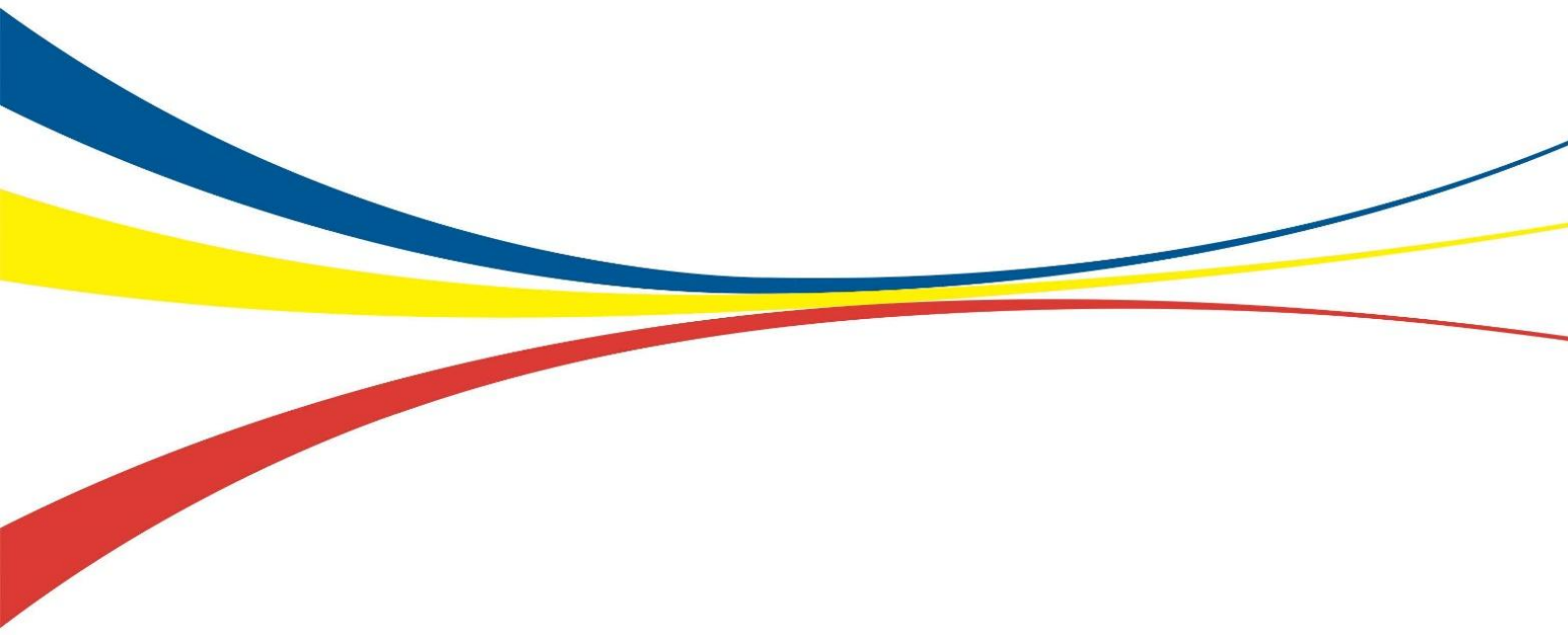
State of ASEAN Families Report 2026



one vision
one identity
one community

State of ASEAN Families Report 2026
The Association of Southeast Asian Nations (ASEAN) was established on 8 August 1967. The Member States of the Association are Brunei Darussalam, Cambodia, Indonesia, Lao PDR, Malaysia, Myanmar, Philippines, Singapore, Thailand, Timor-Leste, and Viet Nam.

Timor-Leste is not included in this publication as the collaboration was endorsed prior to its admission to ASEAN.

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ASEAN: A Community of Opportunities for All

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State of ASEAN Families Report 2026

The ASEAN Secretariat

2026

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B. FOREWORD



Families are the bedrock of our societies. They are where we first learn to care for one another, find strength in difficult times and navigate change. Strong and resilient families build stronger communities, and a stronger ASEAN.

