

Assessing the Economic Impact of the Pantawid Pamilyang Pilipino Program (4Ps) in the Philippines: A Systematic Review

Jayson Diaz

¹College of Criminology, Green Valley College Foundation Inc., Koronadal City, Philippines

e-mail: jdiaz@gvcfi.edu.ph

*Corresponding Author: jason.diaz@greenvalleyph.com

ARTICLE INFO

Received : March 5th, 2025

Accepted : July 10th, 2025

Published : July, 23th 2025

Keywords: Conditional cash transfer, Economic impact, Pantawid Pamilyang Pilipino Program (4Ps), Poverty reduction

ABSTRACT

This systematic review examines the impact of the Pantawid Pamilyang Pilipino Program (4Ps) on poverty reduction, education, healthcare utilization, and economic stability in the Philippines. Following the preferred reporting items for systematic reviews and meta analyses (PRISMA) guidelines, this study synthesizes findings from peer reviewed articles, government reports, and policy papers. Results indicate that 4Ps has significantly improved school enrollment, healthcare access, and household consumption, contributing to overall human capital development. However, challenges persist, including program dependency, targeting inefficiencies, misallocation of grants, and gaps in healthcare service utilization. Comparative analysis highlights regional disparities, with rural beneficiaries benefiting more from education and health services, while urban households demonstrate better financial management. Thematic synthesis reveals that employment effects remain mixed, as male household members show increased labor participation, whereas female employment remains unchanged. Policy recommendations emphasize strengthening livelihood programs, improving grant monitoring, addressing targeting inefficiencies, and enhancing family development sessions (FDS) for long-term socio-economic impact. While 4Ps has contributed to poverty alleviation and social mobility, continued refinements in program implementation, inter-agency coordination, and financial sustainability are necessary to maximize its long-term impact. Future research should explore longitudinal assessments and alternative social protection mechanisms to improve the program's effectiveness.

Introduction

Social protection programs are vital instruments in the fight against poverty and in promoting inclusive economic development. Among these, Conditional Cash Transfer (CCT) programs have emerged as one of the most widely adopted strategies globally, providing financial aid to low-income families contingent on fulfilling specific health and education-related conditions [1]. While the benefits of CCTs at the household

or micro level—such as improved school attendance and health outcomes—have been widely documented, there remains a lack of consolidated understanding regarding their broader economic implications at the macro level, such as their effects on labor market dynamics, income distribution, and national productivity.

In the Philippines, the Pantawid Pamilyang Pilipino Program (4Ps), launched in 2008 by the Department of Social Welfare and Development (DSWD), represents the country's largest and most ambitious social safety net program [3]. As of 2023, it has reached over 4 million households, providing conditional cash grants that aim to break the intergenerational cycle of poverty by investing in human capital—specifically in health, education, and nutrition [4]. The program requires compliance with conditions such as regular school attendance for children and prenatal checkups for pregnant women.

Numerous studies have explored the micro-level impacts of 4Ps, consistently reporting positive outcomes in education access, child health, and short-term poverty reduction [6]. However, the macro-level economic effects of the program—such as changes in national income, employment patterns, productivity, and fiscal sustainability—are far less clear. While some studies suggest that cash transfers stimulate local economies through increased consumption and demand [7], others caution against potential adverse effects, such as dependency, reduced labor participation, and strain on public finances [17]. The inconsistencies and methodological differences in these studies create a fragmented evidence base. Amid these conflicting results, there is a compelling need for a systematic review that synthesizes existing empirical findings on the effectiveness of the Pantawid Pamilyang Pilipino Program (4Ps), particularly in relation to household welfare, implementation challenges, and policy implications. Utilizing the PRISMA guidelines ensures a structured, transparent, and replicable approach to identifying, selecting, and analyzing relevant studies across the national landscape.

This research generally aims to evaluate the impact and effectiveness of the Pantawid Pamilyang Pilipino Program (4Ps) based on a systematic review of existing literature using PRISMA guidelines. Specifically, it seeks to answer the following questions (1) How effective is the 4Ps program in improving household welfare, particularly in terms of poverty alleviation, educational outcomes, and health conditions among beneficiaries?; (2) What common implementation challenges and targeting issues are identified across various studies on the 4Ps program?; (3) What policy recommendations can be derived from the existing literature to improve the long-term sustainability and impact of the 4Ps program?

