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**ADVANCING SUSTAINABLE FUTURES THROUGH SOCIAL
PROTECTION: EFFECTIVENESS, CHALLENGES, AND
MECHANISMS OF THE KILOS UNLAD FRAMEWORK AMONG
4PS BENEFICIARIES**

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Keywords

Kilos Unlad Framework, Human Well-Being, 4Ps Beneficiaries, Social Case Management, Sustainable Human Development.

Abstract

This study assessed the effectiveness of the Kilos Unlad (KU) Framework as a social case management strategy for improving the multi-dimensional well-being of Pantawid Pamilyang Pilipino Program (4Ps) beneficiaries in Lumbayanague, Lanao del Sur. Using a mixed-methods research design, quantitative data were collected from 242 beneficiaries to examine their level of engagement with the KU Framework and its perceived effects on economic, social, psychological, and health well-being. Qualitative data were gathered through interviews with case managers and service providers to explore implementation challenges and mechanisms for improvement. Findings revealed generally high engagement among beneficiaries, particularly in KU activities, although understanding of specific KU tasks indicated a need for improved orientation. The KU Framework was perceived as effective in enhancing financial literacy, family relationships, community participation, confidence, motivation, emotional resilience, and preventive health behaviors. However, income stability remained a persistent challenge, highlighting structural and resource-related constraints. Qualitative insights supported these results, emphasizing improvements in self-sufficiency, social cohesion, stress management, and health awareness, while also identifying resource limitations, logistical issues, and the need for stronger policy and institutional support.



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	Overall, the study concludes that the Kilos Unlad Framework effectively strengthens human development outcomes through structured engagement, monitoring, and convergence mechanisms. Anchored in strengths-based and asset-based community development perspectives, the framework fosters empowerment and resilience among beneficiaries. Nevertheless, sustained economic self-sufficiency requires enhanced livelihood opportunities, improved resource allocation, and stronger collaboration among government agencies, local governments, and community organizations to ensure long-term sustainability.
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1. INTRODUCTION

➤ Background of the Study

Social protection programs have become a cornerstone in promoting sustainable human development, particularly among marginalized populations. In the Philippine context, the Pantawid Pamilyang Pilipino Program (4Ps) represents a crucial poverty alleviation initiative aimed at breaking the intergenerational cycle of poverty through conditional cash transfers, health, education, and psychosocial support. However, beyond financial assistance, the program leverages a case management framework called Kilos Unlad (KU)—a structured mechanism designed to strengthen human and social capital, empowerment, and family development.

The Kilos Unlad Framework emphasizes a strengths-based and asset-based community development approach, helping beneficiaries chart personalized development plans while promoting family functionality, community involvement, and self-sufficiency. Despite its promising goals, assessing its actual effectiveness and implementation challenges remains necessary, especially within the socio-cultural context of Lanao del Sur, where economic opportunities and institutional support may vary.

➤ Statement of the Problem

This study assessed the effectiveness of the Kilos Unlad Framework in improving the multi-dimensional well-being of 4Ps beneficiaries in Lumbayanague, Lanao del Sur. Specifically, it sought to:

1. Determine the level of engagement of 4Ps beneficiaries with the Kilos Unlad Framework;
2. Assess the perceived effects of KU implementation on economic, social, psychological, and health well-being;
3. Identify the challenges and limitations in its implementation; and
4. Explore potential mechanisms to strengthen the framework's efficacy and sustainability.

➤ Significance of the Study

The research contributes to the growing body of knowledge on social protection and sustainable human development by providing empirical evidence on how structured social case management can enhance long-term resilience. The findings serve as a basis for policymakers, 4Ps program managers, and local governments to optimize KU strategies and strengthen coordination among social service institutions.

➤ Theoretical and Conceptual Framework



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The study is anchored in the Strengths-Based Perspective and Asset-Based Community Development (ABCD) model, which advocate for recognizing individuals' and communities' inherent capabilities as foundations for growth. These frameworks guided the development of the conceptual model emphasizing engagement, empowerment, and sustainability as integral pathways to achieving holistic well-being through Kilos Unlad.

2. METHODOLOGY

➤ Research Design

A mixed-methods research design was employed to ensure a comprehensive analysis of the KU Framework's effectiveness. The quantitative component measured the extent of beneficiary engagement and perceived well-being outcomes, while the qualitative component explored the experiences of case managers and service providers to contextualize the quantitative results.

