

Qualitative data [2]

Qualitative data for content analysis:

Guideline for Living on Sufficiency Economy Philosophy of ASEAN Peoples Case study: Vientiane, Laos Republic

Informants	Community	Living base on the Sufficiency Economy Philosophy					
		1: Reducing expenses	2: Increasing income	3: saving	4: Self-sufficiency	5: Use and conservation of natural resources and the environment	6: Generosity and support (helping) to each other in the family/relatives
1	Baan Thung Sang Nang	Saving electricity and water	Save every month	Don't spend extravagant	Live a well-planned life and save money systematically.	Keep water bottles when they run out and sell them separately	You can call each other every Saturday. There is a harmonious meal for everyone in the family
2	Baan Siwilai	Do not buy unnecessary things	Raising ducks and chickens	Do not wander and do not spend extravagantly	The family does not farm yet because the land is in the outskirts, but they do raise cows.	Vegetable farming, animal farms	Encourage relatives to be diligent and hardworking.
3	Office	There is a way to allocate money and know how to plan how to use money	Increase savings and teach children and grandchildren to save money	Savings in the bank	Do not wander and do not spend extravagantly	We must cultivate awareness of environmental protection	Teach family members to save money and protect the environment, and help each other.
4	Baan Sawang	Buy only what is necessary	Find a part-time job	Do not buy unnecessary things	When buying household items, they must be appropriate for your family.	Use water, use electricity economically.	Taking care of children and grandchildren, seeking a job
5	That Luang Tai Office	You must manage your spending account well.	Vegetable farming, animal farms	Savings in the bank	Do not spend extravagantly	We must cultivate awareness of environmental protection	Teach family members to save money and protect the environment, and help each other.
6	Office of German Embassy	Don't spend extravagantly	Save money by putting it in a piggy bank.	Deduct monthly expenses If you have left, then deposit it in the bank	Create a job for yourself to do every day after work, such as growing vegetables, raising animals	Living in a nature conservation manner with waste management	There is always consultation and family gathering

7	Baan Phon Tong	Building a family economy, growing vegetables and raising animals. Use money in the right and useful way	Raising animals, growing vegetables, farming	Spend on necessary things, water, electricity, car fuel. Don't spend extravagantly. I don't eat alcohol or beer	I have a regular salary, but my family still farms, raises animals, and grows vegetables.	No deforestation, planting trees. Teach yourself to keep your place of residence clean on a regular basis.	Helping families to build their own family economy to get out of adversity, such as planting trees, raising animals, encourage brothers and sisters to be fierce. In building a family economy
8	Baan Pa Khao	Buy only the most necessary things in the family. Stop playing extravagantly, and reduce daily expenses such as expensive food and clothing	Work part-time such as trading, growing vegetables, raising animals to increase income for the family	Cut out unnecessary and extravagant things each month, such as phone bills, electricity bills. The water bill should be lowered and unnecessary things are drinking alcohol, getting drunk, and other things.	Household items must be appropriate for the family's economic situation. Don't use expensive equipment. Beyond the needs of the family, such as telephones and vehicles that are too expensive for the family's ability Until having to borrow as debt	Turn off unnecessary lights and when the appliance is not in use, turn it off immediately.	Helping each other in the family
9	Dongdok	Do not buy unnecessary things	Growing vegetables at home and selling them at the market	Each month, half of the salary earned goes to the bank and half is used	Spend according to the appropriate capacity	Plant trees to replace trees that have been cut down.	They take care of each other when they are sick
10	school	We have to think about what we are going to buy first. Shop only for essential appliances	Shops sell various items and appliances that have been made, raise animals, cultivate and sell them to increase family income	The money in the house is deposited in the bank. I put it in a piggy bank to pay for my children's tuition.	Do not spend extravagantly	Plant trees to replace trees that have been cut down.	Plant ornamental trees along the streets and do not throw garbage
11	Baan Thung Sang Nang	Do not spend extravagantly	no	Bank	Living according to self-sufficiency	Partying in a group of houses in the same neighborhood	They take care of each other when they are sick
12	Baan Tan Meechai	Buy only the most necessary things in the family. Stop playing extravagantly	Raising ducks and chickens to supplement the income for the family	Do not spend extravagantly	Spending based on income	Plant ornamental trees along the streets and do not throw garbage	They take care of each other when they are sick