Research Methods

This study employed a systematic review methodology guided by the PRISMA framework to assess the economic impact of the Pantawid Pamilyang Pilipino Program (4Ps) in the Philippines. The review synthesized existing empirical studies, government reports, and academic research that examined how 4Ps influenced GDP growth, employment, income distribution, and household welfare. The following inclusion and exclusion criteria were used to filter relevant studies :

Table 1 Eligibility Criteria

Criteria	Inclusion	Exclusion
Study Type	Peer-reviewed journal articles, government reports, institutional studies	Opinion pieces, policy briefs without empirical data, non-systematic reviews
Focus Area	Economic indicators (poverty alleviation, labor market effects, income levels, household expenditure)	Studies on purely social, behavioral, or psychological effects
Publication Year	2008 onwards (aligned with 4Ps implementation)	Studies published before 2008
Language	English or Filipino	Non-English/non-Filipino publications without translations
Relevance	Direct assessment of 4Ps impact on economic development	Duplicates or irrelevant studies

(Source : Data Processing Researchers)

Search Strategy

A structured search was conducted across multiple academic databases and government repositories using Boolean search operators and controlled vocabulary (if applicable) to ensure comprehensive coverage.

Table 2 Databases and Sources

Database/Source	Reason for Inclusion
Google Scholar	Broad coverage of academic literature
IEEE Xplore	Technical studies on financial/electronic cash transfer systems
ScienceDirect	Research on economics, development, and social protection
World Bank Repository	Official reports and impact assessments on CCT programs
Philippine Institute for Development Studies (PIDS)	Policy research on 4Ps and poverty alleviation
DSWD Reports	Government evaluations of the 4Ps program
DOAJ (Directory of Open Access Journals)	Open-access peer-reviewed research on economics and social welfare
Philippine E-Journals	Localized research focusing on the Philippine economic and social landscape

(Source : Data Processing Researchers)

To refine the search and retrieve the most relevant studies, the following expanded keyword strategy was used:

Table 3 Searching Keywords

Primary Keywords	Alternative Terms and Variants
"Pantawid Pamilyang Pilipino Program"	"4Ps Program" OR "Philippines CCT" OR "Philippine Conditional Cash Transfer"
"Conditional Cash Transfer"	"CCT scheme" OR "targeted cash transfers" OR "government cash assistance"
"Economic impact"	"Macroeconomic effects" OR "fiscal impact" OR "income redistribution"
"Poverty reduction"	"Poverty alleviation" OR "anti-poverty programs" OR "social safety nets"
"Employment effects"	"Labor market participation" OR "unemployment reduction" OR "household labor supply"
"Household income"	"Consumption patterns" OR "financial well-being" OR "income security"
"Social protection policies"	"Welfare programs" OR "government subsidies" OR "poverty-targeted interventions"

(Source : Data Processing Researchers)

Boolean Search Combinations Used, To optimize retrieval, Boolean operators (AND, OR, NOT) were applied in search queries. Examples (a) ("Pantawid Pamilyang Pilipino Program" OR "4Ps") AND ("economic impact" OR "macroeconomic effects"); (b) ("Conditional Cash Transfer" OR "CCT") AND ("poverty alleviation" OR "household welfare"); (c) ("4Ps Philippines") AND ("income distribution" OR "social mobility") NOT ("behavioral effects"). These refinements help ensure better coverage of both quantitative and qualitative studies related to 4Ps and its economic effects.

Screening and Selection Process

The study selection followed PRISMA guidelines, with three screening stages:

Table 4 Screening stages

Screening Stage	Process Description
1. Title and Abstract Screening	Studies were assessed for relevance based on their titles and abstracts.
2. Full-Text Review	Articles that passed the first stage were reviewed in full to determine eligibility.
3. Quality Assessment	The final studies were evaluated using the Mixed Methods Appraisal Tool (MMAT) to ensure methodological rigor.

(Source : Data Processing Researchers)

All studies were assessed using the MMAT 2018 tool to gauge methodological quality. No specific cutoff score was applied; instead, all studies were retained regardless of score to provide a comprehensive synthesis. However, MMAT scores were

documented and considered when interpreting the strength and reliability of the evidence.

Data Extraction and Synthesis

A systematic evidence matrix was used to organize extracted data:

Table 5 Evidence matrix

Category	Details Extracted
Study Information	Author, year, publication source
Research Design	Quantitative, qualitative, mixed methods
Economic Indicators	GDP growth, employment, income levels, labor participation
Key Findings	Effects on poverty, fiscal sustainability, multiplier effects
Limitations	Study weaknesses and research gaps

(Source : Data Processing Researchers)

Findings were analyzed using narrative synthesis, comparing trends, consistencies, and contradictions across studies. Although meta-analysis techniques were considered to quantitatively assess the impact of 4Ps on economic indicators, they were not conducted due to significant heterogeneity in study designs, outcome measures, and reported data, which limited the comparability and pooling of results.

