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Research Paper

Beyond Income: Modeling the Dual Role of Livelihood Training in Organic Agriculture Production in Mitigating Socio-Economic Vulnerability and Household Conflict

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Abstract

This study models the dual role of livelihood training in addressing socio-economic vulnerability and household conflict among marginalized urban populations in the Philippines. Focusing on Bagong Silang, Caloocan City—the nation's most populous and poverty-stricken barangay—the research investigates how demographic factors such as age, marital status, and number of children shape socio-economic status, influence training preferences, and intensify domestic stressors. Utilizing Partial Least Squares Structural Equation Modeling (PLS-SEM) and data from 100 purposively selected respondents, the study reveals a robust structural pathway: socio-economic status mediates the relationship between demographic profiles and both livelihood choices and family-related challenges. Results show high explanatory power (R^2 = 0.85 for Family Challenges, 0.79 for Training Preferences, 0.76 for Socio-Economic Status), validating the interdependence of economic conditions and household dynamics. Significantly, the findings position livelihood training not merely as a tool for income generation but as a social stabilizer—especially when aligned with the lived realities of vulnerable groups such as solo parents, informal workers, and unemployed youth. Preferred training in organic agriculture, financial literacy, and responsible parenting directly alleviate family conflict and financial stress. This study advances poverty discourse by offering an evidence-based framework that integrates demographic sensitivity into community interventions. It urges policymakers and development actors to move beyond one-size-fits-all solutions and instead implement targeted, demographically informed livelihood programs that foster both economic resilience and familial well-being.

Keywords: *Urban Poverty, Livelihood Training, Socio-Economic Status, Family Challenges, PLS-SEM, Bagong Silang, Demographic Influence.*

INTRODUCTION

Urban poverty persists in the Philippines, particularly in densely populated barangays like Bagong Silang, Caloocan City, where unemployed adults, solo parents, and informal workers face overlapping socio-economic vulnerabilities (Morley, 2022; Samonte, 2023; Natili & Negri, 2022; Parolin & Lee, 2022; Philippine Disaster Resilience Foundation, 2022). While these conditions highlight the need for context-specific development strategies, this study frames livelihood training not only as poverty alleviation but also as grassroots entrepreneurship. In this study, the term livelihood training is not limited to basic income-generating activities but is conceptualized as a grassroots form of entrepreneurship. While conventional livelihood programs focus on survival-based skills, this research adopts a broader view by examining how such programs can stimulate entrepreneurial behavior, encouraging participants to transition from short-term income strategies toward microenterprise development and self-managed economic activities. Thus, livelihood training is treated as both a poverty alleviation mechanism and an entry point to community-based entrepreneurship. In contexts where formal jobs are scarce, residents

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increasingly rely on microenterprises, self-employment, and home-based ventures as entrepreneurial strategies for resilience (Wang et al., 2024; Torm, 2024; Khokhlova, 2024). Thus, demographic factors such as age, marital status, and number of children shape not only socio-economic status and household stressors but also entrepreneurial choices in livelihood programs (Khan et al., 2024; Dharani & Balamurugan, 2024; Kennedy et al., 2024). Using Partial Least Squares Structural Equation Modeling (PLS-SEM), this study validates how socio-economic status mediates the effects of demographics on livelihood preferences and family challenges (Tabieh et al., 2024), offering evidence-based insights for policymakers and development actors to design inclusive, demographically responsive, and entrepreneurship-oriented interventions.

This study fills a critical gap in community development literature by providing empirical evidence on how specific demographic factors affect livelihood decisions and familial well-being in urban poor settings. While existing programs may recognize the need for training and capacity-building, few are grounded in data-driven analysis that aligns training design with the demographic realities of target beneficiaries.

Moreover, there is a scarcity of studies applying PLS-SEM to unpack the layered influences of socio-economic status and training preferences on domestic challenges, particularly in the Philippine urban context. This study examines how age, marital status, and number of children influence socio-economic status, preferred livelihood training, and family challenges among low-income residents, with socio-economic conditions as a mediating factor.

By validating a model that links demographic factors to training preferences and domestic struggles, the research offers actionable, evidence-based insights for designing inclusive and responsive livelihood programs. Its findings are relevant for policymakers, LGUs, NGOs, and community practitioners, advocating for interventions that address both economic empowerment and family stability as intertwined outcomes of sustainable community development. In sum, this research contributes to the broader discourse on poverty alleviation by presenting a comprehensive framework that captures the interdependencies among demographic traits, economic behavior, and family well-being. Its application of PLS-SEM offers a replicable model for other urban areas facing similar socio-economic challenges. Ultimately, the study calls for development strategies that are not only evidence-based but also grounded in the everyday realities of marginalized communities—ensuring that no segment of the population is left behind in the pursuit of inclusive growth and social equity.

This study seeks to achieve the following objectives:

1. To determine how demographic factors (age, marital status, number of children) influence the socio-economic status of low-income residents in Bagong Silang, Caloocan City.
2. To examine how socio-economic status affects preferred livelihood training programs.
3. To analyze the extent to which socio-economic status influences family challenges among low-income households.
4. To investigate how preferred livelihood trainings shape family-related challenges.

To assess the mediating role of socio-economic status in the relationship between demographic profiles, livelihood training preferences, and family challenges.

