

Original Article

# Family Solidarity and Household Harmony Among Filipino Parents: Basis for a Family-Based Intervention Program

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**Abstract.** Families remain central to social stability and well-being in Filipino communities, yet they face growing pressures from economic strain and changing family structures. This study examined the extent of Family Solidarity and Household Harmony among Filipino parents in a barangay in Laguna, Philippines. It established an empirical basis for a family-based intervention program aligned with SDG 3 (Good Health and Well-Being) and SDG 16 (Peace, Justice, and Strong Institutions). A descriptive-correlational design was employed involving 40 parents selected through purposive sampling. Data were collected using a researcher-developed, expert-validated questionnaire measuring six dimensions of Family Solidarity (functional, affectual, associational, consensual, normative, and structural) and key indicators of Household Harmony. Results revealed that parents demonstrated Family Solidarity and maintained Household Harmony to a great extent. Tests of difference (Kruskal-Wallis H and Mann-Whitney U) showed no significant variations across demographic groups. Pearson's correlation indicated a moderate, positive, and significant relationship between Family Solidarity and Household Harmony ( $r = .435, p = .005$ ), confirming that stronger family bonds are associated with more peaceful, emotionally safe home environments. Despite socioeconomic vulnerabilities, families exhibited resilient relational strengths. The study contributes local, community-based evidence and underscores the value of strength-based, culturally responsive interventions. Findings inform practice by guiding the development of programs that enhance communication, restorative practices, and intentional family routines to sustain harmony and resilience in Filipino households.

**Keywords:** *Community resilience; Family-based intervention; Family solidarity; Filipino parents; Household harmony.*

Families remain the most enduring social institution in Filipino communities, serving as the primary context for cultivating values, emotional security, and social responsibility. In recent years, however, families have been confronted with emerging pressures, including economic instability, post-pandemic stress, digital saturation, and shifting parental roles, all of which have reshaped everyday family interactions. Contemporary scholarship underscores that the quality of family relationships is a critical determinant of individual well-being and social functioning, particularly in contexts of uncertainty and adversity (Walsh, 2016; Prime, Wade, & Browne, 2020). Within this landscape, family solidarity – manifested through mutual support, emotional closeness, shared

norms, and stable relational structures – emerges as a foundational resource for sustaining household harmony, understood as a peaceful, respectful, and well-functioning home environment.

This study is theoretically anchored in Bengtson’s Intergenerational Solidarity Framework, which conceptualizes family cohesion as a multidimensional construct comprising functional, affectual, associational, consensual, normative, and structural dimensions. The framework posits that family strength is not a singular trait but a dynamic configuration of emotional bonds, shared values, interaction patterns, role expectations, and structural arrangements that collectively shape family functioning. Complementing this lens is Family Systems Theory, which views the family as an interdependent system in which the quality of relationships among members directly influences the household’s emotional climate. From these perspectives, solidarity operates as a protective mechanism that enables families to regulate stress, negotiate roles, and maintain relational balance, thereby fostering harmony within the home.

Despite the strong cultural emphasis on family closeness in the Philippines, unity and harmony are not automatic outcomes. Empirical studies indicate that parental stress, economic strain, and unresolved family conflict are associated with poorer relational climates and diminished psychosocial outcomes among family members (Lansford et al., 2014; Fosco & Feinberg, 2022). While the global literature affirms the importance of cohesion, emotional connectedness, and consistent family routines, most evidence comes from Western contexts. Local, community-based studies that examine how Filipino parents enact solidarity across its multiple dimensions – and how these practices relate to household harmony – remain limited, particularly at the barangay level. This gap underscores the need for context-sensitive research that reflects the lived realities of Filipino families and grounds theory in local experience.

Guided by these theoretical perspectives, the present study investigates how family solidarity operates within Filipino households and shapes the quality of home life. Specifically, it determines the demographic profile of parents, including age, sex, civil status, highest educational attainment, employment status, monthly household income, family structure, number of children, and length of parenthood. It examines the extent to which parents demonstrate Family Solidarity across its functional, affectual, associational, consensual, normative, and structural dimensions. It assesses the extent to which parents maintain Household Harmony in their homes. It further determines whether there are significant differences in the extent of Family Solidarity and Household Harmony across parents’ demographic groups, and whether a significant relationship exists between Family Solidarity and Household Harmony among parents. Finally, based on the empirical findings, the study identifies a family-based program or intervention that may be developed to strengthen solidarity and sustain harmony within Filipino households.

Anchored in the Sustainable Development Goals, this study positions the family as a frontline context for social development. Strengthening supportive and cohesive family relationships advances SDG 3 (Good Health and Well-Being) by enhancing psychosocial protection and emotional stability within households. It aligns with SDG 16 (Peace, Justice, and Strong Institutions) by fostering peace and nonviolence in the home. By generating local evidence on how solidarity and harmony are enacted among Filipino parents, this study contributes to family studies literature. It provides an empirical foundation for community-based interventions that nurture resilient, peaceful, and supportive family environments.

## **Methodology**

### **Research Design**

The study utilized a descriptive–correlational research design to (1) determine the extent to which parents demonstrate Family Solidarity and maintain Household Harmony, (2) test differences in these constructs when respondents are grouped according to selected demographic variables, and (3) examine the relationship between Family Solidarity and Household Harmony. This design is appropriate for describing prevailing conditions and establishing the magnitude and direction of relationships among variables without manipulating them, thereby providing an empirical basis for a family-based intervention program.

### **Research Participants**

The respondents comprised forty (40) parents ( $n = 40$ ) from a selected barangay, representing varied backgrounds in terms of age, sex, civil status, educational attainment, employment status, monthly household income, family structure, number of children, and length of parenthood. Participants were selected through purposive sampling

to ensure that only individuals who met the inclusion criteria were included: (1) being a parent and (2) currently residing with at least one child. This approach ensured that all respondents had direct, relevant experience of family life, necessary for assessing solidarity and harmony within the household.

### **Research Instrument**

Data were gathered using a researcher-developed questionnaire composed of two parts: (1) the demographic profile of the respondents and (2) scales measuring Family Solidarity and Household Harmony. The Family Solidarity scale was anchored on six dimensions—functional, affectual, associational, consensual, normative, and structural—while the Household Harmony scale measured parental practices related to peace and respect, open communication, conflict management, emotional safety, fair household rules, and positive family interactions. All items were written in a bilingual format (English-Filipino) and structured using a 4-point Likert-type scale. The instrument underwent face and content validation by three experts in education, social science, and family studies. Revisions were incorporated based on their recommendations. Prior to the main administration, a pilot test was conducted, and reliability analysis using Cronbach's alpha yielded coefficients indicating acceptable to high internal consistency across the subscales, confirming the instrument's suitability for the target population.