Risk of Bias and Limitations

Bias was assessed using standard evaluation tools:

Table 6 Bias Standard Evaluation Tool

Assessment Tool	Purpose
Cochrane Risk of Bias Tool	Evaluates bias in randomized control trials
ROBINS-I (Risk Of Bias In Non-randomized Studies of Interventions)	Assesses bias in observational studies

(Source : Data Processing Researchers)

Key limitations of this systematic review include:

- Publication bias – Preference for studies with significant results.
- Methodological differences – Variability in data collection and analysis across studies.
- Contextual variations – Differences in regional implementation of 4Ps affecting comparability.

Ethical Considerations

Since this study is based entirely on secondary data, no ethical clearance was required. Proper citation and adherence to IEEE referencing guidelines were ensured to maintain academic integrity.

Result and Discussion

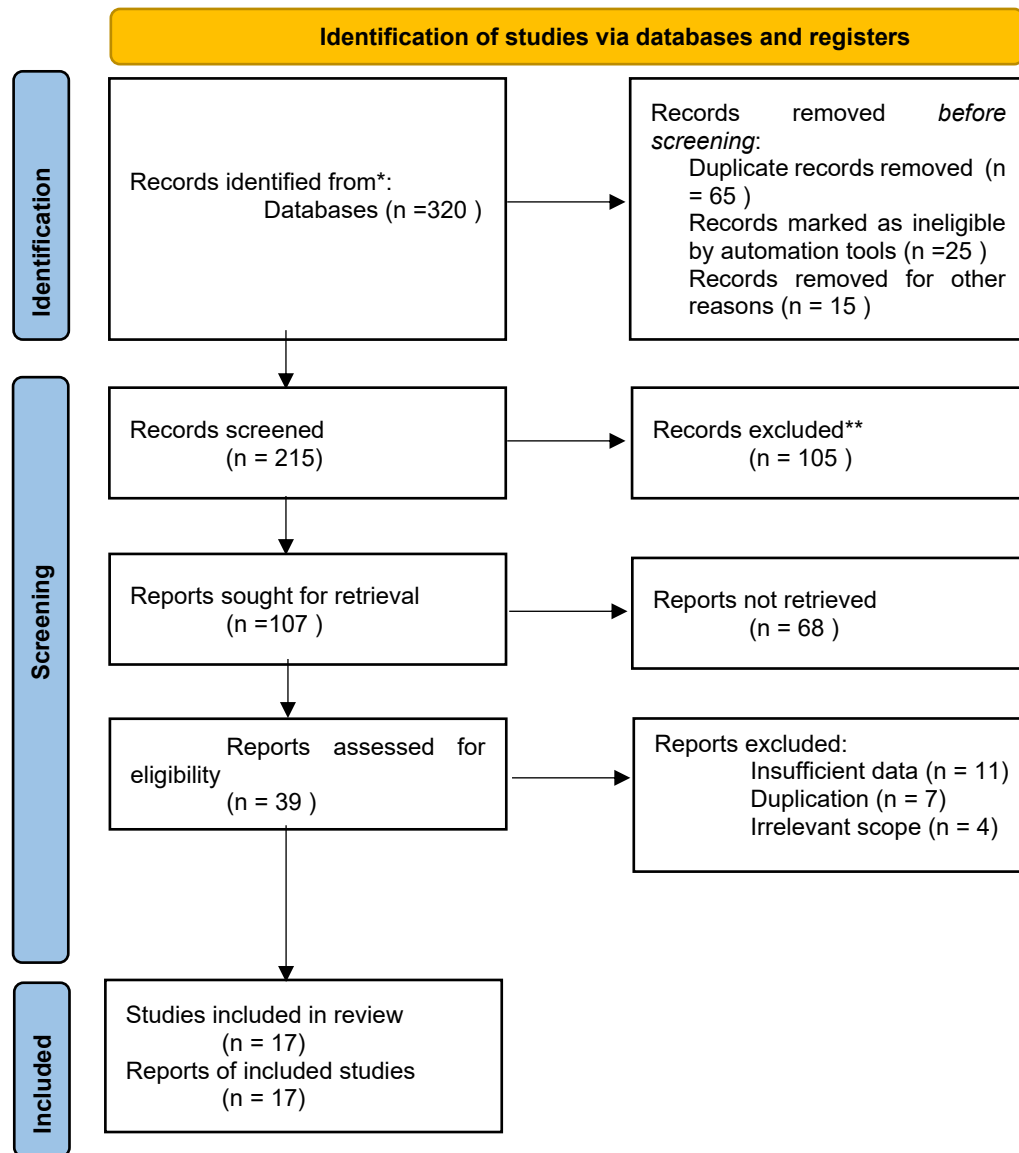


Figure 1 PRISMA Flow Diagram
(Source : Data Processing Researchers)

