

Open codes, candidate themes, and defined themes

Extract 1

V064: What helps me to be ok when life is hard, it is mostly watching tv. Because most of the series/movies or Soap make me escape the reality am face because when I watch a tv/movies I get interested a lot because I want to understand each and every step of the movie and to learn a little tip/advice there, because they always show something to know about in life or for fun. So, by watching tv is a little getaway for my mind and reality in my own way.

Extract 2

VO-085: Sisters are the most precious present sent by God I can proudly say I've got the best one. At times I may be upset with her sometimes I make her mad. At times I will make her sad, but I will never find another girl that loves me more than her. My sister has always encouraged me to do well in my studies and she made me feel like I'm the most special girl ever. My sister has always had my back like nobody's business she always corrects me whenever I am wrong. I thank my sister for sharing in my happiest moments. For listening to my saddest stories and telling me when I'm being stupid without fear that I'll get upset. She's the only person who tell me the truth no matter how hard it may be to say. Seeing my sister makes me happy I wish the best for her cause she deserves it. I thank my sister for making me a better person I know I have become a kinder, smarter, and overall happier person since my childhood.

Extract 3

VO-095: The sound of running water helped me to be calm during my difficult times. I put all my thoughts and pain on a paper. I use a pen and paper to get things off my chest. I am a writer (poetess). Writing poems helped me a lot during the lockdown most.

Extract 4

VO-084: School has helped me so far to do good. It has given me purpose in life and taught me about self-discipline and self-love. School made me feel like the most alive human being ever and has made me somehow feel like I'm going somewhere in life and has made me see things differently. Being at school helped me to deal with anxiety

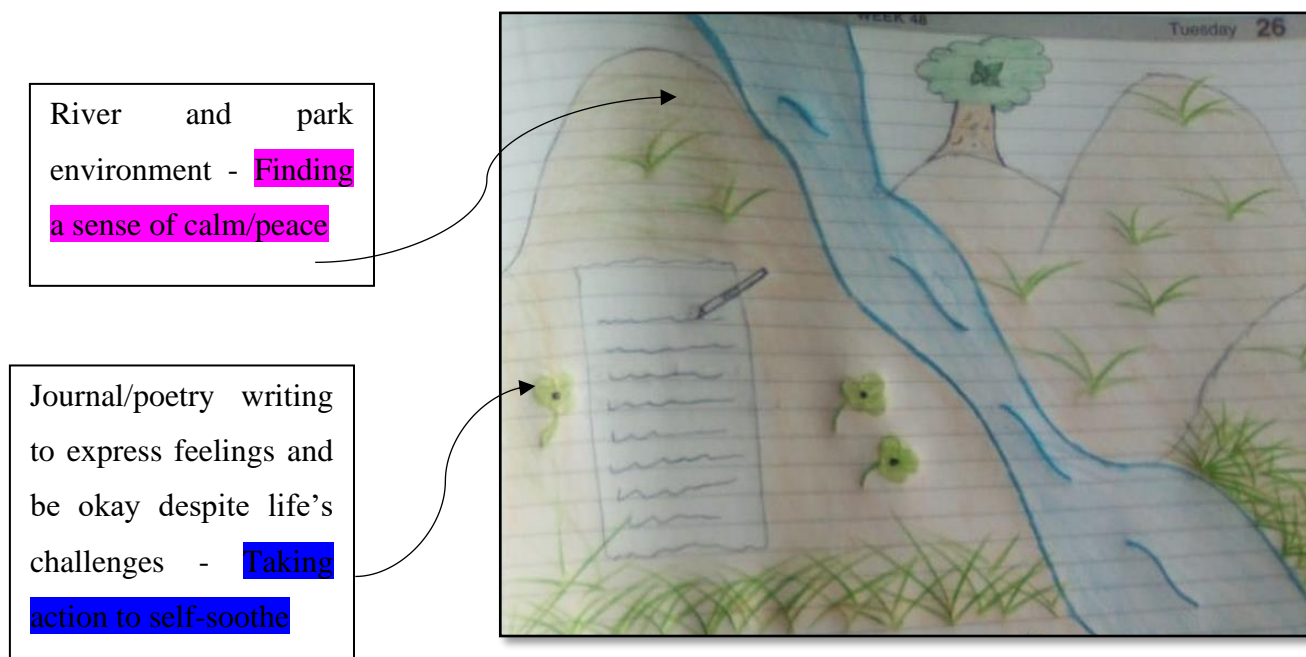
and the pressure that I got at home. My teachers at school made me feel like I'm valuable and important. The school has made lots of learners feel at home it has been a place of love and kindness most of the things that I know I was taught them at school. It taught me about humility, respect mostly loving one another as sisters