13	University	Spending must be saved. Shop only for what you need in your family	Raising ducks and chickens to supplement the income for the family	Bank	Save money on living in the family	Plant trees to replace trees that have been cut down.	Introduce you to how to make money. Save money on family expenses.
14	Baan Nong Hai	Stop partying with friends.	Increase income with tutoring	Plan your finances and spend only as much as you need.	Growing vegetables and raising animals	Do not burn garbage that will affect air pollution. Separating garbage and planting trees	Counseling and advice on the right approach
15	Baan Hong Kai Kaew	Spending must be saved. Saving electricity and water	No	Keep some of them so that they do not overpay	Saving money	Plant trees and vegetables at home	Give them what they can give without exceeding their ability
16	Baan Kua Luang	Stop partying with friends.	Work part-time.	Deposit in the bank, put the rest in the piggy bank	Even in his spare time, he raises animals such as ducks and chickens	Plant a tree at home Keep it clean	Help each other to work and go to family activities and eat together
17	Baan Wat Nag	Plan your spending	Work part-time.	Growing vegetables and raising animals	Solid Waste Management Plan	Raising awareness of environmental protection	Help each other save
18	Baan Wat Nag	Buy only the most necessary things in the family.	No	Do not spend extravagantly	Even in his spare time, he raises animals such as ducks and chickens	Use groundwater to loosen the tap water	Take care of each other as a family
19	Baan Kua Luang	Buy only the most necessary things in the family.	Growing vegetables and raising animals	Save money on rational spending	You can cook your own food, grow your own food, use it yourself, and you can pick a lot of it.	Do not dispose of garbage in the sewage reservoir	Take care of each other as a family
20	Baan Non Sawang	save money	Go sell things in your free time.	Deposit money in a pyramid scheme	Living a self-sufficient life	Throw garbage in the trash and plant trees	Help each other save
21	Ban Don Non	Don't spend on unnecessary things	Growing vegetables and raising animals	Savings in the bank	Use electricity and tap water. Every time you use it, you must turn it off.	Awareness for many children to know how to protect the environment	Teaching and training on how to save
22	Baan Chommani	Living self-sufficiency and buying necessities	If you have knowledge of agriculture, you can do a profession of cultivating livestock as a commodity	Buy what you need and average your expenses and income each month to balance.	Be satisfied with what you have, that is, if you have little money, you have to spend on what you need and know how to change your life plan	We should use materials that are friendly to Nature, for example, requires natural dust to be used for plants.	There must be a division in the family and the head of the family must be a person who is a homemaker, unity (mainly in gathering), and instills awareness in many children

23	Baan Nong Tha	Everyone has saved and helped each other by not going on many trips	Income is obtained from the work of family members	I got part of the money and used part of it. Keep a part	Living according to self-sufficiency	Trees are planted around the house to make it beautiful and get fresh air	If there is anything to discuss, I will contact each other to send news.
24	Baan Phra Khaw	You have to spend economically, eat when you are full, you have to be sluggish. The pond has to eat the line of gifts and the use of electricity. Water supply must also be economical	no	If you spend less and think about buying consumer goods, you have to look at your finances	Saving money	Throw garbage in the trash and plant trees	Take care of each other. Ask for redemption according to the familiarity of the same family
25	Apartment	Pay for the school fees of the two children, the rest pay for water and electricity.	Government employees are considered to have a salary increase and should increase their salary	Saving money, not extravagant	Living self-sufficiency even in the family in my free time, I can raise chickens, which helps me save a little money	Planting plants for food and trees for use	It helps in planning and chopping work because if you want to help with money, it is considered difficult because it is still complicated to use it in the family
26	Baan Sriyai	Living self-sufficiency and buying necessities	Grow vegetables, grow coffee	No saving	Self-sufficiency	Throw garbage in the trash	They take care of each other when they are sick
27	Red Eye Organization	Go to pick vegetables, find bamboo shoots, raise chickens	No	Deposit money in a pyramid scheme	Raising chickens and growing vegetables	Protect the existing trees and plant more	They take care of each other when they are sick
28	Office of German Embassy	There must be a plan for spending to be economical	Work part-time.	I have to open a savings account for my family	They have to work to increase productivity, grow vegetables and feed animals	Waste disposal must be planned well.	There must be consultation between families
29	Baan Phon Sawang	Deposit money in a pyramid scheme	Work part-time.	Savings in the bank	Self-sufficiency	Throw garbage in the trash and plant trees	They take care of each other when they are sick
30	Baan Sisawat	Do not spend extravagantly	No	Accounting for monthly income and expenses	Self-sufficiency	Partying in a group of houses in the same neighborhood	They take care of each other when they are sick