The PRISMA flow diagram provides a structured approach to documenting the selection process for systematic reviews based on database and register searches. The identification phase records 320 studies retrieved from databases, with 105 being removed before screening due to duplication (65), ineligibility by automation (25), or other reasons (15). The screening process then evaluates 215 records, excluding 105. In the retrieval phase, 107 reports were sought, but 68 were not retrieved. The eligibility assessment phase reviewed 39 reports, excluding 22 due to insufficient data (11), duplication (7), or irrelevance (4). Ultimately, 17 studies were included in the systematic review. This transparent process ensures methodological rigor and minimizes bias in evidence synthesis.

Table 7 Research Characteristics Table (17 Included researches/studies)

	Author & Year	Study Design	Journal / Repository	DOI/URL	Key Findings	Citati ons
1	Frufonga (2015)	Program Evaluation (Input- Process- Output Model)	Asia Pacific Journal of Multidisciplin ary Research	apjmr.com	Evaluated 4Ps in Iloilo, finding significant improvements in healthcare, nutrition, school enrollment, and attendance. Nearly eliminated dropouts, increased spending on essentials, and achieved high community engagement.	19
2	Flores et al. (2019)	Quantitati ve Descriptive Study	Journal of Public Administratio n and Governance	10.5296/JPA G.V9I2.1476 2	4Ps significantly influenced student attendance and academic performance. Supports Expectancy Theory and suggests program expansion, improved livelihood opportunities, and better cash grant efficiency.	16
3	Peñalba (2019)	Qualitative Study (Thematic Network Analysis)	Journal of Social Work Education and Practice	SSRN: 3567177	4Ps improves health outcomes but faces implementation challenges. Recommends strengthening Family Development Sessions and support mechanisms for implementers.	3
4	Quimson (2020)	Observatio nal Study	Journal of Critical Reviews	10.31838/jcr. 07.13.37	4Ps in Pangasinan was highly effective, benefiting low-income families. Key agencies (DSWD, DepEd, DOH, LGUs) played a significant role in improving education, health, food security, and social development.	1
5	Initiative, G. (2020)	Policy Analysis	World Bank Human Capital Project	10.1596/342 11	4Ps is a strategic investment in human capital development, fostering long-term socioeconomic mobility. Emphasizes inter-agency coordination, political continuity, and evidence-based policymaking.	1
6	Lluz (2020)	Qualitative Case Study	International Journal of Research	10.29121/gr anthaalaya h.v8.i8.2020 .971	4Ps student dropouts mainly come from indigent families. Despite financial aid, poverty remains a significant barrier to education, as many students leave school to support their families.	2

7	Alinsunurin (2020)	Qualitative Narrative Analysis	Development in Practice	10.1080/09614524.2020.1839019	4Ps reshapes beliefs and behaviors of women beneficiaries through compliance mechanisms. Highlights both empowerment and dependency concerns within CCT programs.	5
8	Diaz (2021)	Quantitative Descriptive - Comparative	Sapienza: Int'l Journal of Interdisciplinary Studies	10.51798/sijis.v2i1.16	4Ps implementation (2008–2018) significantly increased the Philippines' HDI. Countries with CCT programs showed higher HDI than those without.	0
9	Boca, Pronzato & Sorrenti (2021)	Randomized Controlled Trial	European Economic Review	10.1016/J.EUROECOR.2021.103755	Employment reduces poverty risk. Fathers in CCT programs with labor-market mentoring were 14% more likely to work than those in unconditional programs. No effects were observed for mothers.	8
10	Dadap-Cantal, Fischer, & Ramos (2021)	Documentary Analysis & Fieldwork	Critical Social Policy	10.1177/02610183211009891	4Ps struggles with targeting inefficiencies due to outdated registry data. Coverage declined from 19% (2014) to 17% (2020). Cash transfers fell below the food poverty line, raising concerns about long-term effectiveness.	5
11	De Los Reyes et al. (2022)	Case Study	American Journal of Interdisciplinary Research and Innovation (AJIRI)	10.54536/ajiri.v1i1.451	4Ps improved poverty reduction, social development, financial management, and livelihood empowerment among Ilokano beneficiaries.	8
12	Orbeta, Melad, & Araos (2023)	Impact Evaluation (Regression Discontinuity Design)	PIDS Research Paper Series	10.62986/rps2023.06	4Ps positively impacts education, health, and welfare. Identifies inconsistencies in maternal healthcare use and calls for improved monitoring, policy refinements, and re-evaluating cash grants.	4
13	De Jesus & Villanueva (2023)	Quantitative Satisfaction Survey	American Journal of Society and Law	10.54536/ajsl.v2i2.1535	4Ps beneficiaries were highly satisfied with education-related grants, but some misallocated funds to food. Recommends financial literacy training and livelihood programs for sustainability.	0

