that everything is just the way it should be. Again, it was implied that happiness is a feeling, which does not last long. The category also comprises the answers 'contentment/satisfaction/pleasure' (N=6), 'feeling good' (N=6), 'absence of problems/lack of threats, nothing is against you (N=2), and 'joy of life' (N=2).

The category '*Obtaining*' comprises the answers 'money' (N=5), 'economic stability' (N=2), 'getting what you want and sharing it with people you like' (N=1), 'economical success' (N=1), and 'getting everything you want' (N=1).

The category '*Life work*' comprises the answers '(good) job' (N=3), 'being successful at one's career' (N=2), 'becoming a professional' (N=2), and 'passing an exam' (N=2).

The category '*Service*' comprises the answers 'feeling useful' (N=1) and 'a strong emotion after an act of charity' (N=1).

The category '*Health*' contains the answer 'health' (N=2).

The category '*Belief*' contains the sub-category '*Political/Social*' with the answer 'It is necessary to forget about the world to be happy because if you remember it you will feel sorrow and won't be able to be happy' (N=1).

The category '*Unattainable*' contains the answer 'it is like a bird we try to catch but we can't. And in this struggle we ask ourselves: Where is happiness?' (N=1).

The statement 'getting what you want and sharing it with people you like' was listed both in the sub-category '*Obtaining*' and '*Relationships*'.

#### **4.6 Happiness, Peruvian male students, N=23**

The category '*Growth*' comprises the characteristics 'pursuing and reaching goals' (N=6), 'feeling one's heart fulfilled' (N=3), 'tranquility [referred to as emotional balance]' (N=2), 'feeling good with oneself' (N=1), 'being self-fulfilled' (N=1), 'being satisfied with what one has got' (N=1), 'accepting things the way they are' (N=1), 'personal development/progress' (N=1), 'having a free choice of what I want to do' (N=1), 'feeling that one is leading a good life' (N=1), 'overcoming one's sorrow in an efficient way' (N=1), 'doing things I like to do' (N=1), 'having an open mind, being receptive' (N=1), 'expanding one's horizons' (N=1), and 'finding a justification for our existence' (N=1).

The category '*Relationships*' contains the sub-categories '*Partner/Romantic love*' (N=6) and '*Family*' (N=5). It also comprises the answers 'satisfying emotional needs' (N=2), 'interpersonal relationships' (N=1), 'being surrounded by the people you like' (N=1), 'having someone to be at your side' (N=1), 'sharing nice moments' (N=1), 'joy about the well-being of significant others' (N=1), 'not hating anybody' (N=1), 'social harmony' (N=1), and 'having security of any kind for the ones you love' (N=1).

The category '*Pleasure*' comprises the characteristics 'feeling good' (N=5), 'being content, satisfied' (N=4), 'the perfect moment' (N=4), 'absence of problems' (N=1), 'sharing nice moments' (N=1), and 'everything in life being fine' (N=1).

The category '*Obtaining*' comprises the answers 'money' (N=4) and 'satisfying economic needs' (N=3).

The category '*Belief*' contains the sub-category '*Political/Social*' (N=4) with the answers 'peace' (N=2), 'seeing that there is progress in the country' (N=1), and 'not having so much misery in society' (N=1).

The category '*Life work*' contains the answer '(good) job' (N=3).

The category '*Service*' comprises the answers 'feeling useful' (N=1) and 'making others feel happy' (N=1).

The category '*Health*' contains the answer 'health' (N=1).

The category '*Unattainable*' contains the answer 'it is unattainable although we are all looking for it' (N=1).

The statement 'sharing nice moments' was listed both in the category '*Relationships*' and in the category '*Pleasure*'.

#### **4.7 Happiness, Peruvian female night-students, N=20**

The category '*Relationships*' contains the sub-category '*Family*' (N=12) with the answers 'being united as a family' (N=5), 'having a harmonious relationship between family members' (N=4), 'the family being healthy' (N=2), and 'having one's parents living together' (N=1). It contains the sub-category '*Partner/Romantic love*' (N=3) with the answers 'being in love' (N=3), and the sub-category '*Friends*' (N=1) with the answer 'having friends' (N=1). It further contains the characteristics 'understanding [amongst people]' (N=6), 'harmony, getting along well with others, liking each other' (N=4), 'feeling affection from others' (N=2), 'not being alone' (N=1), 'giving affection to others' (N=1), and 'a lovely feeling one gets amongst a group of people' (N=1).