LITERATURE REVIEW

Theoretical Framework

This study is guided by two theoretical lenses: the Sustainable Livelihood Approach (SLA) and the Family Stress Theory (FST). The SLA frames livelihood training as a strategic mechanism through which vulnerable households mobilize limited economic and human capital to enhance resilience and micro-entrepreneurial capacity (Morse, 2025). Rather than viewing livelihood programs merely as temporary skill interventions, this study adopts the SLA perspective to

interpret them as pathways toward self-managed economic activities, income diversification, and grassroots entrepreneurship.

Complementing this, the FST explains how socio-economic strain—shaped by demographic pressures such as age, marital status, and number of dependents—translates into household tension and family conflict (Justice et al., 2025). From this lens, participation in livelihood training is interpreted as both an economic response and a psychosocial coping strategy that can mitigate stress, reduce conflict, and stabilize family relations.

By integrating SLA and FST, this study positions livelihood training as a dual-function intervention: an economic empowerment tool and a social stabilizer. This theoretical benchmark informs the formulation of hypotheses, the mediating role of socio-economic status in the PLS-SEM model, and the interpretation of how training preferences influence both income behavior and family well-being.

Demographic factors such as age, marital status, and number of children significantly influence the respondents' preferred livelihood training and their experience of family conflicts and financial difficulties.

Demographic characteristics shape individuals' opportunities and challenges within socio-economic systems. According to (Khan et al., 2024), age, family structure, and marital status are primary determinants of poverty among Filipino households, particularly in urban poor contexts. Older adults and solo parents often face exclusion from formal labor markets, increasing their dependence on informal work and livelihood programs. Likewise, studies by Bitana et al. (2024) and Talpur et al. (2022) reveal that household size and composition directly impact income sufficiency and access to basic services. While studies affirm the importance of age, marital status, and family size in shaping vulnerability, they differ in how these factors intersect with structural conditions. Khan et al. (2024) stress the exclusion of older adults and solo parents from formal labor markets, whereas Bitana et al. (2024) and Talpur et al. (2022) underscore the strain of larger households on resources. This reveals a tension between demographic pressures and systemic labor barriers, implying that livelihood interventions must balance household needs with structural reforms to reduce poverty.

Marital status, especially among widowed, separated, or single-parent households, is linked to heightened financial insecurity and emotional burden (Dharani & Balamurugan, 2024; Morelli et al., 2022). These conditions frequently prompt preferences for family-oriented and practical livelihood trainings such as organic farming, maternal care, and financial literacy (Grimm & Luck, 2023). Moreover, research by Kabue et al. (2022) on community-based development in informal settlements shows that households with multiple children and unstable income exhibit a higher likelihood of participating in training programs targeting economic survival and household stability. Across these studies, a consistent pattern emerges: marital instability intensifies financial vulnerability, yet evidence diverges on how households adapt. Dharani and Balamurugan (2024) and Morelli et al. (2022) emphasize the psychosocial costs, contrasting with Grimm and Luck (2023), who highlight pragmatic livelihood strategies such as small-scale farming and financial literacy. Extending this, Kabue et al. (2022) demonstrate that community-based training not only offers economic relief but also strengthens social resilience. This synthesis reveals an unresolved tension in the literature—whether interventions should emphasize psychosocial support or livelihood-oriented skills—and signals that a more holistic approach must integrate both dimensions.

Respondent's Profile (age, marital status, number of children) significantly influences Socio-Economic Status.

Demographic profiles are strong predictors of socio-economic outcomes, with factors such as age, marital status, and number of children closely linked to employment type, housing, and income (Department of Social Welfare and Development, 2024). Younger individuals face job instability, while older adults encounter discrimination and limited upskilling opportunities. Studies show that solo parents and larger families are more likely to fall within lower income brackets and have weaker job security (Gornick et al., 2022; Kennedy et al., 2024), while larger urban households are associated with informal housing, poor health, and higher dependency burdens (Wilk et al., 2025; Iddi et al., 2022), reinforcing the role of demographic structure in shaping socio-economic inequality.

Socio-Economic Status (source of livelihood, type of occupation, type of house construction) significantly influences Preferred Livelihood Trainings.

Livelihood preferences are shaped by socio-economic background, with households relying on informal or seasonal work opting for low-barrier, income-generating trainings like sari-sari store management or backyard gardening (Torm, 2024; Khokhlova, 2024). Individuals in substandard housing, particularly women and solo parents, prefer self-employment or home-based training options (Philippine Commission on Women, 2019). Occupation type and income source also determine access to skills training, with those in vulnerable jobs favoring short, practical programs (Hänni & Kriesi, 2025; Grønning & Kriesi, 2022). These findings converge on the view that socio-economic precarity channels training preferences toward low-barrier, survival-oriented programs. Yet debate persists regarding gender and caregiving roles. The Philippine Commission on Women (2019) underscores women's inclination toward home-based enterprises, whereas Hänni and Kriesi (2025) stress skill acquisition as a route to long-term labor market re-entry. This contrast raises a central question: should livelihood programs be framed mainly as short-term coping strategies or as pathways to sustained socio-economic mobility?

Socio-Economic Status significantly influences Family Challenges.