### **Data Gathering Procedure**

Permission to conduct the study was secured from appropriate local and institutional authorities prior to data collection. The validated questionnaire was administered in either printed form or via an online platform, depending on respondents' accessibility and preferences. Each participant received a brief orientation to the study's purpose and procedures. Participation was entirely voluntary, and respondents were informed of their right to decline or withdraw at any time without penalty.

### **Data Analysis**

Data were analyzed using both descriptive and inferential statistical techniques. Frequency counts and percentages were used to describe the demographic profile of the respondents. Means and standard deviations were computed to determine the extent of Family Solidarity (including its six dimensions) and Household Harmony. As well, to test differences across demographic groups, nonparametric tests were employed due to the sample size and data characteristics. The Kruskal-Wallis H test was used for variables with three or more groups (age, civil status, educational attainment, employment status, income, family structure, number of children, and length of parenthood), while the Mann-Whitney U test was applied for sex. The relationship between Family Solidarity and Household Harmony was examined using Pearson's product-moment correlation ( $r$ ), with statistical significance set at the 0.05 level.

### **Ethical Considerations**

Ethical standards were strictly observed in accordance with institutional research guidelines and the Data Privacy Act of 2012 (Republic Act No. 10173). Informed consent was obtained from all participants prior to data collection. No personally identifiable information was gathered, and all responses were treated with strict confidentiality and anonymity. Data were stored securely in password-protected files accessible only to the researcher. Throughout the research process, the principles of respect, voluntariness, confidentiality, and participant welfare were upheld.

## **Results and Discussion**

Table 1 displays the demographic profile of the respondents, showing that most parents are in the early to middle stages of parenthood, with 70% aged below 40 years and half having parented for less than five years. This pattern reflects a cohort navigating a formative and highly adaptive phase of family life—one often marked by intensified caregiving demands, emotional recalibration, and ongoing role negotiation. Contemporary literature characterizes early parenthood as a critical transition period marked by heightened stress, evolving parental identities, and a growing need for psychosocial support (Middleton et al., 2025; Refaeli et al., 2024).

The predominance of female respondents (70%) aligns with literature emphasizing the gendered nature of caregiving in Filipino families. Mothers commonly assume primary responsibility for childcare, emotional labor, and household management, positioning them as central agents in sustaining family relationships (Gotehus, 2022; Domingo, 2025). In transnational and local Filipino contexts, women are often regarded as the “emotional anchors” of the household, mediating conflicts and maintaining cohesion. This gendered participation may shape how family solidarity and harmony are experienced and reported, as mothers are more attuned to relational

dynamics and domestic well-being.

**Table 1.** Demographic Profile of the Respondents

Profile Variables		Frequency	Percentage
Age	Below 30 years old	16	40.0%
	30–39 years old	12	30.0%
	40–49 years old	5	12.5%
	50 years old and above	7	17.5%
Sex	Male	12	30.0%
	Female	28	70.0%
Civil Status	Single Parent	11	27.5%
	Married	11	27.5%
	Widowed	13	32.5%
	Separated	5	12.5%
Highest Educational Attainment	Elementary Graduate	8	20.0%
	Secondary (High School) Graduate	13	32.5%
	Senior High School Graduate	5	12.5%
	College Level (Undergraduate)	13	32.5%
	College Graduate	1	2.5%
Employment Status	Employed (Full-time)	4	10.0%
	Employed (Part-time)	10	25.0%
	Self-Employed	11	27.5%
	Unemployed	15	37.5%
Monthly Household Income	Below ₱10,000	31	77.5%
	₱10,001 – ₱20,000	6	15.0%
	₱20,001 – ₱40,000	0	0.0%
	₱40,001 – ₱60,000	3	7.5%
Family Structure	Nuclear Family (Parents and Children)	15	37.5%
	Extended Family (With grandparents, uncles, etc.)	15	37.5%
	Single-Parent Family	9	22.5%
	Blended Family (Stepfamily)	1	2.5%
Number of Children	One (1)	12	30.0%
	Two to Three (2–3)	16	40.0%
	Four to Five (4–5)	10	25.0%
	Six (6) or more	2	5.0%
	Length of Parenthood	Less than 5 years	20
	5–10 years	12	30.0%
	11–20 years	4	10.0%
	More than 20 years	4	10.0%

In terms of family structure, the equal representation of nuclear and extended families (both 37.5%) highlights the enduring role of kinship networks in Filipino society. Extended households provide shared caregiving, emotional support, and economic buffering, particularly under conditions of scarcity (Okabe, 2025; Hanum, Newcombe, & Scott, 2024). At the same time, the presence of single-parent (22.5%) and blended families (2.5%) reflects the diversification of contemporary family forms. Research shows that families shaped by widowhood, separation, or remarriage often face unique relational challenges, including role ambiguity, emotional strain, and the risk of isolation (Tolkamp & Pollmann-Schult, 2025; Jensen et al., 2023). These variations affirm that family experiences are not monolithic and that pathways to harmony differ across structures.

Socioeconomic indicators reveal structural vulnerabilities that frame everyday family life. With 77.5% of households earning below ₱10,000 per month and 37.5% of respondents unemployed, most families are under financial strain. Recent evidence consistently links economic pressure to heightened family conflict, parental stress, and compromised well-being (Masarik & Conger, 2017; Aaron & Black, 2025). Financial strain disrupts emotional availability and problem-solving capacity, increasing the likelihood of tension within households. Despite these constraints, many respondents raise two to three children, reflecting both cultural norms and resilience. However, the convergence of low income, limited educational attainment, and precarious employment underscores the need to contextualize family solidarity within broader structural conditions. As the literature affirms, relational harmony cannot be sustained solely by interpersonal effort; it is deeply shaped by material resources and social support systems (Masarik & Conger, 2017; Roman et al., 2025).

The demographic realities suggest that family-based interventions must be developmentally, structurally, and

culturally responsive. Programs should prioritize young and early-stage parents by integrating parenting education, emotional regulation, and communication skills training tailored to transitional family phases. Given the central role of mothers, interventions may leverage maternal leadership while intentionally engaging fathers and male caregivers to promote shared responsibility. The coexistence of nuclear, extended, and non-traditional family forms calls for flexible, inclusive approaches that respect diverse household arrangements. Most critically, the pronounced socioeconomic vulnerability of families indicates that psychosocial programs must be complemented by livelihood support, skills development, and community resource linkages. Strengthening family solidarity and household harmony in low-income contexts requires a holistic model—one that integrates relational empowerment with structural assistance to foster resilience, stability, and well-being.