Extract 5

V071: My drawing indicates the church, the house of God. There are many things that I can talk/share about my drawing. For instance, this is what keeps me moving in life. Church has a big impact in my life, a good one. It has taught me respect and caring for people, respect is a key point in life because when you respect someone, you will be able to love, value and care for him/her. Church has taught me not to give up in life, no matter how hard it is no matter how the situation confusing or difficult, but you must have perseverance.

Figure 1 - Participant VO-095

Sample of inductive data analysis of visual data



<i>Extracts that appeared to address my research question</i>	<i>Open code</i>	<i>Candidate themes</i>

<p><i>What helps me to be ok when life is hard, it is mostly watching tv. . . most of the series/movies or Soap make me escape the reality am face . . . watching tv is a little getaway for my mind and reality in my own way</i></p>	<p><i>Doing something to escape reality/hardship</i></p>	<p><i>Taking action to keep busy</i></p>
<p><i>because when I watch a tv/movies I get interested a lot because I want to understand each and every step of the movie and to learn a little tip/advice there, because they always show something to know about in life or for fun</i></p>	<p><i>Seeking help or advice</i></p>	<p><i>Agency and Mastery</i></p>
<p><i>I will never find another girl that loves me more than her. My sister has always encouraged me to do well in my studies and she made me feel like I'm the most special girl ever. My sister has always had my back like nobody's business she always corrects me whenever I am wrong. I thank my sister for sharing in my happiest moments. For listening to my saddest stories and telling me when I'm being stupid without fear that I'll get upset. She's the only person</i></p>	<p><i>Being supported by a loved one</i></p>	<p><i>Social support</i></p>

<i>who tells me the truth no matter how hard it may be to say. . . I thank my sister for making me a better person</i>		
<i>I know I have become a kinder, smarter, and overall happier person since my childhood</i>	<i>Positive view of the self</i>	<i>Hopeful/positive stance about the self and future</i>
<i>The sound of running water helped me to be calm during my difficult times</i>	<i>Finding a sense of calm/peace</i>	<i>A green space/ park</i>
<i>I put all my thoughts and pain on a paper. I use a pen and paper to get things off my chest . . . Writing poems helped me a lot during the lockdown most.</i>	<i>Taking action to self-soothe</i>	<i>Agency and Mastery</i>
<i>I am a writer (poetess)</i>	<i>Positive view of the self</i>	<i>Hopeful/positive stance about the self and future</i>
<i>School has helped me so far to do good. It has given me purpose in life and taught me about self- discipline and self-love. School made me feel like the most alive human being ever and has made me somehow feel like I'm going somewhere in life and has made me see things differently. Being at school</i>	<i>Benefits of school to be okay/feel good about self/life</i>	<i>Support from a school (opportunity for learning)</i>

<i>helped me to deal with anxiety and the pressure that I got at home. My teachers at school made me feel like I'm valuable and important. The school has made lots of learners feel at home it has been a place of love and kindness</i>		
<i>It taught me about humility, respect, mostly loving one another as sisters</i>	<i>Being respectful of others/ Ubuntu values</i>	<i>Ubuntu-related values</i>
<i>For instance, this is what keeps me moving in life. . . Church has a big impact in my life, a good one</i>	<i>Benefit of a faith-based- organisation to help keep going/be okay in life</i>	<i>Support from faith-based organisations</i>
<i>It has taught me respect and caring for people, respect is a key point in life because when you respect someone, you will be able to love, value and care for him/her</i>	<i>Being respectful of others/ Ubuntu values</i>	<i>Ubuntu-related values</i>
<i>Drawing of a river and park environment</i>	<i>Finding a sense of calm/peace</i>	<i>A green space/ park</i>
<i>Journal/poetry writing to express feelings and be okay despite life's challenges</i>	<i>Taking action to self-soothe</i>	<i>Agency and Mastery</i>