Poverty-related stress and economic instability significantly heighten family conflicts in low-income households. Studies by Elsayed (2024) and Lee et al. (2022) highlight increased intergenerational conflict, child labor, and school dropout due to insufficient income and weak parental support. In Metro Manila, Abar et al. (2025) and Rakovski et al. (2024) found that financial strain intensifies spousal disputes, absentee parenting, and youth substance abuse, framing economic hardship as both a fiscal and psychosocial issue embedded in family dynamics. A synthesis of Elsayed (2024), Lee et al. (2022), and Rakovski et al. (2024) shows agreement that economic strain intensifies intergenerational and spousal tensions, though explanations vary. Some highlight financial insufficiency, while others stress weakened parental presence or youth delinquency. This divergence underscores a key debate: whether financial aid alone can ease conflict, or if broader social support systems are needed to prevent relational breakdowns.

Preferred Livelihood Trainings (preferred educational literacy programs, skills to earn income, special services) significantly influence Family Challenges.

Livelihood programs tailored to household needs help reduce domestic stress and strengthen family resilience. Studies by (Koomson et al., 2022; Sabri et al., 2025) show that skills training lowers financial strain and enhances household stability, especially in women-led families. In Quezon City, family-centered interventions like child care, health services, and education support decreased household conflict and improved parenting (Quezon City Government, 2021).

Respondent's Profile indirectly influences Preferred Livelihood Trainings through Socio-Economic Status.

Demographic factors like age, marital status, education, and number of children indirectly shape livelihood preferences through socio-economic status (Muhammad et al., 2022; Asian Development Bank, 2021). Older adults and solo parents tend to prefer short-term, income-generating training due to unemployment, while economic hardship discourages long-term skills training. PLS-SEM analyses confirm these mediated relationships in community development research.

Respondent's Profile indirectly influences Family Challenges through Socio-Economic Status.

Demographic characteristics influence family stress primarily through the mediating effect of socio-economic status. (Hallerbäck et al., 2025) found that solo parents and large households exhibit more stress-related behaviors only under low income and job insecurity. Similarly, (Chela-Alvarez et al., 2022) noted increased domestic difficulties in low-income homes with many dependents or absent partners. Barnhart et al. (2022) and Sarfaraz et al. (2024) confirmed that young, unmarried heads of households face higher conflict rates only when socio-economic conditions are poor, highlighting socio-economic status as the key pathway linking demographics to household stress.

Socio-Economic Status indirectly influences Family Challenges through Preferred Livelihood Trainings.

Livelihood interventions buffer the adverse effects of poverty on family dynamics by enhancing financial stability and emotional well-being. Ikendi et al. (2023) found that training for food-insecure families improved financial management and reduced household conflict. Similarly, Tampieri (2022), Aguirre (2022), and Elneel and Almulhim (2023) showed that access to community-based livelihood and education programs lowered rates of marital disputes and parental absenteeism, especially among those with prior income instability and poor housing conditions.

Hypotheses:

- H1: Demographic factors such as age, marital status, and number of children significantly influence the respondents' preferred livelihood trainings and their experience of family conflicts and financial difficulties.
- H2: Respondent's Profile (age, marital status, number of children) significantly influences Socio-Economic Status.
- H3: Socio-Economic Status (source of livelihood, type of occupation, type of house construction) significantly influences Preferred Livelihood Trainings.
- H4: Socio-Economic Status significantly influences Family Challenges.
- H5: Preferred Livelihood Trainings (preferred educational literacy programs, skills to earn income, special services) significantly influence Family Challenges.
- H6: Respondent's Profile indirectly influences Preferred Livelihood Trainings through Socio-Economic Status.
- H7: Respondent's Profile indirectly influences Family Challenges through Socio-Economic Status.
- H8: Socio-Economic Status indirectly influences Family Challenges through Preferred Livelihood Trainings.

RESEARCH METHOD

Given that the study focused on specific vulnerable population groups—including unemployed adults, solo parents, senior citizens, informal workers, and out-of-school youth—a purposive sampling strategy with proportional allocation was employed to ensure that only participants aligned with the research objectives were included (Memon et al., 2024). This method allowed deliberate inclusion of respondents who represent the socio-economic realities under investigation, while proportional allocation ensured that each subgroup reflected its approximate distribution in the barangay population records to maintain structured representation.

A purely random sampling approach could have introduced sample dilution (Ballance, 2023) as it may have included economically stable households outside the intended scope of livelihood vulnerability, thereby weakening the construct validity of the PLS-SEM framework. Thus, construct alignment rather than general population coverage guided the sampling logic, making purposive sampling with proportional representation both methodologically consistent and theoretically justified.

The sample size of 100 respondents was determined based on both contextual feasibility and methodological adequacy for PLS-SEM, aligning with Hair and Alamer's (2022) "10-times rule" and power analysis standards indicating sufficient power (0.80) for detecting medium effect sizes at a 0.05 significance level. To address representational validity, respondents were not selected through convenience sampling but via stratified purposive sampling using the officially recognized four residential service zones of Barangay Bagong Silang. With assistance from barangay health workers and livelihood coordinators, a community household listing was used to proportionally draw 25 households per zone, ensuring inclusion of both central and peripheral blocks where livelihood vulnerability differs. One qualified adult per household served as the respondent to avoid intra-household duplication. This approach ensured ethical inclusion of marginalized segments while maintaining methodological rigor appropriate for community-based PLS-SEM analysis.