Table 2 presents the extent of Functional Solidarity demonstrated by parents. The overall mean score of 3.73 (SD = 0.45) indicates that functional solidarity is demonstrated to a great extent among the respondents. This finding suggests that parents consistently engage in behaviors that sustain their families' daily functioning and emotional stability. Among the indicators, the highest mean was recorded for “contribute to the financial and daily needs of our household” (M = 3.83, SD = 0.38), followed by “make personal sacrifices to meet the needs of my family” (M = 3.75, SD = 0.44). These results highlight the central role of parents as primary providers and self-sacrificing figures in the household. In contrast, the lowest mean—although still within the “Strongly Agree” range—was observed for “provide emotional comfort to my family during difficult times” (M = 3.68, SD = 0.47). This pattern suggests that while emotional support is highly present, material and practical contributions are more salient expressions of solidarity in this community.

The pattern reflects a culturally grounded orientation toward family responsibility, where parents prioritize meeting economic and daily needs as tangible expressions of care. Such results resonate with Filipino family values that emphasize *pagsasakripisyo* and *pagtutulungan* as core parental duties. The consistently high means across all indicators further demonstrate that functional solidarity in this barangay is multidimensional—encompassing financial provision, emotional availability, and reciprocal dependence—thereby reinforcing the family as a primary support system.

**Table 2** Extent of Functional Solidarity Demonstrated by Parents

Indicators	M	SD	VD/VI
<b>As a parent, I...</b>			
help my family members whenever they need support, even without being asked.	3.70	0.46	SA
make personal sacrifices to meet my family's needs.	3.75	0.44	SA
provide emotional comfort to my family during difficult times.	3.68	0.47	SA
contribute to the household's financial and daily needs.	3.83	0.38	SA
can depend on my family members for help when I need it.	3.70	0.46	SA
<b>Overall</b>	<b>3.73</b>	<b>0.45</b>	<b>DGE</b>

**Note:** 4.00 - 3.26 - Strongly Agree (SA)/ Demonstrated to a Great Extent (DGE); 3.25 - 2.51 - Agree(A)/ Demonstrated to a Moderate Extent (DME); 2.50 - 1.76 - Disagree (D)/ Demonstrated to a Low Extent (DLE); 1.75 - 1.00 - Strongly Disagree (SD)/ Not demonstrated at all (NAD)

These findings are supported by contemporary scholarship on family solidarity and functioning. Van Imschoot et al. (2025) conceptualize functional solidarity as the exchange of financial, practical, and emotional support within families, emphasizing that such behaviors form the backbone of family cohesion. Similarly, Zhang and Grant (2023) demonstrate that functional solidarity remains a dominant dimension of family relationships across socioeconomic contexts, with material and instrumental support often taking precedence in resource-constrained settings. Studies on family functioning further show that supportive family environments—marked by both instrumental and emotional care—are associated with stronger resilience and psychological well-being (Huang et al., 2025). Moreover, intergenerational solidarity has been linked with lower psychological distress and higher life satisfaction, underscoring the protective role of family support systems (García-Mendoza et al., 2024). A meta-analytic review by Lindert et al. (2025) likewise confirms that the quality of family relationships significantly influences mental health outcomes. Collectively, these studies affirm that the high level of functional solidarity observed in this barangay reflects a vital strength of Filipino families and provides a strong foundation for interventions aimed at sustaining household harmony and overall family well-being.

These findings' implications point to the need for family-based programs that both affirm and strengthen parents' capacity to provide support. While economic provision appears to be the most emphasized form of solidarity, the relatively lower mean for emotional comfort suggests an opportunity to enhance parents' socio-emotional skills. Community interventions may therefore integrate parenting workshops that balance livelihood support with

training in emotional communication, stress management, and empathetic listening. Strengthening emotional responsiveness alongside economic capability can foster more holistic family functioning and sustain household harmony, particularly in contexts where families face financial pressures.

Table 3 exhibits the extent of Affectual Solidarity demonstrated by parents. The overall mean of 3.68 (SD = 0.47) indicates that affectual solidarity is demonstrated to a great extent among respondents. Parents reported strong emotional involvement with their families, particularly in expressing care and affection that makes their family feel loved (M = 3.78, SD = 0.42) and feeling a deep emotional connection with family members (M = 3.75, SD = 0.44). Meanwhile, feeling happy and secure when with family (M = 3.60, SD = 0.50) and feeling respected and appreciated within the family (M = 3.60, SD = 0.50) were the lowest among the items, although still within the “Strongly Agree” range. This pattern suggests that while parents generally experience and express emotional closeness, the subjective experience of security and appreciation may vary more, potentially reflecting daily stressors or role demands that influence emotional reception within the family.

These findings align with research on family cohesion, which emphasizes that emotional connectedness and bonding among family members are fundamental aspects of family functioning and well-being. Strong family cohesion, defined as emotional bonding and mutual support, has been associated with positive psychological outcomes such as resilience and self-esteem (Sevilla, 2025). Family systems theory also suggests that affectual ties help regulate behavior and emotional responses within families, contributing to adaptive family interactions and individual adjustment (Family Dynamics, 2025). Research further indicates that family cohesion and emotional bonding serve as protective factors against external risks by fostering supportive environments that facilitate adaptive emotional responses (Strengthening Family Bonds, 2023). Thus, the high level of affectual solidarity in this community reflects not only strong emotional connections but also the broader role of family emotional support in promoting psychological stability and resilience.

**Table 3.** Extent of Affectual Solidarity Demonstrated by Parents

Indicators	M	SD	VD/VI
<b>As a parent, I...</b>			
feel a deep emotional connection with my family members.	3.75	0.44	SA
express care and affection in ways that make my family feel loved.	3.78	0.42	SA
feel happy and secure when I am with my family.	3.60	0.50	SA
feel respected and appreciated within our family.	3.60	0.50	SA
value family closeness as an important part of our daily life.	3.68	0.47	SA
<b>Overall</b>	<b>3.68</b>	<b>0.47</b>	<b>DGE</b>

**Note:** 4.00 – 3.26 – Strongly Agree (SA)/ Demonstrated to a Great Extent (DGE); 3.25 – 2.51 – Agree(A)/ Demonstrated to a Moderate Extent (DME); 2.50 – 1.76 – Disagree (D)/ Demonstrated to a Low Extent (DLE); 1.75 – 1.00 – Strongly Disagree (SD)/ Not demonstrated at all (NAD)

The implications of these findings are significant for family interventions and community programs. High levels of emotional connection and expressions of affection signal a strong foundation for familial support, but slightly lower means for feeling secure and appreciated point to opportunities to strengthen emotional validation and mutual respect. Programs that enhance emotional communication skills, empathy, and affirming parental practices may further deepen affectual solidarity and contribute to more consistently experienced emotional security. Such efforts can improve relational quality and emotional well-being, which are critical for sustaining household harmony—especially in contexts where families face socioeconomic and psychosocial stressors. Integrating family counseling, emotional literacy workshops, and reflective parenting sessions into community support services can help parents not only express affection but also reinforce mutual appreciation and emotional responsiveness.