➤ Respondents and Sampling Procedure

The study included 242 4Ps beneficiaries from Lumbayanague, Lanao del Sur, selected through stratified random sampling to ensure representation across barangays. For qualitative analysis, key informant interviews (KIIs) were conducted with five social case managers and three partner service providers involved in implementing Kilos Unlad activities.

➤ Research Instruments

- A structured survey questionnaire measured engagement, understanding of KU tasks, and perceived effects on economic, social, psychological, and health aspects.
- A semi-structured interview guide was used for qualitative data, focusing on implementation challenges, best practices, and recommendations.

➤ Data Collection and Analysis

Quantitative data were analyzed using descriptive statistics (mean, frequency, and percentage) to describe engagement levels and perceived outcomes. The qualitative data underwent thematic analysis, allowing identification of recurring themes such as empowerment, resource constraints, and coordination mechanisms. Triangulation was applied to integrate findings for credibility and consistency.

3. RESULTS AND DISCUSSION

1. Level of Engagement in the Kilos Unlad Framework Results revealed high levels of engagement among beneficiaries, particularly in attending family development sessions, preparing individual and family development plans, and participating in community activities. However, understanding of specific KU tasks— especially those involving livelihood and skills training—was uneven, suggesting the need for strengthened orientation and capacity-building support.
2. Perceived Effectiveness of the Kilos Unlad Framework Beneficiaries perceived KU as effective in enhancing multi-dimensional well-being:



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- Economic well-being: Increased financial literacy and improved budgeting practices, though many beneficiaries still struggled with income stability due to limited livelihood options.
 - Social well-being: Enhanced family relationships, increased participation in community initiatives, and strengthened social connections.
 - Psychological well-being: Improved self-confidence, motivation, and emotional resilience through empowerment-oriented coaching and group activities.
 - Health well-being: Uptake of preventive health behaviors, greater awareness of sanitation, and utilization of health services.
3. Challenges in Implementation Despite positive outcomes, several implementation challenges were highlighted:
- Resource limitations (insufficient livelihood funds and training materials);
 - Logistical constraints (transportation difficulties and poor communication systems);
 - Workload among case managers reducing the quality of individualized follow-up; and
 - Inconsistent inter-agency coordination hindering comprehensive service delivery.
4. Mechanisms for Improvement Respondents emphasized mechanisms for strengthening the Kilos Unlad Framework, including:
- Enhancing livelihood convergence programs with local government units and private partners;
 - Increasing budget allocation for training and resource mobilization;
 - Institutionalizing monitoring and feedback systems to track progress; and
 - Strengthening policy integration to align KU outcomes with broader sustainable development goals.
5. Integrative Interpretation The synergy between quantitative and qualitative findings confirms that the KU Framework functions as a transformative social case management mechanism—promoting self-sufficiency, social cohesion, and resilience. However, without addressing structural economic barriers, its impact on long-term income sustainability remains limited.

4. CONCLUSION AND RECOMMENDATIONS

➤ Conclusion

The study concludes that the Kilos Unlad Framework is an effective and empowering social case management model that strengthens multiple dimensions of well-being among 4Ps beneficiaries. It fosters empowerment, resilience, and community engagement, aligning with sustainable human development goals. However, sustained economic stability and full program efficiency depend on improved livelihood support, structural resource adequacy, and stronger multi-sectoral collaboration.

➤ Recommendations



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1. Enhance orientation and continuous capacity-building to deepen beneficiaries' understanding of KU tasks and goals.
2. Strengthen inter-agency collaboration among DSWS, LGUs, and NGOs to expand economic and social support networks.
3. Increase livelihood program integration, ensuring scalability and sustainability.
4. Institutionalize feedback and monitoring mechanisms for real-time assessment of progress and needs.
5. Formulate policy adjustments to address contextual challenges in resource-poor municipalities, securing local ownership and adaptation.

5. AUTHOR(S) CONTRIBUTION

The writers affirm that they have no connections to, or engagement with, any group or body that provides financial or non-financial assistance for the topics or resources covered in this manuscript.

6. CONFLICTS OF INTEREST

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

7. PLAGIARISM POLICY

All authors declare that any kind of violation of plagiarism, copyright and ethical matters will take care by all authors. Journal and editors are not liable for aforesaid matters.

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