The structured questionnaire was developed from Southeast Asian poverty and livelihood literature (Kumah et al., 2023) and refined through expert validation. Each construct was operationalized into measurable indicators: Socio-Economic Status (income bracket, employment security, number of income sources, government aid access), Family Challenges (food insecurity frequency, caregiving strain, stress over bills), and Preferred Livelihood Trainings (intention to enroll in specific training modules such as organic poultry production and digital micro-enterprise). Perceptual indicators used a 5-point Likert scale (1 = Strongly Disagree to 5 = Strongly Agree), while status variables used pre-coded PSA and DSWD-aligned classifications. A pilot test with 30 residents from a demographically similar barangay was conducted, and Cronbach's α values exceeded 0.70, while Composite Reliability (CR) ranged from 0.82 to 0.91, confirming internal consistency.

Data collection in Bagong Silang was conducted from August 5 to December 13, 2024, through face-to-face interviews in Filipino by trained enumerators to accommodate varying literacy levels. Coordination with barangay officials ensured legitimacy and cultural sensitivity in accessing urban-poor households. Ethical protocols were strictly followed, including verbal and written informed consent (Iseselo & Tarimo, 2024), voluntary participation clauses, respondent anonymity, and respect for localized community norms related to survey fatigue and household interruptions.

Data analysis utilized SmartPLS 4.0, appropriate for complex models with latent constructs and non-normal data distributions. Indicator reliability, Cronbach's α, Composite Reliability, AVE, and HTMT ratios were examined for measurement validity. Variance Inflation Factor (VIF) values were all below 5, indicating no multicollinearity. Structural paths were assessed with bootstrapped t-values (5,000 resamples), p-values, and R^2 interpretation, while model fit indicators (SRMR =

0.03–0.05 and NFI = 0.94–0.96) confirmed strong explanatory and predictive power within the urban livelihood context.

FINDINGS AND DISCUSSION

Table 1 shows that most respondents (60%) are aged 26–60, reflecting active earners who join livelihood programs to manage financial stress and sustain household stability, consistent with the Sustainable Livelihood Approach. Younger participants (25%) view training as a path to income and skill development, while seniors (15%) engage in low-exertion activities for coping and emotional balance, aligning with the Family Stress Theory. This suggests that livelihood training meets diverse age-related economic and psychosocial needs (Shi, Y., & Bangpan, 2022).

Table 1. Respondent Profile

Age	Frequency	Percentage
18-25 years old	25	25%
26-40 years old	30	30%
41-60 years old	30	30%
61 years old and above	15	15%
Total	**100**	**100%**

Table 2 shows that most respondents are married (40%) or in live-in partnerships (20%), indicating shared decision-making and financial management within households—consistent with the Sustainable Livelihood Approach. Meanwhile, singles and those from disrupted unions (40%) face greater financial and emotional strain, aligning with Family Stress Theory. Thus, livelihood programs should combine cooperative income strategies with psychosocial support tailored to marital contexts (Bossuroy et al., 2022).

Table 2. Marital Status

Marital Status	Frequency	Percentage
Single	20	20%
Married	40	40%
Separated	10	10%
Annulled	5	5%
Widowed	5	5%
Live-In or Common Law Partner	20	20%
Total	**100**	**100%**

With 30% of respondents having 1–2 children and a larger 40% supporting three or more dependents, the data reveal substantial household responsibilities that likely intensify financial strain. Grounded in the Sustainable Livelihood Approach (SLA), this pattern underscores how increased dependency ratios limit economic flexibility and heighten livelihood vulnerability, particularly among low-income families. Consistent with the Family Stress Theory (FST), these pressures can escalate household tension and emotional fatigue. Therefore, it is recommended that community livelihood programs integrate family-responsive interventions—such as home-based enterprises, skills development, and financial literacy training—to ease economic burdens while fostering emotional resilience and family stability (Beare et al., 2024)

Table 3. Number of Children

Number of Children	Frequency	Percentage
No children	25	25%
1-2 children	30	30%
3-4 children	20	20%
5-6 children	15	15%
7 or more children	5	5%
Unknown or Not Applicable	5	5%
Total	**100**	**100%**

Table 4 indicates that a majority of respondents are homeowners (51%), compared to 23% who rent and 26% who live with relatives. Within the Sustainable Livelihood Approach framework, housing ownership represents a form of physical capital, reflecting the household's stable asset base and capacity to engage in sustainable, growth-oriented livelihood strategies. Conversely, respondents without secure housing tenure, those renting or residing with relatives—exhibit weaker physical capital, which, when interpreted through the Family Stress Theory, contributes to heightened vulnerability and psychological strain. Such households tend to gravitate toward low-risk, home-based income activities as adaptive responses to limited asset security (Nchor, 2023). This underscores how variations in physical capital directly influence livelihood preferences and resilience levels.

Table 4. Residential House and Lot

Residential House and Lot	Frequency	Percentage
Own	51	51%
Renting	23	23%
Living with parents	9	9%
Living with siblings	7	7%
Living with relative	10	11%
Total	**100**	**100%**

Table 5 shows that 39% of respondents reside in concrete houses, while 17% live in wooden structures, another 17% in mixed wood-and-concrete dwellings, 2% in thatch or nipa houses, and 25% in other housing types. This distribution reflects a clear socio-economic divide within the community, suggesting that not all households enjoy the same level of structural security and comfort. Interpreted through the Sustainable Livelihood Approach (SLA), such housing variability reveals unequal access to financial and material resources essential for stable living conditions. Consistent with the Family Stress Theory (FST), households residing in less durable structures may experience greater exposure to stressors related to income insufficiency, environmental vulnerability, and social insecurity. Hence, housing quality emerges as a critical indicator of livelihood stability and family resilience—linking material well-being with the capacity to adapt and recover from socio-economic and environmental challenges (Wang et al., 2025).