The category '*Life work*' comprises the answers 'having a job' (N=4) and 'passing the school's term [in order to get a better job]' (N=2).

The category '*Pleasure*' comprises the answers 'joy' (N=2), 'the perfect moment' (N=1), 'everything being fine' (N=1), and 'absence of worries' (N=1).

The category '*Health*' comprises the characteristics 'being healthy' (N=2) and 'the family being healthy' (N=2).

The category '*Obtaining*' comprises the answers 'getting everything you have always wanted' (N=2), 'money' (N=1) and 'material goods' (N=1).

The category '*Growth*' contains the characteristic 'reaching goals' (N=1).

The category '*Belief*' contains the sub-category '*Political/Social*' (N=1) with the answer 'no more killings' (N=1).

The category '*Unattainable*' contains the answer 'there is no happiness' (N=1).

The category '*Miscellaneous*' contains the answer 'sincerity' (N=1).

The statement 'the family being healthy was listed both in the category '*Health*' and in the sub-category '*Family*'.

#### **4.8 Happiness, Peruvian male night-students, N=15**

The category '*Relationships*' contains the sub-category '*Family*' (N=10) with the answers 'my family' (N=3), 'being with my family' (N=2) 'starting a family' (N=2), 'the family being healthy' (N=1), 'the family making progress' (N=1), and 'having one's parents by one's side' (N=1). It contains the sub-category '*Partner/Romantic love*' (N=5) with the answers 'having a partner' (N=3) and 'love' (N=2). It contains the sub-category '*Friends*' (N=4) with the answers 'having friends' (N=3) and 'friends making personal progress in their lives' (N=1). It further contains the characteristics 'having someone by you side' (N=1), 'not feeling lonely' (N=1), and 'having a good relationship with everybody' (N=1).

The category '*Pleasure*' comprises the answers 'joy' (N=3), 'being content, satisfied' (N=2), 'feeling good' (N=2), 'the perfect moment' (N=1), and 'absence of problems' (N=1).

The category '*Obtaining*' comprises the answers 'getting everything you have always wanted' (N=3) and 'money' (N=2).

The category '*Growth*' comprises the characteristics 'triumphing in life' (N=1), 'making progress' (N=1), 'friends making personal progress in their lives' (N=1), and 'the family making progress' (N=1).

The category '*Service*' contains the answer 'helping others, doing good' (N=3).

The category '*Belief*' contains the sub-category '*Religious/Spiritual*' (N=2) with the answers 'obtain the paradise God promised us' (N=1) and 'eternal life as mentioned in the Bible' (N=1).

The category '*Health*' comprises the characteristics 'being healthy' (N=1) and 'the family being healthy' (N=1).

The category '*Life work*' contains the answer 'having a job/career' (N=2).

The category '*Unattainable*' contains the answer 'there is no happiness in this life' (N=1) and 'we are all looking for happiness, but hardly anyone reaches it' (N=1).

The statement 'the family being healthy' was listed in both the category '*Health*' and the sub-category '*Family*'. The statement 'the family making progress' was listed both in the sub-category '*Family*' and in the category '*Growth*'. The statement 'friends making personal progress in their lives' was listed both in the category '*Growth*' and in the sub-category '*Friends*'.

#### **4.9 Happiness, Peruvian female immigrants, N=6**

The category '*Relationships*' contains the sub-categories '*Family*' (N=2) and '*Partner/Romantic love*' (N=1). It also comprises the answers 'no fights, no discussion' (N=2), 'people understanding each other' (N=1), 'being surrounded by understanding' (N=1), and 'living in a peaceful home' (N=1).

The category '*Obtaining*' comprises the answers 'no worries about money' (N=1), 'having enough to live' (N=1), and 'money' (N=1).