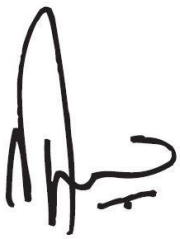
The Collaboration on Understanding the State of ASEAN Families marks an important milestone for our region. For the first time, ASEAN Member States and academic partners have worked together to track family-related indicators and conduct a multi-country survey across participating ASEAN Member States. This has established a shared evidence base for understanding the experiences and circumstances of families across our diverse region.

I extend my appreciation to all ASEAN Member States, academic partners and the ASEAN Secretariat for their commitment and contributions to this endeavour and to the Stephen Riady Group of Foundations for its generous support. This collective effort reflects the spirit of partnership at the heart of ASEAN cooperation.

There is much in the findings that gives us confidence. Even as demographic, economic and social changes reshape family life, family ties remain strong and many families demonstrate resilience and positive well-being. At the same time, there is no single experience of family life. Families have diverse strengths, circumstances and needs.

As our societies continue to evolve, sustained research collaboration will be essential. Demographic shifts, economic pressures and evolving social norms increasingly transcend national borders. Timely, robust and regionally grounded evidence enables policymakers to anticipate emerging challenges, learn from one another and develop effective responses that reflect the diverse circumstances of families across ASEAN.

I hope this report will inform policymaking, inspire further research and deepen partnerships among governments and researchers. Our shared purpose is to help families build strong relationships, navigate life's challenges with resilience, and thrive. When our families thrive, our societies thrive, and ASEAN grows stronger together.



Minister Masagos Zulkifli
Minister for Social and Family Development
Republic of Singapore

C. ACKNOWLEDGEMENTS

The State of ASEAN Families Report 2026 provides an overview of the state of families across ASEAN.

This report is published as part of the Collaboration on Understanding the State of ASEAN Families[1], which ASEAN Member States (AMS) embarked on from 2025 to 2027.

This collaboration is coordinated by the Ministry of Social and Family Development of the Republic of Singapore, with the support of the ASEAN Secretariat and with the Singapore University of Social Sciences (SUSS) as the lead research partner.

This report was finalised and endorsed after close consultations with AMS and the AMS' respective academic partners. The government and academic focal points who contributed to this Collaboration are listed in the Annex. The Collaboration also acknowledges the Stephen Riady Group of Foundations for its funding support of SGD 1 million towards the research effort.

[1]The Joint Statement on the Collaboration on Understanding the State of ASEAN Families was endorsed by AMS in 2024 when ASEAN comprised 10 Member States. Timor-Leste became ASEAN's 11th Member State in October 2025.

D. DEFINITIONS

Household

A household refers to (i) a group of two or more persons living together in the same house and sharing common food or other essential arrangements for living; or (ii) a person living alone or a person living with others but having his/her own food or other essential arrangements for living. Although persons may be living in the same house, they may not be members of the same household.

In this report, household archetypes[2] provide a common analytical framework for examining family-related experiences across ASEAN. Findings are presented by household archetypes to reflect the diversity of living arrangements across the region.

Nuclear Households

Nuclear households consist of two-generation households with a married household head and spouse living either with parents or with children, or where the household head lives with his/her married parents.

3G Households

A 3G Household refers to a household comprising three or more generations.

Single Parent with Children Households

A single parent with children household refers to a two-generation household with a household head who is a divorced/separated, widowed or never-married parent living with at least one child in the same household.

Married without Co-Residing Children Households

A married without co-residing children household refers to a one-generation household with a married household head and spouse and with no children living in the household. Such couples may be childless or have children who are not residing with them.

One-Person Households

A one-person household refers to a person living alone, such as a widowed person whose children have moved out, or a never-married person who has moved out from his/her parents' home.

Other Households

This refers to households that do not fall into any of the above categories. Examples include elderly persons living only with domestic worker(s), siblings living together without parents, or unrelated persons living together.

[2] Household archetypes were defined to be mutually exclusive. Households containing three or more co-residing generations were classified as '3G Households' and excluded from the 'Nuclear Household' category. Household archetypes were coded using a common classification framework across all participating AMS.

E. INTRODUCTION & METHODOLOGY

E1. INTRODUCTION

Families across ASEAN Member States (AMS) are experiencing significant demographic, social and economic shifts. Households are becoming smaller, marriages are occurring later and fertility rates have declined. Together, these trends are reshaping family life and creating new opportunities and challenges for policymakers across the region.