Table 5. Type of House Construction

Type of House Construction	Frequency	Percentage
Concrete	39	39%
Thatch or nipa	2	2%
Wood	17	17%
Wood and concrete	17	17%
Others	25	25%
Total	**100**	**100%**

Table 6 shows that most respondents earn their living as workers (30%) or self-employed individuals (30%), while fewer rely on business (25%), private employment (10%), or government work (5%). This pattern indicates a community largely dependent on informal and small-scale income sources, reflecting limited access to stable employment. In line with the Sustainable Livelihood Approach, these findings suggest that livelihood training can enhance economic resilience through self-managed enterprises. From the Family Stress Theory perspective, such economic vulnerability may also heighten household tension, underscoring the link between unstable income, livelihood training participation, and family well-being (Simons & Brown, 2022).

Table 6. Source of Livelihood

Source of Livelihood	Frequency	Percentage
Business	25	25%
Private Employee	10	10%
Government Employee	5	5%
Worker	30	30%
Self-employed	30	30%
Total	**100**	**100%**

Table 7 shows that most respondents engage in farming (15%), followed by household helpers (12%) and caretakers (10%), while 11% are unemployed. Smaller proportions work as vendors, cooks, teachers, office workers, or in security-related jobs. This distribution reflects a predominance of low-income and informal occupations, consistent with the Sustainable Livelihood Approach (SLA), which views such work as vulnerable yet adaptive means of survival. From the lens of the Family Stress Theory (FST), the prevalence of unstable employment likely heightens household strain, underscoring the need for livelihood programs that enhance income security and reduce family-related stress (Perri et al., 2024).

Table 7. Type of Work

Type of Work	Frequency	Percentage
Teacher	7	7%
Police Officer	5	5%
Barangay Security Aide	5	5%
Office worker	7	7%
Farming	15	15%
Household helper / Domestic worker	12	12%

Type of Work	Frequency	Percentage
Cook	8	8%
Vendor / Saleslady	8	8%
Caretaker / Steward	10	10%
Fishing	7	7%
None of the above	5	5%
No work / Unemployed	11	11%
Total	**100**	**100%**

Table 8 shows that Organic Agriculture Production (22%) emerged as the most preferred livelihood training, reflecting the community's strong inclination toward sustainable, income-generating, and home-based practices aligned with the Sustainable Livelihood Approach. Moderate preferences for Financial Management (7%), Children's Rights (6%), and Responsible Parenting (6%) highlight the need to balance economic and family welfare concerns, consistent with the Family Stress Theory (Layek et al., 2023). In contrast, technical and specialized topics like Green Technology and Sports Management gained minimal interest, while trainings such as First Aid, Family Planning, and Tree Planting registered no participation. Overall, the findings suggest that respondents favor practical, family-oriented programs that directly address financial stability and household well-being (Pak et al., 2023).

Table 8. Preferred Livelihood Trainings

Preferred Livelihood Trainings	Frequency	Percentage
Breast/Cervical/Prostate Cancer	3	3%
Clean Air Act	3	3%
Eco-System	3	3%
Exercise and Dance Workshop	2	2%
Financial Management	7	7%
First Aid & Emergency Rescue	0	0%
Fitness and Sports Training	2	2%
Flood Warning System / Flood Control	3	3%
Rights of People with Disabilities	3	3%
Rights of Senior Citizen	5	5%
Rights of Solo Parents	2	2%
Creative Writing	2	2%
Management of Sports Competition	1	1%
Mangrove Planting	4	4%
Maternal Health & Baby Care	5	5%
Children's Rights	6	6%
Organic Agriculture Production	22	22%
Family Planning	0	0%
Environmental Protection	2	2%
Plantation of Different Vegetables	0	0%
Preservation and Conservation of Natural Resources	2	2%
Reduce Green Gas Pollution	4	4%
Responsible Parenting	6	6%

Preferred Livelihood Trainings	Frequency	Percentage
Solar Candle	3	3%
Structures with the Application of Green Technology	1	1%
Tree Planting	0	0%
Others	3	3%
Total	**100**	**100%**

Findings from Table 9 show that the *Feeding Program* (15%) is the most common special service, indicating strong community concern for food security and welfare. Programs like *Back-to-School* (12%) and *Medical-Dental Missions* (10%) highlight emphasis on education and health, while *Water Testing* and *Developmental Plan Design* (10% each) reflect efforts toward infrastructure and environmental safety. Less frequent activities, such as *Blood Letting*, *Mural Designing*, and *Flood Control Systems* (5% each), suggest emerging but limited civic participation. Overall, these results imply that community services are primarily welfare- and infrastructure-oriented, consistent with the Sustainable Livelihood Approach and Family Stress Theory, emphasizing that resource access and social engagement enhance family stability and resilience (Tan et al., 2024).