Table 4 shows the extent of Associational Solidarity demonstrated by parents. The overall mean score of 3.73 (SD = 0.44) indicates that associational solidarity is demonstrated to a great extent among the respondents. This suggests that parents are highly engaged in shared family interactions and intentionally create opportunities for togetherness in their daily lives. The highest mean was recorded for “spend time with my family through shared meals and activities” (M = 3.88, SD = 0.33), indicating that routine practices such as eating together and engaging in common activities are the most salient expressions of family connectedness. This was followed by “make an effort to be present during family gatherings and occasions” and “encourage family bonding despite work or other responsibilities” (both M = 3.73, SD = 0.45). The lowest mean—though still within the “Strongly Agree” range—was observed for “prioritize family time as part of our routine” (M = 3.63, SD = 0.49), suggesting that while parents value togetherness, competing demands such as work and household responsibilities may occasionally affect the

regularity of family time.

**Table 4.** Extent of Associational Solidarity Demonstrated by Parents

Indicators	M	SD	VD/VI
<b>As a parent, I...</b>			
spend time with my family through shared meals and activities.	3.88	0.33	SA
make an effort to be present during family gatherings and occasions.	3.73	0.45	SA
regularly talk with my family about our daily experiences.	3.70	0.46	SA
encourage family bonding despite work or other responsibilities.	3.73	0.45	SA
prioritize family time as part of our routine.	3.63	0.49	SA
<b>Overall</b>	<b>3.73</b>	<b>0.44</b>	<b>DGE</b>

**Note:** 4.00 – 3.26 – Strongly Agree (SA)/ Demonstrated to a Great Extent (DGE); 3.25 – 2.51 – Agree(A)/ Demonstrated to a Moderate Extent (DME); 2.50 – 1.76 – Disagree (D)/ Demonstrated to a Low Extent (DLE); 1.75 – 1.00 – Strongly Disagree (SD)/ Not demonstrated at all (NAD)

The consistently high ratings across all indicators reflect a family environment in which interaction, presence, and shared experiences are deeply valued. In the Filipino context, everyday practices such as shared meals, conversations, and participation in family gatherings function as primary spaces for nurturing relationships and transmitting values. Associational solidarity in this barangay appears to be enacted through concrete routines rather than symbolic ideals, with parents consciously maintaining family interaction despite structural constraints. The prominence of shared meals and activities underscores the role of ordinary, repetitive practices as anchors of family life and as mechanisms for strengthening emotional bonds, communication, and mutual understanding.

These results are supported by contemporary family research, which emphasizes that frequent interaction and shared activities are central to family cohesion and relational quality. Hosokawa, Tomozawa, and Katsura (2023) found that consistent family routines, particularly shared meals and daily interactions, are positively associated with family cohesion and expressiveness. Similarly, a systematic review by Roman et al. (2025) identified communication, shared practices, and routine family activities as core mechanisms that strengthen family cohesion across cultural contexts. Meta-analytic evidence further demonstrates that family cohesion—often built through regular shared interactions—is associated with fewer negative mental health outcomes and stronger psychological well-being (Bian, Jin, & Zhang, 2024). Studies in *Frontiers in Psychology* likewise affirm that cohesion and adaptability, which emerge from meaningful interaction, are linked to positive behavioral and emotional outcomes (Lian et al., 2023). Collectively, these studies affirm that the high level of associational solidarity observed in this barangay represents a vital family strength and provides a robust foundation for interventions aimed at reinforcing household harmony and intergenerational connectedness.

The implications of these findings point to the importance of sustaining parents’ capacity to protect family time amid increasing work demands and modern pressures. Although parents already demonstrate high associational solidarity, the comparatively lower score on routinizing family time indicates a need for interventions that help families manage time more intentionally. Community-based programs may therefore incorporate parenting workshops on work–family balance, time management, and the creation of simple but meaningful family rituals. Encouraging parents to institutionalize regular family moments—such as weekly meals, shared prayers, or scheduled bonding activities—can ensure that interaction remains consistent rather than incidental, thereby reinforcing household harmony.

Table 5 exposes the extent of Consensual Solidarity demonstrated by parents. The overall mean score of 3.72 (SD = 0.45) indicates that consensual solidarity is demonstrated to a great extent among the respondents. This finding suggests that parents largely experience alignment in values, beliefs, and perspectives within their families and actively work toward shared understanding and unity. The highest mean was recorded for “share common values and beliefs with my family members” (M = 3.80, SD = 0.41), underscoring the centrality of shared moral and cultural foundations in family life. This was followed by “involve my family in making important household decisions” (M = 3.73, SD = 0.45), indicating participatory practices in family governance. The lowest means—though still within the “Strongly Agree” range—were observed for “guide my family toward what we believe is right and important” and “help maintain unity by encouraging agreement and mutual respect” (both M = 3.68, SD = 0.47). This pattern suggests that while parents perceive strong value alignment, the continuous work of negotiating differences and sustaining consensus remains a dynamic process influenced by everyday challenges.

**Table 5. Extent of Consensual Solidarity Demonstrated by Parents**

Indicators	M	SD	VD/VI
<b>As a parent, I...</b>			
share common values and beliefs with my family members.	3.80	0.41	SA
involve my family in making important household decisions.	3.73	0.45	SA
guide my family toward what we believe is right and important.	3.68	0.47	SA
promote understanding and compromise when opinions differ.	3.70	0.46	SA
help maintain unity by encouraging agreement and mutual respect.	3.68	0.47	SA
<b>Overall</b>	<b>3.72</b>	<b>0.45</b>	<b>DGE</b>

Note: 4.00 – 3.26 – Strongly Agree (SA)/ Demonstrated to a Great Extent (DGE); 3.25 – 2.51 – Agree(A)/ Demonstrated to a Moderate Extent (DME); 2.50 – 1.76 – Disagree (D)/ Demonstrated to a Low Extent (DLE); 1.75 – 1.00 – Strongly Disagree (SD)/ Not demonstrated at all (NAD)

The consistently high scores reflect a family climate characterized by shared norms, participatory decision-making, and a commitment to unity. In the Filipino context, where family cohesion is rooted in collective values, respect, and harmony, consensual solidarity functions as a stabilizing mechanism that guides behavior and resolves differences. Parents appear to serve as moral anchors – transmitting values while fostering dialogue and compromise – thereby enabling families to navigate disagreements without eroding unity. The slight variability in items related to compromise and mutual respect implies that consensus is not merely given but cultivated through ongoing communication and guidance.