The category '*Pleasure*' comprises the answers 'being content/happy' (N=1) and 'having a good time' (N=1).

The category '*Belief*' is composed by the sub-category '*Religious/Spiritual*' with its answer 'in the afterlife, as the Bible says, there might be happiness' (N=1), and the sub-category '*Political/Social*' with its answer 'there is no happiness in this world. There are fights and sadness, worries about work, money, education, there is no happiness here' (N=1).

The category '*Growth*' comprises the answers 'having inner peace and tranquility' (N=1) 'not having personal problems, worries' (N=1).

The category '*Life work*' contains the answer 'steady job' (N=1).

#### **4.10 Happiness, Peruvian male immigrants, N=8**

The category '*Relationships*' contains the sub-category '*Family*' (N=3). It also comprises the answers 'union between people' (N=2), 'satisfying social needs' (N=1), 'communication between people' (N=1), 'being happy with others' (N=1), and 'understanding [between people]' (N=1).

The category '*Pleasure*' comprises the answers 'feeling good' (N=1), 'satisfying all your needs' (N=1), 'living well and being happy' (N=1), 'being happy with others' (N=1), and 'pleasant moments' (N=1).

The category '*Growth*' comprises the answers: 'tranquility, harmony [not referring to other people]' (N=1), 'reaching goals' (N=1), 'self-fulfillment' (N=1), and 'not having mistakes' (N=1).

The category '*Belief*' contains the sub-category '*Political/Social*' (N=3) with its answers 'peace' (N=1), 'happiness depends on the society you live in' (N=1), and 'I cannot be happy with so much misery around me. Only hypocrites can be happy. So many children are begging in the streets – how can I be happy if human rights do not exist?' (N=1).

The category '*Obtaining*' comprises the answers 'having a home' (N=1), 'satisfying economical needs' (N=1), and 'nothing is missing [referring to material things]' (N=1).

The category '*Life work*' contains the answer 'having a job' (N=1).

The answer 'having a home' was listed both in the sub-category '*Family*' and in the category '*Obtaining*'. The statement 'being happy with others' was listed both in the category '*Relationships*' and in the category '*Pleasure*'.

#### **4.11 Happiness, Peruvian female Indians, N=30**

The category '*Pleasure*' comprises the answers 'parties' (N=12), 'occasions to drink alcohol' (N=8), 'something good that has happened' (N=5), 'being joyful' (N=3), 'laughing' (N=3), 'eating and drinking joyfully' (N=2), 'everything being fine' (N=1), 'absence of sorrow' (N=1), 'feeling good' (N=1), and 'living without problems' (N=1).

The category '*Relationships*' contains the sub-category '*Family*' (N=24) with the answers 'the children being fine' (N=6), 'one's family/home being fine' (N=5), 'the children progressing in their studies' (N=4), 'the children getting a profession' (N=4), 'family members coming to visit' (N=3), 'the children being well educated, raised' (N=1), and 'sharing food and drink with one's family' (N=1). It contains the sub-category '*Friends*' (N=1) with the answer 'friends coming to visit'. It further contains the answer 'living together and united' (N=1).

The category '*Obtaining*' comprises the answers 'buying things' (N=5), 'money' (N=4), 'possessing things' (N=3), 'a good harvest' (N=3), 'having a lot of animals, animals reproducing themselves' (N=3), 'having everything for a living' (N=2), 'buying clothes' (N=1), 'buying a house' (N=1), 'winning something in a lottery' (N=1), 'buying meat for dinner' (N=1), and 'having enough for cooking dinner' (N=1).

The category '*Life work*' comprises the characteristics 'getting, having a job' (N=5) and 'working' (N=2).

The category '*Miscellaneous*' comprises the answers 'something bad happening to others, someone being sad' (N=2) and 'serving dinner punctually' (N=1).

The category '*Growth*' comprises the answers 'reaching everything one has wished for' (N=1) and 'triumphing, like finding a lost cow or winning a legal quarrel' (N=1).

The category '*Belief*' contains the sub-category '*Political/Social*' with the answer 'something good happening to the community' (N=2).