Table 9. Special Services

Special Services	Frequency	Percentage
Feeding Program	15	15%
Building Electrical Installations	8	8%
Water Testing	10	10%
Back-to-School Program	12	12%
Dental and Medical Mission	10	10%
Blood Letting	5	5%
Planning Design on Water System	8	8%
Developmental Plan Design / Building Design & Drainages	10	10%
Management of Sports Competition	6	6%
Mural Designing	5	5%
Barangay Office Management System	6	6%
Flood Warning System & Flood Control	5	5%
Total	**100**	**100%**

Table 10 shows that family conflicts are prevalent, with 40% of respondents citing parent–child disagreements, 35% reporting marital conflicts, and 25% mentioning drug-related issues. These results, viewed through the Family Stress Theory, indicate that economic strain and social instability heighten emotional tension within households. The Sustainable Livelihood Approach further suggests that limited livelihood opportunities weaken coping capacities, leading to more frequent disputes (Prayitno et al., 2025). Overall, the data highlight the need for livelihood interventions that address both financial empowerment and family stability to reduce conflict and promote household resilience.

Table 10. Family Conflicts

Family Conflicts	Frequency	Percentage
Conflict between parents and children	40	40%
Marital conflict or Disagreement between spouses	35	35%
Use of illegal drugs by a family member or Family-related drug use	25	25%
Total	**100**	**100%**

Findings from Table 11 show that financial strain is widespread among respondents, with 25% struggling to afford basic needs and 20% unable to handle sudden expenses. Educational challenges persist, as 18% reported lacking funds for children's schooling and 10% noted insufficient financial support. Debt (15%) and limited access to financial services (12%) further compound their vulnerability. These patterns reflect the Sustainable Livelihood Approach and Family Stress Theory, indicating that economic hardship not only limits income security but also heightens family stress, thereby reinforcing the need for livelihood training as both an economic and psychosocial coping mechanism (Lee et al., 2022).

Table 11. Financial Difficulties

Financial Difficulties	Frequency	Percentage
Families struggle to afford basic needs	25	25%
Cannot handle sudden expenses	20	20%
Parents lack funds for children's schooling	18	18%
Debt is common among low-income earners	15	15%
Few have access to financial services	12	12%
Lack of financial support for children's education	10	10%
Total	**100**	**100%**

Table 12 shows that unemployment (35%) and insufficient parental income (40%) are the leading socio-economic issues among respondents, with 25% indicating child labor as a coping mechanism. These findings highlight persistent financial instability and limited livelihood opportunities. Viewed through the Sustainable Livelihood Approach (SLA) and Family Stress Theory (FST), unemployment and income insufficiency not only hinder economic resilience but also heighten family stress, leading to early labor participation among children (Feizi et al., 2023). This underscores the need for livelihood programs that promote sustainable income generation while reducing household strain and social vulnerability.

Table 12. Unemployment

Unemployment	Frequency	Percentage
Unemployment	35	35%
Child labor / Children working at a young age	25	25%
Insufficient parental income to cover expenses	40	40%
Total	**100**	**100%**

The Fornell-Larcker results in Table 13 show that Family Challenges (√AVE = 0.89) and Preferred Livelihood Trainings (√AVE = 0.88) have higher square roots of AVE than their inter-construct correlation (r = 0.82), confirming good discriminant validity. This indicates that the two constructs are statistically distinct yet positively related, suggesting that effective livelihood training contributes to easing family difficulties and enhancing overall household well-being. The strong reliability and validity indices affirm the soundness of the model, supporting the view that livelihood training serves as both an economic and social stabilizer among low-income households in Bagong Silang.

Table 13. Discriminant Validity – Fornell-Larcker Criterion

	Family Challenges	Preferred Livelihood Trainings
Family Challenges	0.89	
Preferred Livelihood Trainings	0.82	0.88

The VIF values ranging from 1.80 to 2.30 indicate that the constructs are distinct and meaningful in explaining respondents' behavior. The highest VIFs—livelihood skills (2.30) and unemployment (2.20)—show that most respondents prioritize income-oriented training as a direct response to financial instability. Meanwhile, consistent VIF scores for age, marital status, and number of children suggest that family structure meaningfully shapes socio-economic needs. These patterns highlight that livelihood training is viewed not just as skill enhancement but as a practical solution to immediate household challenges.

Table 14. Collinearity Statistics (VIF) – Outer Model List

Outer Model List	Variance Inflation Factor
Age	2.00
Family Challenges	2.10
Financial Difficulties	1.90
Marital Status	2.00
Number of Children	1.80
Preferred educational literacy programs	2.00
Preferred livelihood skills to earn income	2.30
Preferred special services	2.10
Source of livelihood	1.90
Type of Occupation	1.80
Type of house construction	2.00
Unemployment	2.20

Most respondents with limited income and unstable jobs showed a strong preference for literacy and livelihood skills training, indicating that these programs are viewed less as entrepreneurship pathways and more as essential survival strategies to cope with financial difficulties and unemployment. The strong influence of age and number of dependents suggests that livelihood engagement is driven by household responsibility rather than opportunity-seeking, highlighting the need for targeted support programs that match real community priorities.

