

9. a happy family life (pleasantness in life, enjoyable pastimes, absence of strenuous duties)
10. a sense of accomplishment (putting work above oneself, striving for physical and spiritual perfection)
11. pleasure (recreational life, pleasantness, much free time, absence of strenuous duties)
12. intellectual and cultural development (opportunities to enhance one's knowledge, formation of an outlook on life and a cultural view)
13. creativity (opportunities for creative activity, striving for physical and spiritual perfection)
14. a world at peace (well-being, development and perfection of other people and humanity as a whole)
15. the happiness of others
16. an active life (completeness and emotional satisfaction)

As we can see, the majority of the respondents put health in the first place, for example: 'The most important thing is to be healthy, then everything else will follow'. After health, the respondents stated that they prefer to be free in their judgments and acts and be independent in their decision-making, i.e. to own their own life. Third place was divided between the values of love, having true friends and self-confidence.

It is interesting that the majority of our respondents put having a happy family life in ninth place, which probably says something about the earlier negative experiences they have had in connection with family life.

The hierarchy of instrumental values had the following ranking:

1. clean (skill in keeping order, good order in one's affairs)
1. good breeding (good manners);
2. honesty (truthfulness, sincerity)
2. cheerful (sense of humour)
3. ambitious (high requirements in life and high demands)
4. responsible (no debts, ability to keep a job)
5. intellectual (breadth of knowledge, high general culture)
6. forgiving (tolerant of the shortcomings of others)
7. independent (ability to act independently and resolutely)
8. capable (diligence, efficiency in work)
9. broadminded (ability to understand the other's point of view, respect for the tastes, customs and habits of other people)
10. self-controlled (self-discipline)
11. courageous in one's opinion and views