14	Obligado (2024)	Mixed Methods (Triangulation Design)	International Journal of Public Policy and Administration Research	10.18488/74.v11i3.3933	4Ps has positively impacted socio-economic conditions but effectiveness varies across municipalities. Calls for implementation refinements to ensure uniform benefits.	0
15	Capulón & Cuevas (2024)	Propensity Score Matching (PSM)	Journal of Economics Research and Social Sciences	10.18196/jers.v8i1.20726	4Ps improved education in rural areas and food quality in urban areas. Decreased total and food expenditure in urban households, indicating better saving habits.	1
16	Mangotara (2024)	Qualitative Study (FGDs & Surveys)	International Journal for Multidisciplinary Research	10.36948/ijfmr.2024.v06i03.21159	Evaluated 4Ps Family Development Sessions in Marawi City. Beneficiaries understood nutrition topics well but faced challenges in engagement, venue issues, and cultural resistance. Recommends fixed schedules and evaluations.	0
17	Ambong & Gonzales (2024)	Cross-Sectional Study (Mixed Methods)	Journal of Health Management	10.1177/09720634231225014	4Ps families allocate most health expenditure to inpatient care. High out-of-pocket costs persist despite insurance coverage. Calls for improved customer service in healthcare facilities.	2

(Source : Data Processing Researchers)

Table 8 Thematic Synthesis of 4Ps Research Findings

Theme	Subtheme	Key Findings	Supporting Studies
1. Poverty Reduction Household Welfare	Impact on Living & Standards	4Ps increased household consumption, financial stability, and access to basic needs.	[11], [15], [18]
	Dependency Concerns	Some households remain dependent on cash grants, requiring livelihood support for long-term sustainability.	[16], [18]
2. Educational Impact	School Enrollment & Retention	4Ps improved school attendance and retention, especially in rural areas.	[12], [14]
	Dropout Issues	Despite financial aid, some students still drop out due to extreme poverty and family responsibilities.	[3]

Table 8 Thematic Synthesis of 4Ps Research Findings

Theme	Subtheme	Key Findings	Supporting Studies
3. Health Nutrition Outcomes	& Healthcare Utilization	Increased maternal checkups, child immunization, and hospital visits.	[5], [18]
	Financial Barriers	High out-of-pocket expenses for healthcare persist despite insurance coverage.	[22]
4. Economic Employment Effects	& Labor Market Participation	Fathers in CCT programs with labor-market mentoring were 14% more likely to work. No effects on mothers.	[13]
	Household Spending Patterns	Urban households allocated savings, while rural households spent more on education and food.	[14]
5. Challenges in Program Targeting & Implementation	Beneficiary Targeting	Issues with outdated registry data and inaccurate beneficiary selection.	[17], [18]
	Grant Misuse	Some beneficiaries misallocated grants meant for education to food expenses.	[20]
6. Social Behavioral Changes	& Women's Empowerment	Family Development Sessions (FDS) reshaped financial and social behaviors among women.	[19], [21]
	Cultural & Logistical Challenges	Some communities faced engagement issues due to cultural resistance and venue limitations.	[19]

(Source : Data Processing Researchers)

The Pantawid Pamilyang Pilipino Program (4Ps) has demonstrated significant positive impacts on poverty reduction, education, health, and economic stability. However, challenges remain, particularly in targeting, dependency, and financial sustainability.

1. Poverty Reduction & Household Welfare. 4Ps effectively improved household consumption and financial stability, but dependency concerns highlight the need for stronger livelihood support [15], [18].
2. Educational Impact. The program increased school enrollment and retention, particularly in rural areas, but dropout rates persist due to extreme poverty and family obligations [12], [16].
3. Health & Nutrition Outcomes. While healthcare utilization improved, high out-of-pocket expenses remain a barrier for many beneficiaries, indicating gaps in healthcare support [19], [22].
4. Economic & Employment Effects. The program enhanced employment rates among fathers but had no significant effect on mothers. Household spending patterns also varied, with urban families saving more while rural households allocated funds to food and education [13], [14].

5. Challenges in Program Targeting & Implementation – Outdated registry data and misallocation of grants continue to hinder program effectiveness, suggesting the need for improved monitoring systems [17], [20].
6. Social & Behavioral Changes. Family Development Sessions (FDS) positively influenced financial and social behaviors among women, yet cultural resistance and logistical barriers remain obstacles to full engagement [21], [19].