Table 15. Outer Weights – Mean, STDEV, T values, p values

Relationship	Original Sample (O)	Sample Mean (M)	Standard Deviation (STDEV)	T Statistics (O/STDEV)	P values
Age -> Respondent's Profile	0.43	0.43	0.10	4.52	0.00
Family Challenges -> Family Challenges	0.40	0.40	0.06	6.34	0.00
Financial Difficulties -> Family Challenges	0.42	0.42	0.06	7.35	0.00
Marital Status -> Respondent's Profile	0.26	0.26	0.09	2.81	0.01
Number of Children -> Respondent's Profile	0.43	0.43	0.09	5.02	0.00
Preferred educational literacy programs -> Preferred Livelihood Trainings	0.42	0.41	0.06	6.80	0.00
Preferred livelihood skills to earn income -> Preferred Livelihood Trainings	0.36	0.36	0.06	5.61	0.00
Preferred special services -> Preferred Livelihood Trainings	0.33	0.33	0.06	5.47	0.00
Source of livelihood -> Socio-Economic Status	0.51	0.50	0.06	8.30	0.00
Type of Occupation -> Socio-Economic Status	0.30	0.30	0.06	4.86	0.00
Type of house construction -> Socio-Economic Status	0.32	0.32	0.07	4.87	0.00
Unemployment -> Family Challenges	0.30	0.30	0.07	4.62	0.00

Most respondents come from larger and more mature households, as shown by the strong loadings of age and number of children, indicating that livelihood needs are shaped by family responsibilities rather than individual aspirations. This is reinforced by the high preference for income-generating skills over literacy or service-based programs, suggesting that immediate financial relief is prioritized over long-term training. Combined with high indicators of financial difficulties and unemployment, the results imply that livelihood programs are viewed by respondents not as skills development but as an urgent survival strategy, highlighting the need for policy designs that respond to economic pressure within family-dependent households.

Table 16. Outer Loadings – Mean, STDEV, T values, p values

Outer Loadings	Original sample (O)	Sample mean (M)	Standard deviation (STDEV)	T statistics (O/STDEV)	P values
Age -> Respondent's Profile	0.92	0.91	0.03	30.75	0.00
Family Challenges -> Family Challenges	0.92	0.91	0.02	39.65	0.00

Outer Loadings	Original sample (O)	Sample mean (M)	Standard deviation (STDEV)	T statistics (O/STDEV)	P values
Financial Difficulties -> Family Challenges	0.90	0.90	0.03	36.47	0.00
Marital Status -> Respondent's Profile	0.86	0.85	0.04	21.22	0.00
Number of Children -> Respondent's Profile	0.90	0.89	0.03	30.61	0.00
Preferred educational literacy programs -> Preferred Livelihood Trainings	0.91	0.91	0.03	34.45	0.00
Preferred livelihood skills to earn income -> Preferred Livelihood Trainings	0.92	0.92	0.02	43.06	0.00
Preferred special services -> Preferred Livelihood Trainings	0.89	0.89	0.03	35.09	0.00
Source of livelihood -> Socio-Economic Status	0.92	0.92	0.03	35.49	0.00
Type of Occupation -> Socio-Economic Status	0.84	0.84	0.04	19.43	0.00
Type of house construction -> Socio-Economic Status	0.87	0.87	0.03	27.08	0.00
Unemployment -> Family Challenges	0.86	0.86	0.03	26.53	0.00

The model shows that most respondents from low-income and informal employment backgrounds prefer practical livelihood training, particularly those that generate quick household income, like poultry and home-based skills. This preference suggests that livelihood programs are valued less as entrepreneurial ventures and more as immediate coping strategies to manage family needs, highlighting the importance of designing low-cost, accessible training aligned with real economic constraints in marginalized communities.

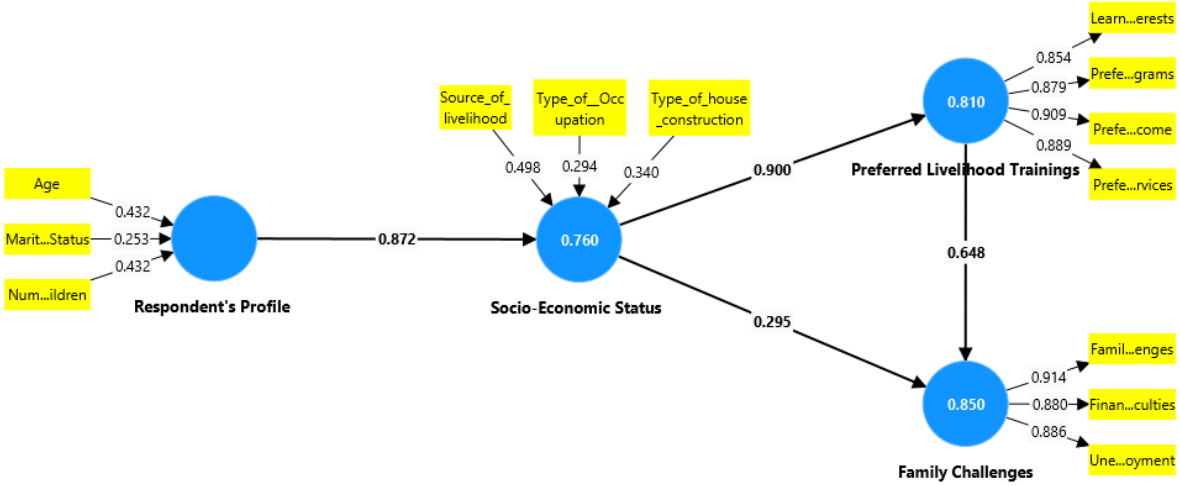

Figure 1. Graphical Output

The validated hypotheses (H2–H8) show a clear pattern: respondents' profiles shape socio-economic status, which then drives both livelihood training preferences and family challenges, with livelihood trainings also exerting a direct and indirect influence on family conditions. Overall, the model reflects a coherent pathway linking demographic characteristics to livelihood choices and household challenges.