#### **4.12 Happiness, Peruvian male Indians, N=30**

The category '*Relationships*' contains the sub-category '*Family*' (N=22) with the answers 'living in harmony at home, amongst the family' (N=3), 'understanding at home' (N=2), 'educating my children' (N=2), 'living together without quarreling/fighting with my family' (N=2), 'my family obeying my orders' (N=1), 'being happy with my family' (N=1), 'having a family' (N=1), 'the family being fine' (N=1), 'sharing everything with the family members' (N=1), 'the children' (N=1), 'taking good care of one's children' (N=1), 'having few children [referring to being able to take better care of them]' (N=1), 'the children not lacking anything' (N=1), 'not having problems at home' (N=1), 'my children's development' (N=1), 'eating and drinking with the whole family (N=1), and 'having enough to feed the family and oneself' (N=1). It contains the sub-category '*Partner/Romantic love*' (N=6) with the answers 'living together in harmony with my wife' (N=2), 'not quarreling/fighting with my wife' (N=1), 'fidelity between spouses' (N=1), 'my wife recovering her health' (N=1), and 'having a dialogue with my wife' (N=6). It contains the sub-category '*Friends*' (N=1), with the answer 'not having problems with friends' (N=1). It further contains the answers 'not fighting, not quarreling with anyone' (N=7), 'having good relationships with the neighbors' (N=2), 'feeling solidarity with the neighbors' (N=1), 'having a good communication with others' (N=1), and 'not making up false gossip/stories about others' (N=1).

The category '*Life work*' comprises the answers 'good results obtained by one's [agricultural] work' (N=14), 'having animals, breeding cattle' (N=4), getting a job' (N=1), and 'finding it entertaining to work in the fields' (N=1).

The category '*Pleasure*' comprises the answers 'parties' (N=8), 'alcohol' (N=5), 'having fun' (N=1), 'enjoying life and women' (N=1), 'being joyful' (N=1), and 'being happy with my family' (N=1).

The category '*Belief*' contains the sub-category '*Political/Social*' (N=13) with the answers 'becoming a leader of the community?' (N=2), 'the community having tap water' (N=2), 'the community having new roads' (N=2), 'helping the community' (N=1), 'understanding in the community' (N=1), 'every member of the community fulfilling their duties' (N=1), 'everyone following the communal norms' (N=1), 'everyone attending the communal meetings' (N=1), 'the community progressing' (N=1), and 'the community being without problems' (N=1). It also contains the sub-category '*Religious/Spiritual*' (N=4) with the answers 'knowing God's word' (N=1), 'believing in God' (N=1), 'attending mass' (N=1), and 'being a member of a non-Catholic religion' (N=1).

The category '*Growth*' comprises the answers 'getting (further) education' (N=3), 'becoming a leader of the community' (N=2), 'the education I have received' (N=1); 'my thoughts [dreams] coming true' (N=1), 'not having an extreme character [referring to emotional balance]' (N=1), 'doing things [referring to activities considered worth doing for oneself]' (N=1), 'visiting other villages' (N=1), and 'enjoying freedom' (N=1).

The category '*Obtaining*' comprises the answers 'buying things' (N=2), 'eating and drinking with the whole family' (N=1), 'having enough to feed the family and oneself' (N=1), 'having/eating a lot of food' (N=1), 'nothing missing at home' (N=1), and 'living well [referring to having enough money]' (N=1).

The category '*Miscellaneous*' comprises the answers 'not getting drunk' (N=3), 'behaving well' (N=2), and 'having my food served on time' (N=1).

The category '*Health*' contains the answer 'my wife recovering her health' (N=1).

The statement 'my wife recovering her health' was listed both in the sub-category '*Partner/Romantic love*' and in the category '*Health*'. The statement 'eating and drinking with the whole family' was listed both in the sub-category '*Family*' and in the category '*Obtaining*'. The statement 'having enough to feed the family and oneself' was listed both in the sub-category '*Family*' and in the category '*Obtaining*'. The statement 'being happy with my

family' was listed both in the sub-category '*Family*' and in the category '*Pleasure*'. The statement 'becoming a leader of the community' was listed both in the category '*Growth*' and in the sub-category '*Political/Social belief*'.