Overall, 4Ps has proven effective in key social and economic areas but requires policy refinements, stronger monitoring, and complementary livelihood programs to enhance long-term impact.

Table 9 Comparative Analysis of 4Ps Research Findings

Aspect	Findings in Favor of 4Ps Effectiveness	Findings Highlighting Challenges	Sources
Study Design	Experimental studies (RCTs, impact evaluations) confirm positive effects on education, poverty reduction, and health.	Qualitative case studies reveal dropout issues, financial struggles, and dependency concerns.	[13], [18], [16]
Geographic Variations	Rural areas benefited more in education and healthcare access due to program focus.	Urban households saved more, but spent less on food and education, raising concerns about long-term impact.	[14], [19]
Methodology Differences	Large-scale surveys and econometric models show statistical improvements in HDI and economic mobility.	Field studies and interviews highlight inefficiencies in grant allocation and outdated beneficiary data.	[10], [17]
Longitudinal Trends	Over time, 4Ps expanded coverage and contributed to social mobility.	Recent evaluations suggest targeting inefficiencies and grant misallocation remain unresolved.	[16], [20]
Program Implementation	Multi-agency coordination has improved education and health outcomes.	Cultural resistance and logistical barriers limit full participation in Family Development Sessions (FDS).	[21], [19]

(Source : Data Processing Researchers)

The findings from the comparative analysis indicate that study design significantly influences the reported outcomes of 4Ps. Quantitative research emphasizes the program's success in improving education, health, and poverty reduction, whereas qualitative studies reveal deeper challenges, such as financial struggles and long-term dependency among beneficiaries. Geographic differences also play a role, with rural recipients benefiting more from education and healthcare services, while urban households demonstrate better financial management but allocate less of their grants to education expenses. Over time, 4Ps has contributed to poverty alleviation and social mobility; however, issues related to ineffective targeting and long-term sustainability

persist despite continued implementation. Additionally, several barriers hinder the program's full effectiveness, including cultural resistance, outdated beneficiary registries, and logistical challenges that limit participation and the efficient distribution of grants.

Policy Implications & Recommendations

The findings of this systematic review present several critical policy implications that can enhance the effectiveness and long-term sustainability of the 4Ps program. First, improving beneficiary targeting mechanisms is essential to address persistent inefficiencies in the selection process. Outdated registry data and inaccurate identification of eligible households have led to inequitable distribution of cash grants, where some genuinely poor families remain excluded while others who no longer meet eligibility criteria continue receiving support [17]. Strengthening data validation systems, periodic reassessments, and cross-agency coordination can help ensure that financial aid reaches those who need it most [18].

Second, addressing program dependency is crucial to making 4Ps a catalyst for long-term poverty alleviation rather than a short-term relief mechanism. While cash grants have improved household consumption, many families still struggle with financial independence, particularly in rural areas where employment opportunities remain scarce [15]. The integration of livelihood training, entrepreneurship programs, and skills development initiatives can help beneficiaries transition from financial assistance to self-sufficiency [16]. Collaboration with local governments, private sectors, and NGOs can create employment linkages that empower families to generate stable incomes beyond the program [13].

Third, enhancing cash grant efficiency is necessary to maximize its impact. Current allocations are often insufficient to fully cover the educational and healthcare needs of beneficiaries, and inflation further erodes their value [18]. Periodic adjustments to grant amounts, indexed to inflation and cost-of-living variations across different regions, can ensure that financial support remains adequate. Additionally, implementing stricter monitoring mechanisms can prevent misallocation of funds, particularly in cases where grants meant for education are diverted to other household expenses [20]. Strengthening financial literacy programs for beneficiaries can also help them make better use of their assistance [21].

Fourth, addressing healthcare and education barriers is essential to improving compliance with program conditions. While the review found that 4Ps has increased school attendance and healthcare utilization, challenges such as high out-of-pocket medical costs, poor hospital services, and dropout rates due to financial struggles persist [19], [22]. Enhancing public healthcare infrastructure, expanding insurance coverage, and improving access to free or subsidized medical services can alleviate financial burdens on beneficiaries. In education, providing additional support for transportation, school supplies, and incentives for families in high-risk dropout areas can help sustain student enrollment and retention rates [16].