Table 17. Model Fit

Fit Index	Saturated Model	Estimated Model
SRMR	0.03	0.05
d_ULS	0.05	0.16
d_G	0.09	0.14
Chi-square	43.15	68.37
NFI	0.96	0.94

The high R-square values—0.76 for Socio-Economic Status, 0.79 for Preferred Livelihood Trainings, and 0.85 for Family Challenges—strongly validate the proposed hypotheses (Li, 2024), particularly H2 to H8. These results confirm that respondent demographics influence socio-economic outcomes and training preferences, which in turn significantly shape family challenges through both direct and mediated pathways.

Table 19. R-square – Overview

	R-square	R-square adjusted
Family Challenges	0.85	0.85
Preferred Livelihood Trainings	0.79	0.79
Socio-Economic Status	0.76	0.76

The reliability and validity results demonstrate strong internal consistency and convergent validity for both constructs. Family Challenges shows high reliability with a Cronbach's Alpha and composite reliability values of 0.87 and 0.92, respectively, well above the 0.70 threshold, indicating consistent measurement. Similarly, Preferred Livelihood Trainings records excellent reliability, with Cronbach's Alpha and composite reliability both exceeding 0.90, reflecting highly stable responses among indicators. Furthermore, the AVE values of 0.80 for Family Challenges and 0.78 for Preferred Livelihood Trainings surpass the recommended 0.50 standard, confirming that a substantial proportion of variance is explained by the constructs. Overall, these metrics validate that the measurement model is both reliable and conceptually sound.

Table 18. Construct Reliability and Validity – Overview

Construct	Cronbach's Alpha	Composite Reliability (ρa)	Composite Reliability (ρc)	Average Variance Extracted (AVE)
Family Challenges	0.87	0.87	0.92	0.80
Preferred Livelihood	0.91	0.91	0.93	0.78

Construct	Cronbach's Alpha	Composite Reliability (ρa)	Composite Reliability (ρc)	Average Variance Extracted (AVE)
Trainings				

CONCLUSIONS

Grounded in the Sustainable Livelihood Approach (SLA) and Family Stress Theory (FST), this study confirms all hypotheses (H1–H8), revealing that demographic factors influence socio-economic status, which subsequently shapes livelihood training preferences and family challenges. Findings show that preferred livelihood programs—particularly educational, income-generating, and family-centered initiatives—help reduce household stress and strengthen community resilience. To ensure sustainability, programs in Bagong Silang should integrate income opportunities with psychosocial components such as family counseling, peer mentoring, and community support. Empirical evidence supports this integrated model, as studies demonstrate that combining economic empowerment and psychosocial support enhances well-being and long-term stability among vulnerable households (Bossuroy et al., 2022). Theoretically, this research advances discourse by unifying SLA and FST, positioning livelihood training not merely as an economic tool but also as a psychosocial stabilizer that fosters resilience and reduces poverty-induced stress within marginalized communities.

RECOMMENDATIONS

Community extension programs in Bagong Silang should deliver integrated, profile-based livelihood trainings for unemployed adults, solo parents, out-of-school youth, and informal workers. Priorities include organic agriculture, financial literacy, and family-focused services such as responsible parenting and maternal care. To address socio-economic stressors and family conflicts, trainings must be paired with psychosocial support and financial assistance. Strong collaboration with LGUs, NGOs, and private partners is needed for sustainability, resource mobilization, and outcome monitoring, ensuring both economic self-sufficiency and strengthened family resilience.

LIMITATION & FURTHER RESEARCH

This single-site study in Bagong Silang—marked by dense informal work, strong kinship networks, and active LGU/NGO programs—may not generalize to urban poor areas with different labor markets or services. Its cross-sectional design limits causality and may overstate mediation (Profile → SES → Training/Family Challenges). Self-reported, face-to-face data on sensitive topics risk bias, potentially inflating path coefficients and R^2. Purposive sampling of program-interested residents may overstate links between training preferences and lower stress. With n=100, subgroup effects may be underpowered. Formative PLS-SEM choices and omitted factors (mental health, social support, childcare, program quality, digital access) constrain construct coverage and may concentrate variance in SES. Data timing (Aug–Dec 2024) during price shocks/seasonal cycles could heighten reported strain and tilt preferences toward low-barrier, food/security-oriented training.

From a theoretical standpoint, although this study introduces an integrative framework combining the Sustainable Livelihood Approach and Family Stress Theory, this conceptual contribution remains context-specific to Bagong Silang and is limited to the constructs modeled in the PLS-SEM analysis. The dual positioning of livelihood training as both an economic and

psychosocial intervention requires further validation in communities with different livelihood cultures, gender roles, or policy support systems. Future studies may expand this theoretical model by incorporating additional constructs such as digital livelihood access, mental health resilience, social capital networks, program quality variations, and post-training empowerment trajectories to deepen understanding of how livelihood interventions translate into long-term social stability. Comparative multi-site or longitudinal PLS-SEM studies are also recommended to strengthen external validity and refine the proposed theoretical pathways across diverse urban-poor environments.

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