These results are supported by contemporary literature, which emphasizes that shared values and participatory decision-making are foundational to family cohesion. Research indicates that families with strong agreement on norms and beliefs exhibit higher cohesion and relational quality, which in turn promote psychological well-being (Bian et al., 2024). Studies on family functioning show that inclusive decision-making and respectful communication enhance perceptions of fairness, trust, and unity within households (Hosokawa et al., 2023). Moreover, systematic reviews affirm that value alignment and constructive dialogue are key mechanisms through which families maintain harmony across cultural contexts (Roman et al., 2025). Together, these findings affirm that the high level of consensual solidarity observed in this barangay represents a critical family strength and provides a robust foundation for interventions aimed at deepening unity and sustaining household harmony.

The implications of these findings highlight the importance of reinforcing parents’ roles as facilitators of shared meaning and respectful dialogue. Although parents demonstrate high consensual solidarity, the relatively lower means on items involving compromise and unity suggest opportunities to strengthen skills in family negotiation, democratic decision-making, and conflict mediation. Community-based interventions may therefore integrate modules on values clarification, family dialogue, and collaborative problem-solving. Equipping parents with strategies to manage differences constructively can help transform disagreements into opportunities for learning, thereby sustaining harmony while preserving individual voices within the family.

Table 6 reveals the extent of Normative Solidarity demonstrated by parents. The overall mean score of 3.76 (SD = 0.41) indicates that normative solidarity is demonstrated to a great extent among the respondents. This suggests that parents strongly uphold family roles, moral responsibilities, and shared values as central to family life. The highest mean was recorded for “see caring for my family as an important responsibility” (M = 3.90, SD = 0.30), followed closely by “model responsibility and good values for my children” (M = 3.88, SD = 0.33). These results highlight that parents perceive caregiving and moral modeling not merely as obligations but as core identities of parenthood. In contrast, the lowest mean – though still within the “Strongly Agree” range – was observed for “believe that family comes first in times of need” (M = 3.63, SD = 0.49). This suggests that while parents strongly value family primacy, external pressures and competing demands may occasionally temper the absolute prioritization of family needs.

**Table 6. Extent of Normative Solidarity Demonstrated by Parents**

Indicators	M	SD	VD/VI
<b>As a parent, I...</b>			
see caring for my family as an important responsibility.	3.90	0.30	SA
teach my children to respect elders and family members.	3.68	0.47	SA
uphold family traditions and values passed down to us.	3.73	0.45	SA
believe that family comes first in times of need.	3.63	0.49	SA
model responsibility and good values for my children.	3.88	0.33	SA
<b>Overall</b>	<b>3.76</b>	<b>0.41</b>	<b>DGE</b>

Note: 4.00 – 3.26 – Strongly Agree (SA)/ Demonstrated to a Great Extent (DGE); 3.25 – 2.51 – Agree(A)/ Demonstrated to a Moderate Extent (DME); 2.50 – 1.76 – Disagree (D)/ Demonstrated to a Low Extent (DLE); 1.75 – 1.00 – Strongly Disagree (SD)/ Not demonstrated at all (NAD)

The consistently high ratings across all indicators reflect a family environment deeply rooted in duty, respect, and the transmission of values. In the Filipino context, normative solidarity resonates with cultural principles such as *utang na loob*, *paggalang sa nakatatanda*, and *pamilyang inuuna sa lahat*, which frame family life as a moral community. Parents in this barangay appear to function as ethical stewards—preserving traditions, modeling responsibility, and socializing children into shared norms. The slight variation in the “family first” item suggests that normative commitments are enacted within real-life constraints, where parents balance familial obligations with economic and social demands.

These findings are supported by contemporary research that emphasizes the roles of values, norms, and role modeling in family cohesion. Studies have shown that parents’ commitment to shared family values and responsibilities is associated with stronger cohesion and relational stability (Bian et al., 2024). Research on family socialization further indicates that parental modeling of responsibility and respect is crucial in shaping children’s moral development and family-oriented behavior (Hosokawa et al., 2023). Systematic reviews likewise affirm that value transmission, role clarity, and moral guidance are key mechanisms through which families maintain unity and harmony across cultural contexts (Roman et al., 2025). Collectively, these studies affirm that the high level of normative solidarity observed in this barangay represents a critical family strength and provides a solid foundation for sustaining household harmony and intergenerational continuity.

The implications of these findings emphasize the need to reinforce parents’ roles as moral guides and cultural bearers within the family. While normative solidarity is already strong, community-based programs can further empower parents to translate values into everyday practices, particularly during periods of stress and transition. Parenting interventions may include modules on values-based parenting, intergenerational respect, and positive role modeling, helping parents sustain moral leadership as they navigate modern challenges. Strengthening parents’ capacity to integrate tradition with adaptability can preserve family norms while supporting resilience and harmony in changing contexts.

Table 7 flaunts the extent of Structural Solidarity demonstrated by parents. The overall mean of 3.66 (SD = 0.47) indicates that structural solidarity is demonstrated to a great extent among the respondents. Parents reported the highest agreement with “maintain close relationships with relatives, even those not living with us” (M = 3.80, SD = 0.41), affirming that extended family ties remain active and valued beyond shared residency. Following closely were “support family unity despite changes in living arrangements” (M = 3.70, SD = 0.46) and “adjust my parenting roles based on our family structure” (M = 3.68, SD = 0.47), indicating flexibility and adaptability in navigating diverse family forms. Meanwhile, “stay connected with family members who live far away” (M = 3.58, SD = 0.50) and “ensure our home encourages togetherness and interaction” (M = 3.55, SD = 0.50) registered lower (yet strong) agreement, suggesting that physical distance or domestic constraints may sometimes pose challenges to continuous interaction.

**Table 7.** *Extent of Structural Solidarity Demonstrated by Parents*

Indicators	M	SD	VD/VI
<b>As a parent, I...</b>			
maintain close relationships with relatives, even those not living with us.	3.80	0.41	SA
adjust my parenting roles based on our family structure.	3.68	0.47	SA
ensure our home encourages togetherness and interaction.	3.55	0.50	SA
stay connected with family members who live far away.	3.58	0.50	SA
support family unity despite changes in living arrangements.	3.70	0.46	SA
<b>Overall</b>	<b>3.66</b>	<b>0.47</b>	<b>DGE</b>

Note: 4.00 – 3.26 – Strongly Agree (SA)/ Demonstrated to a Great Extent (DGE); 3.25 – 2.51 – Agree(A)/ Demonstrated to a Moderate Extent (DME); 2.50 – 1.76 – Disagree (D)/ Demonstrated to a Low Extent (DLE); 1.75 – 1.00 – Strongly Disagree (SD)/ Not demonstrated at all (NAD)

These patterns reflect a family context in which structural ties extend across households and adapt to shifting family formations. Structural solidarity emphasizes not only co-residence but also opportunities for interaction, proximity, and social linkage among kin. In many cultures—including the Filipino context—extended family networks help sustain cohesion even amidst migration or spatial separation (Zhao et al., 2022). The relatively lower agreement with home-based interaction aligns with research showing that geographic distance can dampen day-to-day contact. However, emotional and social bonds remain intact through other mediums (Mair et al., 2021). Moreover, families that successfully adapt parenting roles to changing structures, such as blended or multigenerational households, often display greater resilience and cohesion (Kirby & Sanders, 2023).