Finally, improving community engagement and program implementation can strengthen the long-term success of 4Ps. The Family Development Sessions (FDS) have

played a vital role in shaping financial behaviors and social empowerment, particularly among women. However, engagement levels remain inconsistent due to logistical challenges, cultural resistance, and lack of participation in some communities [19]. Increasing awareness campaigns, adapting session content to local contexts, securing proper venues, and incentivizing attendance can enhance program impact. Moreover, capacity-building for program implementers and local government units can improve the overall administration and delivery of 4Ps services [10]. In summary, while 4Ps has proven effective in reducing poverty and improving social outcomes, addressing targeting inefficiencies, dependency risks, financial sustainability, service accessibility, and community engagement is crucial for its continued success. A holistic, multi-sectoral approach that combines direct financial assistance with sustainable economic opportunities and stronger institutional support will help maximize its impact and ensure long-term poverty alleviation in the Philippines.

Conclusion

This systematic review underscores the pivotal role of the Pantawid Pamilyang Pilipino Program (4Ps) in mitigating poverty by enhancing educational attainment, improving healthcare access, and promoting economic participation among low-income beneficiaries, particularly in rural areas. The evidence confirms that 4Ps has significantly boosted household consumption, school enrollment, and healthcare utilization. Nonetheless, critical challenges persist, such as beneficiary dependency on cash grants, inefficient targeting mechanisms, high healthcare expenses, and occasional program misallocation. To address these issues, the most urgent policy priorities include refining targeting processes to ensure aid reaches the most vulnerable, adjusting cash grants to reflect inflationary trends, strengthening employment linkages to promote financial independence, and updating beneficiary registries for improved program accuracy. Additionally, reinforcing community engagement through Family Development Sessions (FDS) and enhancing education and health interventions are essential to reduce school dropouts and alleviate medical financial barriers.

The findings have important implications for theory development, suggesting that conditional cash transfer programs like 4Ps function optimally when combined with multi-sectoral support systems that address education, health, and livelihood holistically. Practically, a data-driven, coordinated approach involving institutional partnerships is crucial to maximize program effectiveness and sustainability. Future research should move beyond longitudinal assessments to employ mixed-methods designs that incorporate qualitative insights from beneficiaries and stakeholders, focus on subgroup analyses such as gender and geographic disparities, and evaluate the impact of emerging program modifications on socio-economic outcomes. Such comprehensive investigations will deepen understanding of 4Ps' mechanisms and guide continuous policy refinement.

Overall, while 4Ps has demonstrably contributed to social and economic development in the Philippines, sustained success requires prioritizing efficient resource allocation, improving program monitoring, and fostering beneficiary empowerment. Strengthening livelihood initiatives, institutional coordination, and evidence-based

policy frameworks will be key to ensuring that 4Ps continues to uplift vulnerable communities and achieve sustainable poverty alleviation.

References

- [1] L. Prencipe, T. A. J. Houweling, F. J. van Lenthe, and T. Palermo, "Do Conditional Cash Transfers Improve Mental Health? Evidence From Tanzania's Governmental Social Protection Program," *J. Adolesc. Health*, vol. 69, no. 5, pp. 797–805, 2021. [Online]. Available: <https://doi.org/10.1016/j.jadohealth.2021.04.033>.
- [2] A. H. Hadna and M. W. Askar, "The Impact of Conditional Cash Transfers on Low-Income Individuals in Indonesia," *Austrian J. South-East Asian Stud.*, vol. 15, no. 1, pp. 23–42, 2022. [Online]. Available: <https://doi.org/10.14764/10.ASEAS-0067>.
- [3] E. J. A. Ponce, "The Policy Process of the Philippines' Conditional Cash Transfer Program: Analysis of the Pantawid Pamilyang Pilipino Program (4Ps)," *Int. J. Res. Innov. Soc. Sci.*, vol. 6, no. 7, pp. 203–209, 2022. [Online]. Available: <https://doi.org/10.47772/ijriss.2022.6714>.
- [4] A. L. D. Cuizon and C. B. D. Cuizon, "Conditional Cash Transfer (CCT): 4Ps in the Lens of Philippine Decentralization," *Thammasat Rev.*, vol. 25, no. 1, pp. 202–223, 2022. [Online]. Available: <https://doi.org/10.14456/tureview.2022.9>.
- [5] M. Bustos et al., "Examining the Association Between Household Enrollment in the Pantawid Pamilyang Pilipino Program (4Ps) and Wasting and Stunting Status Among Children Experiencing Poverty in the Philippines: A Cross-Sectional Study," *Asia-Pac. J. Public Health*, vol. 35, no. 6–7, pp. 420–428, 2023. [Online]. Available: <https://doi.org/10.1177/10105395231189570>.
- [6] D. J. Herrera et al., "Mixed-method study on the association between inclusion to conditional cash transfer program and the multiple faces of malnutrition in children and adolescents aged 3 to 19 years: a school-based evidence from Caraga Region, the Philippines," *BMC Pediatr.*, vol. 23, no. 1, 2023. [Online]. Available: <https://doi.org/10.1186/s12887-023-04438-8>.
- [7] C. Ramos et al., "Compliance, livelihood support, and challenges of the Pantawid Pamilyang Pilipino Program of the local government unit," *Technium Soc. Sci. J.*, vol. 54, pp. 263–275, 2024. [Online]. Available: <https://doi.org/10.47577/tssj.v54i1.10609>.
- [8] W. Dodd et al., "Limits to Transformational Potential: Analysing Entitlement and Agency within a Conditional Cash Transfer Program in the Philippines," *Soc. Policy Soc.*, pp. 1–18, 2022. [Online]. Available: <https://doi.org/10.1017/s1474746422000215>.
- [9] J. Obligado, "The role of conditional cash transfers in enhancing socio-economic well-being in Nueva Ecija, Philippines," *Int. J. Public Policy Admin. Res.*, 2024. doi: 10.18488/74.v11i3.3933.
- [10] R. Diaz, "Effects of Pantawid Pamilyang Pilipino Program (4Ps) and other Conditional Cash Transfer (CCT) Programs of Low and Middle-Income Countries on Human Development," *Sapienza: Int. J. Interdiscip. Stud.*, vol. 2, pp. 2–11, 2021. doi: 10.1596/34211.
- [11] B. De Los Reyes et al., "Rang-Ay Babaen ti 4Ps: Its Impact to Selected Ilokano Beneficiaries in Santiago, Ilocos Sur, Philippines," *Am. J. Interdiscip. Res. Innov.*, 2022. doi: 10.54536/ajiri.v1i1.451.