Against this backdrop, ASEAN has continued to emphasise family development, resilience and well-being through regional commitments such as the ASEAN Declaration on Gender Equality and Family Development and the Bandar Seri Begawan Declaration on the Importance of the Family for Community Development and Nation-Building. These commitments underscore the importance of fostering strong family bonds, supporting work-life harmony, and strengthening families' capacity to adapt to changing demographic and social realities. The findings in this report highlight the continued relevance of these priorities in supporting family resilience and well-being across the region.

The key trends in this report are:

Family formation is increasingly delayed across ASEAN.

Married individuals form the largest marital status group across ASEAN. However, the median age at first marriage has risen for both women and men for most AMS.

Households are becoming smaller.

Average household sizes have decreased across ASEAN albeit at varying paces. This is likely due to the decline in total fertility rates across ASEAN, with many Member States recording levels below the replacement rate.

Yet, families are resilient and family ties are strong across the region.

The majority of families had moderate to high family resilience scores and were close-knit families. ASEAN Member States also reported moderate to high family well-being scores and a good quality of life (QOL). For married respondents, the majority reported being happily married. Across ASEAN, higher family resilience was associated with stronger family bonds, higher family well-being, better quality of life and higher marital quality.

Families from nuclear and 3G households have more positive outcomes.

Across ASEAN, families from nuclear households and 3G households reported higher family resilience, family well-being and QOL scores. One-person households tended to report lower family resilience, family well-being and QOL scores.

E2. METHODOLOGY

This report draws on both administrative data from AMS and survey data from a multi-country survey across ASEAN. The administrative data facilitates the analysis of demographic trends that influence family formation over time, while the survey data provides a regional urban snapshot of family outcomes, including family resilience, well-being, and family relationships. Together, these complementary data sources offer insights into the changing circumstances of families across the region and contribute to a broader understanding of the state of ASEAN families.

Administrative Data

This report draws on administrative data to provide an overview of trends on families across ASEAN, based on population distribution by marital status, median age of marriage, total fertility rate, and the average household size.

The data sources used are official statistics published by national statistical offices and online sources including the ASEAN Statistics Division (ASEANstats) Online Database and the Demographic Statistics Database by the United Nations Statistics Division.

This report examines changes in family trends over a 10-year period, comparing data from 2015 and 2025 where available. Where data for these years are unavailable, the latest available year is used. Hence, reference years may vary across AMS and indicators, as specified in the notes accompanying each chart.

As data availability varies across AMS, some Member States are not represented for certain indicators, and selected data may be survey-based.

Multi-Country Survey on Families across ASEAN

A total of 12,942 households were surveyed across ten ASEAN cities: Bandar Seri Begawan (Brunei Darussalam); Phnom Penh (Cambodia); Jakarta (Indonesia); Vientiane (Lao PDR); Kuala Lumpur (Malaysia); Yangon (Myanmar); Metro Manila (Philippines); Singapore (Singapore); Bangkok (Thailand); and Ho Chi Minh City[3] (Viet Nam). The survey respondents were the heads of household[4] or their spouse who managed the affairs of the household and were able to answer on behalf of the household.

AMS jointly developed a survey questionnaire covering domains such as family resilience, family well-being, marital satisfaction and quality of life. The questionnaire was developed in English and translated into the local languages of each AMS. AMS also ensured that the translated questions were adapted to local linguistic and cultural contexts while maintaining consistency in meaning across language versions. Taking into account the complexity and challenges of conducting survey fieldwork across

[3] This refers to the old Ho Chi Minh City, before expansion.

[4] The head of a household is the person generally acknowledged as such by other members of the household. The person acknowledged as the head by other members of the household is normally the oldest member, the main income earner, the owner-occupier of the house or the person who manages the affairs of the household. Where the household comprises a group of unrelated persons, the head of household refers to the person who manages the affairs of the household, or any person who supplied the information pertaining to other members.

multiple countries, the survey was conducted via a mix of online questionnaires, door-to-door interviews, and central location testing[5], depending on AMS' local contexts and operational considerations. While efforts were made to ensure consistency in questionnaire design and implementation across AMS, differences in survey administration modes and local contexts should be taken into account when interpreting findings.

Weights were applied to the survey analyses so that results are representative of the following household archetypes[6] for each city (where data was available) or AMS: nuclear households; married without co-residing children households; single parent with children households; 3G households; one-person households; and other households.