These results are supported by empirical literature demonstrating the importance of structural elements in family processes. Zhao, Xie, and Wang (2022) found that family networks and patterns of contact significantly contribute to family cohesion and emotional support, even when members live apart. Similarly, Mair, Cutchin, and Rethorn (2021) showed that distance does not necessarily weaken family bonds when frequent communication and emotional connection persist. Kirby and Sanders (2023) emphasize that adaptive parenting roles and flexible family organization are linked with better family functioning and stability. Finally, Lee and Yoo (2024) reported that multigenerational ties and household interaction routines strengthen perceived family solidarity and mental well-being. Collectively, these studies affirm that structural solidarity, as evidenced in this barangay, is a resilient dimension of family life that supports sustained connection and harmony across living arrangements.

These findings suggest that, while strong extended kinship ties help maintain structural solidarity, parents may benefit from resources that enhance family connectivity regardless of physical proximity. Programs might include digital literacy for interfamily communication, community networks that support extended family activities, and parenting education tailored to diverse family structures (e.g., single-parent and stepfamily households). By reinforcing opportunities for interaction—whether through technology or structured community engagement—families can sustain unity and relational quality even when living apart.

Table 8 uncovers the extent to which parents maintain Household Harmony in their homes. The overall mean score of 3.67 (SD = 0.46) indicates that household harmony is maintained to a great extent among the respondents. This finding suggests that parents consistently engage in behaviors that foster peace, respect, emotional safety, and constructive interaction within the household. The highest mean scores were observed for “promote peace and respect inside our home,” “handle family conflicts calmly and with understanding,” “listen to my family members’ concerns before making judgments or decisions,” and “model calm and respectful behavior even during stressful situations at home” (all M = 3.78, SD = 0.42). These results highlight parents’ strong commitment to emotional regulation, respectful communication, and thoughtful decision-making. In contrast, the lowest means—though still within the “Strongly Agree” range—were recorded for “encourage forgiveness and reconciliation after misunderstandings or conflicts” and “create opportunities for positive interactions that strengthen harmony in our home” (both M = 3.50, SD = 0.51). This pattern suggests that while parents are effective at preventing and managing conflict, more intentional efforts may be needed to cultivate restorative practices and proactive bonding moments.

**Table 8.** *The Extent to Which Parents Maintain Household Harmony in Their Homes*

Indicators	M	SD	VD/VI
<b>As a parent, I...</b>			
promote peace and respect inside our home.	3.78	0.42	SA
handle family conflicts calmly and with understanding.	3.78	0.42	SA
encourage open and respectful communication among family members.	3.63	0.49	SA
make our home a place where everyone feels safe and valued.	3.55	0.50	SA
work hard to maintain harmony and avoid unnecessary conflict in our household.	3.73	0.45	SA
listen to my family members’ concerns before making judgments or decisions.	3.78	0.42	SA
model calm and respectful behavior even during stressful situations at home.	3.78	0.42	SA
encourage forgiveness and reconciliation after misunderstandings or conflicts.	3.50	0.51	SA
make sure that household rules are fair and understood by all family members.	3.68	0.47	SA
create opportunities for positive interactions that strengthen harmony in our home.	3.50	0.51	SA
<b>Overall</b>	<b>3.67</b>	<b>0.46</b>	<b>MGE</b>

*Note:* 4.00 - 3.26 - Strongly Agree (SA)/ Maintained to a Great Extent (MGE); 3.25 - 2.51 - Agree(A)/ Maintained to a Moderate Extent (MME); 2.50 - 1.76 - Disagree (D)/ Maintained to a Low Extent (MLE); 1.75 - 1.00 - Strongly Disagree (SD)/ Not maintained at all (NAM)

The consistently high scores across all indicators reflect a household environment characterized by emotional safety, mutual respect, and constructive communication. Parents in this barangay appear to function as emotional anchors, modeling calmness and fairness while creating spaces where family members feel heard and valued. Such practices are central to sustaining harmony, as they regulate conflict and transform potential tensions into opportunities for understanding. The slightly lower emphasis on forgiveness and the deliberate creation of positive interactions imply that harmony is often maintained through regulation and prevention rather than through structured restorative or bonding practices.

These findings are supported by contemporary family research, which emphasizes that emotional regulation, open communication, and restorative practices are central to healthy family functioning. Studies show that

parents' calm conflict management and respectful communication are associated with lower family (stress) and higher relational satisfaction (Hahlweg & Richter, 2022). Research on family emotional climate demonstrates that homes characterized by safety, fairness, and empathy promote better psychological adjustment among family members (Al-Smadi, Banat, & Sarhan, 2024). Moreover, scholars emphasize that forgiveness and reconciliation are critical mechanisms for sustaining long-term harmony, as unresolved conflicts can erode trust and emotional security over time (Worthington & Scherer, 2022). Recent work on family resilience further indicates that intentional positive interactions—such as shared rituals and affirming communication—strengthen relational bonds and buffer families against stress (Walsh, 2016). Collectively, these studies affirm that the high level of household harmony observed in this barangay reflects a strong relational foundation and highlight opportunities to enhance the restorative and proactive dimensions of family life.

The implications of these findings point to the importance of complementing parents' strong conflict-management skills with strategies that promote restoration and proactive relationship-building. Community-based family programs may therefore incorporate modules on forgiveness, reconciliation, and the intentional design of positive family rituals (e.g., shared reflection time, gratitude practices, or weekly bonding activities). Strengthening these dimensions can help move families from merely avoiding conflict to actively cultivating warmth and connection, thereby deepening household harmony and emotional resilience.

Table 9 shows the results of the test of difference in the extent to which parents demonstrate Family Solidarity, grouped by demographic profile. Using the Kruskal-Wallis H test, no statistically significant differences were found across age ( $H = 1.153, p = .764$ ), civil status ( $H = 5.781, p = .123$ ), educational attainment ( $H = 6.692, p = .153$ ), employment status ( $H = 7.377, p = .061$ ), monthly household income ( $H = 3.078, p = .215$ ), family structure ( $H = 1.857, p = .603$ ), number of children ( $H = 3.000, p = .392$ ), and length of parenthood ( $H = 3.857, p = .277$ ). Likewise, the Mann-Whitney U test revealed no significant difference between male and female parents ( $U = 144.0, p = .391$ ). These findings indicate that parents in the community demonstrate comparable levels of family solidarity regardless of demographic characteristics.