- [12] M. Flores et al., "Pantawid Pamilyang Pilipino Program (4Ps): Its Effect on the Academic Performance of Student-Beneficiaries in Calaba National High School in the Philippines," *J. Public Admin. Gov.*, 2019. doi: 10.5296/JPAG.V9I2.14762.
- [13] D. Boca et al., "Conditional cash transfer programs and household labor supply," *Eur. Econ. Rev.*, 2021. doi: 10.1016/J.EUROECOREV.2021.103755.
- [14] C. Capulong and A. Cuevas, "The Effectiveness of Conditional Cash Transfer Program: A Case of Rural and Urban Beneficiaries in Philippines," *J. Econ. Res. Soc. Sci.*, 2024. doi: 10.18196/jerss.v8i1.20726.
- [15] R. F. Frufonga, "The Pantawid Pamilyang Pilipino Program (4Ps) in Iloilo, Philippines: an evaluation," *Asia Pac. J. Multidiscip. Res.*, vol. 3, pp. 59–65, 2015.
- [16] G. Initiative, "Boosting Human Capital in the Philippines through Conditional Cash Transfers," *World Bank Human Capital Project*, 2020. doi: 10.1596/34211.
- [17] E. Dadap-Cantal et al., "Targeting versus social protection in cash transfers in the Philippines: Reassessing a celebrated case of social protection," *Crit. Soc. Policy*, vol. 41, pp. 364–384, 2021. doi: 10.1177/02610183211009891.
- [18] A. Orbeta et al., "Reassessing the Impact of the Pantawid Pamilyang Pilipino Program: Results of the Third Wave Impact Evaluation," *Res. Pap. Ser.*, 2023. doi: 10.62986/rps2023.06.
- [19] N. Mangotara, "Exploring the Effectiveness of Pantawid Pamilyang Filipino Program (4Ps) Family Development Sessions: Understanding, Challenges, and Impact on Exiting Household Beneficiaries in Marawi City," *Int. J. Multidiscip. Res.*, 2024. doi: 10.36948/ijfmr.2024.v06i03.21159.
- [20] F. De Jesus and W. Villanueva, "Satisfaction Level of the Beneficiaries of Pantawid Pamilyang Pilipino Program (4Ps)," *Am. J. Soc. Law*, 2023. doi: 10.54536/ajsl.v2i2.1535.
- [21] M. Alinsunurin, "Governmentality and gendered realities: experiences from the Philippines' cash transfer programme," *Dev. Pract.*, vol. 31, pp. 334–343, 2020. doi: 10.1080/09614524.2020.1839019.
- [22] R. Ambong and A. Gonzales, "Health Expenditure and Utilisation of Poor Families in a Low-Income Community under the Philippine Conditional Cash Transfer Program," *J. Health Manag.*, vol. 26, pp. 116–123, 2024. doi: 10.1177/09720634231225014.