[5]Central location testing is a survey data collection method in which respondents are recruited to complete a survey at a designated venue or central location, such as a community centre, rather than being interviewed at home or online.

[6] Please refer to Section D for the definitions of each household archetype.

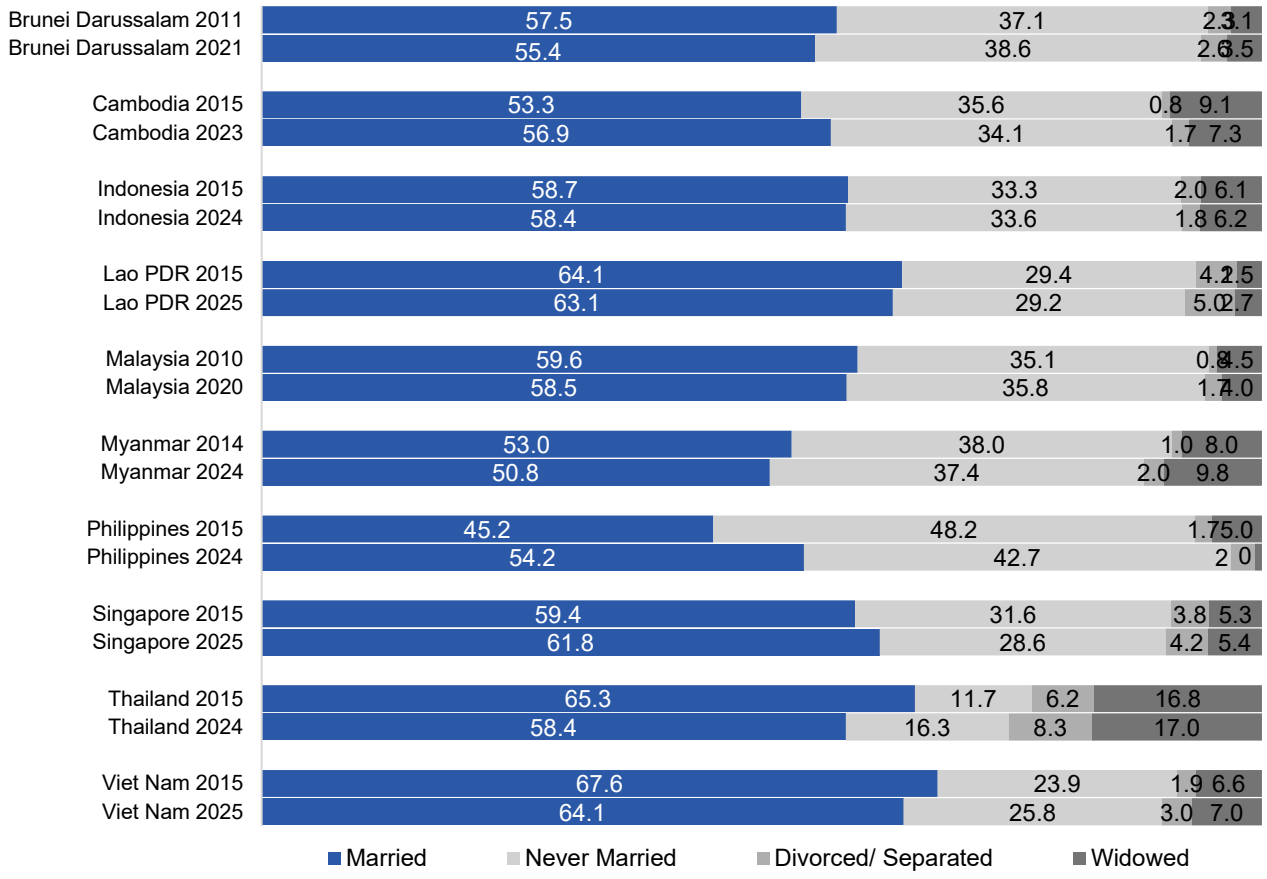
F. FAMILY FORMATION AND STRUCTURES

F1. FAMILY FORMATION

Married individuals form the largest marital status group in all AMS.

Based on national statistics, married individuals form the most common marital status in all AMS (Chart 1). However, there is evidence of delayed marriages, with increases in the proportion who have never married over time in some AMS. There is also a rising proportion of divorced, separated, or widowed individuals in some AMS. These trends show the growing diversity in family formation and marital experiences across the region.