**Table 9.** *Test of Difference in the Extent to Which Parents Demonstrate Family Solidarity When They are Grouped According to Their Demographic Profile*

Demographic Profile	Family Solidarity			
	H	df	Sig.	Interpretation
Age	1.153	3	.764	Not Significant
Sex*	144.0	1	.391	Not Significant
Civil Status	5.781	3	.123	Not Significant
Educational Attainment	6.692	4	.153	Not Significant
Employment Status	7.377	3	.061	Not Significant
Monthly Household Income	3.078	2	.215	Not Significant
Family Structure	1.857	3	.603	Not Significant
Number of Children	3.000	3	.392	Not Significant
Length of Parenthood	3.857	3	.277	Not Significant

\*Mann-Whitney U Test was used.

This pattern is consistent with contemporary literature, which emphasizes that family cohesion and solidarity function as processes—anchored in communication, mutual support, and shared responsibility—rather than as mere by-products of structural advantages (Roman et al., 2025). Studies grounded in the Family Stress Model demonstrate that cohesion can operate as a resilience resource, buffering families against the adverse effects of economic strain and role stress (Wilkinson-Lee et al., 2025). Research among economically vulnerable families likewise shows that protective family processes can remain strong even amid unemployment, low income, and instability (He et al., 2021). Thus, the absence of demographic differences in the present study is theoretically plausible: solidarity may be sustained precisely because families rely on it to navigate hardship.

The community's demographic context further clarifies this finding. A large proportion of respondents are young, economically constrained, and embedded in nuclear or extended family arrangements. Shared exposure to adversity—limited income, precarious work, and non-traditional family trajectories—may foster mutual dependence and collective coping. Comparative evidence indicates that in less “WEIRD” and more collectivist contexts, hardship often coexists with strong relational resources, as families mobilize social bonds to maintain stability (Weziak-Bialowolska et al., 2025). Moreover, when samples exhibit a restricted socioeconomic range (e.g., predominantly low-income), demographic contrasts tend to explain little variance in family functioning compared

with relational processes (Booyesen et al., 2021). Hence, family solidarity in this community appears to be culturally embedded and situationally reinforced rather than demographically stratified.

Overall, the findings affirm that family solidarity is a pervasive strength across households. It is not contingent on marital status, income, education, or family size; instead, it reflects a collective orientation toward mutual care and shared responsibility. This underscores the cultural durability of solidarity in Filipino family life and highlights its role as an adaptive mechanism under conditions of uncertainty and constraint.

Interventions should treat family solidarity as an existing asset rather than assume dysfunction based on poverty or family structure. Programs may be most effective when they build on shared values of mutual support—strengthening communication, collaborative problem-solving, and intergenerational cooperation across all household types. Given that solidarity is uniform across demographic groups, community-wide initiatives (e.g., parent circles, family dialogue sessions, and kinship-based support networks) are appropriate and equitable. At the same time, because solidarity coexists with structural vulnerability, psychosocial interventions should be integrated with livelihood linkages, skills training, and service referrals. A holistic model—combining relational empowerment with material support—can transform this community-wide strength into sustained resilience, enabling families to maintain harmony as they navigate economic and social challenges.

Table 10 displays the test of difference in the extent to which parents demonstrate Household Harmony, grouped by their demographic profile. Results of the Kruskal-Wallis H test revealed no statistically significant differences across age ( $H = 1.937, p = .586$ ), civil status ( $H = 4.078, p = .253$ ), educational attainment ( $H = 1.179, p = .882$ ), employment status ( $H = 1.942, p = .585$ ), monthly household income ( $H = 4.853, p = .088$ ), family structure ( $H = 0.619, p = .892$ ), number of children ( $H = 1.780, p = .619$ ), and length of parenthood ( $H = 2.786, p = .426$ ). Similarly, the Mann-Whitney U test indicated no significant difference in household harmony between male and female parents ( $U = 140.0, p = .298$ ). These findings demonstrate that parents in the community experience and maintain household harmony at comparable levels regardless of demographic characteristics.

**Table 10.** *Test of Difference in the Extent to Which Parents Demonstrate Household Harmony When They are Grouped According to Their Demographic Profile*

Demographic Profile	Household Harmony			
	H	df	Sig.	Interpretation
Age	1.937	3	.586	Not Significant
Sex*	140.0	1	.298	Not Significant
Civil Status	4.078	3	.253	Not Significant
Educational Attainment	1.179	4	.882	Not Significant
Employment Status	1.942	3	.585	Not Significant
Monthly Household Income	4.853	2	.088	Not Significant
Family Structure	0.619	3	.892	Not Significant
Number of Children	1.780	3	.619	Not Significant
Length of Parenthood	2.786	3	.426	Not Significant

\*Mann-Whitney U Test was used.

This pattern aligns with contemporary family research, which emphasizes that harmony is primarily shaped by relational processes—communication, emotion regulation, and cooperative routines—rather than by structural attributes alone (Roman et al., 2025). Studies among economically vulnerable families show that adaptive family practices can be sustained even under persistent stress, allowing households to preserve stability and emotional closeness despite material scarcity (He et al., 2021). From the lens of the Family Stress Model, cohesion and constructive interaction patterns can buffer the disruptive effects of financial strain on everyday family life (Wilkinson-Lee et al., 2025). Thus, the absence of demographic differences in the present findings is theoretically coherent: harmony functions as a relational strategy that families actively maintain.

The community's demographic context further clarifies this result. Most households face shared conditions of low income, employment instability, and early-stage parenting. In such settings, harmony may be defined less by material comfort and more by the absence of overt conflict, mutual accommodation, and cooperation in daily routines. Comparative evidence suggests that in collectivist and less “WEIRD” contexts, families often normalize hardship and mobilize relational resources to sustain equilibrium (Weziak-Bialowolska et al., 2025). Moreover, when a sample is relatively homogeneous in socioeconomic status, demographic contrasts tend to explain little variance in family functioning (Booyesen et al., 2021). Consequently, harmony in this community appears culturally

embedded and situationally reinforced rather than demographically stratified.

The prominence of female and widowed parents may also contribute to emotion-focused and relationship-preserving conflict management styles, which help sustain peaceful home environments despite stressors. Overall, the findings affirm that household harmony is a pervasive and resilient feature across families. It is not diminished by poverty, single parenthood, or early parenting; rather, it reflects a collective orientation toward tolerance, role flexibility, and relational maintenance.

Programs should recognize household harmony as an existing strength and avoid deficit-based assumptions grounded solely in poverty or family structure. Community-wide interventions—such as family dialogue circles, parenting workshops on communication and emotion regulation, and peer-support groups—are appropriate given the uniformity of harmony across demographics. However, because harmony coexists with structural vulnerability, psychosocial efforts must be paired with material support, including livelihood linkages, skills training, and access to social services. A dual-focus model that reinforces adaptive family practices while addressing economic stressors can preserve harmony and prevent latent strain from escalating into conflict. Future research may integrate qualitative approaches to surface hidden stress and coping strategies that are not captured by survey measures, ensuring that interventions remain responsive to lived realities.

Table 11 showcases the test of the relationship between the extent of Family Solidarity and the extent of Household Harmony among parents. Results of the Pearson product-moment correlation analysis revealed a moderate, positive, and statistically significant relationship between the two variables,  $r(38) = .435$ ,  $p = .005$ . This finding indicates that greater mutual support, unity, and connectedness among family members are associated with higher levels of peace, cooperation, and emotional stability within the household.

**Table 11.** *Test of the Relationship Between the Extent of Family Solidarity and the Extent of Household Harmony Among Parents*

<b>Family Solidarity</b>		
	Pearson correlation	.435**
<b>Household Harmony</b>	Sig. (2-tailed)	.005
	N	40

\*\* Correlation is significant at the 0.01 level (2-tailed).

This result is consistent with contemporary family literature, which emphasizes that cohesion, emotional bonding, and shared responsibility form the relational foundation of harmonious home environments (Roman et al., 2025). Empirical studies grounded in the Family Stress Model demonstrate that strong family ties buffer the effects of stressors—such as financial strain and role overload—by promoting adaptive communication, emotional regulation, and collaborative problem-solving (Wilkinson-Lee et al., 2025). Among economically vulnerable families, protective relational processes have been shown to sustain stability and reduce conflict despite material hardship (He et al., 2021). Thus, the observed association between solidarity and harmony in the present study reflects a broader pattern in which relational strength translates into everyday peace and cooperation.

Notably, parents in the community generally report high levels of both family solidarity and household harmony despite low income, unemployment, single or widowed parenthood, and early-stage parenting. The significant correlation suggests that solidarity functions as a mechanism through which families maintain harmony under constraint. In collectivist contexts such as Filipino communities, shared caregiving, interdependence, and emotional reciprocity often compensate for limited material resources, allowing families to construct meaning, stability, and order in daily life. Harmony, therefore, appears not as the absence of hardship but as the product of sustained relational effort anchored in solidarity.

These findings affirm that family solidarity is a protective factor with tangible implications for household functioning. Rather than viewing low-income families as inherently fragile, the data highlight their relational resilience. Strengthening family bonds may be a more effective pathway to improving household well-being than interventions that focus solely on deficits or risks. Programs aimed at family development should adopt a strengths-based orientation that recognizes and amplifies existing family solidarity. Community interventions may focus on enhancing communication, shared decision-making, emotional regulation, and intergenerational cooperation—processes that directly nurture household harmony. Parent circles, family dialogue sessions, and peer-support groups can provide structured spaces for families to reflect on their strengths and practice relational

skills.

Given that solidarity mediates harmony even under economic stress, psychosocial initiatives should be integrated with material support such as livelihood linkages, skills training, and access to social services. A dual-focus model—relational empowerment coupled with structural assistance—can transform existing solidarity into sustained resilience. By building on what families already do well, programs can foster peaceful, supportive homes while enabling parents to navigate hardship with dignity and cohesion.

### **Proposed Family-Based Program to Strengthen Family Solidarity and Sustain Household Harmony**

KAPIT-BISIG PAMILYA (Katatagan, Pagkakaisa, at Kapayapaan sa Tahanan) is a barangay-based, strength-oriented family intervention program designed to enhance Family Solidarity and sustain Household Harmony among Filipino parents. Grounded in empirical findings that demonstrate high levels of solidarity and harmony across demographic groups—and a significant positive relationship between the two ( $r = .435$ ,  $p = .005$ )—the program does not frame families as deficient. Instead, it builds on existing relational strengths by equipping parents with practical skills in empathic communication, shared decision-making, restorative conflict repair, and the creation of intentional family routines. Anchored on SDG 3 (Good Health and Well-Being) and SDG 16 (Peace, Justice, and Strong Institutions), the program positions the home as a frontline space for psychosocial well-being and everyday peacebuilding.

Implemented through an eight-week, community-facilitated learning cycle, KAPIT-BISIG PAMILYA integrates interactive workshops with structured home-based practices such as daily “kumustahan,” weekly family time, appreciation rituals, and reconciliation routines after conflict. The program is culturally responsive and inclusive of diverse family structures, particularly in low-income and single-parent contexts, and is complemented by referral pathways for psychosocial and livelihood support. By strengthening protective family processes rather than correcting deficits, the program operationalizes a solidarity-to-harmony pathway, translating local empirical evidence into a scalable model for sustaining emotionally safe, peaceful, and resilient Filipino households.

## **Conclusion**

The study concludes that Filipino parents in a selected barangay in Laguna generally demonstrate high family solidarity across its functional, affectual, associational, consensual, normative, and structural dimensions, and likewise maintain household harmony to a great extent. Notably, these positive levels remain consistent regardless of demographic characteristics, suggesting that solidarity and harmony function as shared community strengths even amid socioeconomic vulnerability, single or widowed parenthood, and early parenting experiences. Importantly, the findings confirm a moderate, positive, and statistically significant relationship between family solidarity and household harmony, indicating that stronger family bonds and supportive practices are associated with more peaceful, respectful, and emotionally safe home environments. Overall, the results reinforce the family’s role as a protective social unit that advances psychosocial well-being and peace in everyday life, aligning with SDG 3 (Good Health and Well-Being) and SDG 16 (Peace, Justice, and Strong Institutions) by cultivating resilience and non-violence from the home.

Based on these conclusions, it is recommended that a family-based intervention program be developed that is strength-based rather than deficit-oriented, affirming existing solidarity while enhancing skills that further sustain harmony. Priority components may include: (1) parenting and family communication workshops focused on empathic listening, respectful dialogue, and collaborative decision-making; (2) conflict transformation and restorative practices, with emphasis on forgiveness, reconciliation, and problem-solving routines; (3) intentional family rituals and bonding activities (e.g., weekly family time, shared meals, gratitude practices) to strengthen associational and affectual solidarity; and (4) psychosocial support with livelihood referral pathways for low-income and unemployed parents, ensuring that economic stress is addressed alongside relational well-being. For sustainability, barangay-based implementation may partner with local health workers, schools, and faith/community leaders, with monitoring indicators tied to family functioning, emotional safety, and peace-oriented home practices. Future studies may complement the survey with qualitative inquiry to surface hidden stressors, culturally grounded coping mechanisms, and the lived meanings of “harmony” in economically constrained households.

## Contributions of Authors

**Author 1:** conceptualization, research design, supervision, and writing—original draft preparation and final manuscript completion

**Author 2:** data analysis and interpretation of results

**Author 3:** data gathering and field data coordination

**Author 4:** data gathering

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## Conflict of Interests

The authors declare no conflict of interest.

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