Chart 1: Population Distribution by Marital Status across ASEAN (Per Cent)



Note: AMS are arranged in alphabetical order. For each AMS, the earlier year where data are available is shown first. Proportions may not sum to 100% due to rounding. For Brunei Darussalam, data refer to population aged 15 years and over. Malaysia data refer to population aged 15–64 years. Philippines data refer to persons aged 10 and above in 2015, with no latest data. Hence, latest data for 2024 are proxied based on the National Demographic and Health Survey (NDHS) which cover women aged 15–49 years only. For Lao PDR and the Philippines, the married category includes common-law or cohabiting unions. For Singapore, data refer to resident population aged 15 years and over.

Data sources: Department of Economic Planning and Statistics (Brunei Darussalam); National Institute of Statistics (Cambodia); BPS - Statistics Indonesia (Indonesia); United Nations Statistics Division (Lao PDR); Department of Statistics Malaysia (Malaysia); Department of Population (Myanmar); Philippine Statistics Authority (Philippines); Department of Statistics (Singapore); National Statistical Office (Thailand); General Statistics Office (Viet Nam).

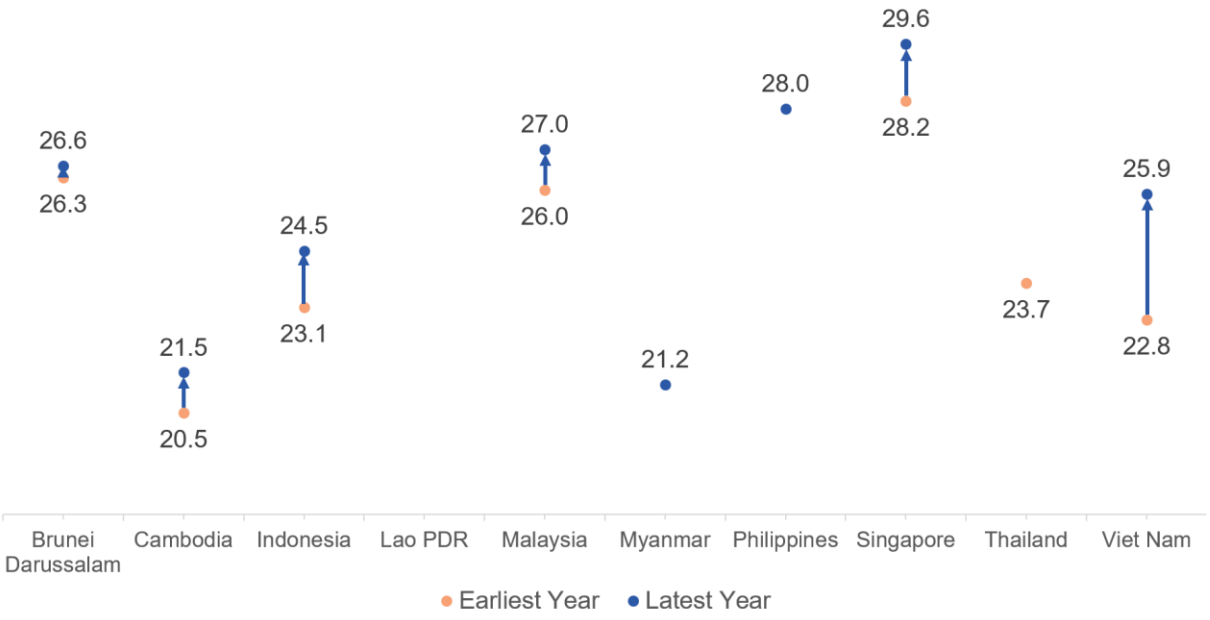
First marriages are occurring later in most AMS.

The median age at first marriage for women increased among AMS for which data are available. The median age at first marriage for men increased among most AMS for which data are available, except for Brunei Darussalam where the median age decreased slightly.

Based on the latest data available, within each AMS, men marry later than women.

Based on the latest data available, the median age at first marriage of brides ranges from 21.2 to 29.6 years (Chart 2a). The median age at first marriage of grooms ranges from 24.4 to 31.1 years (Chart 2b).

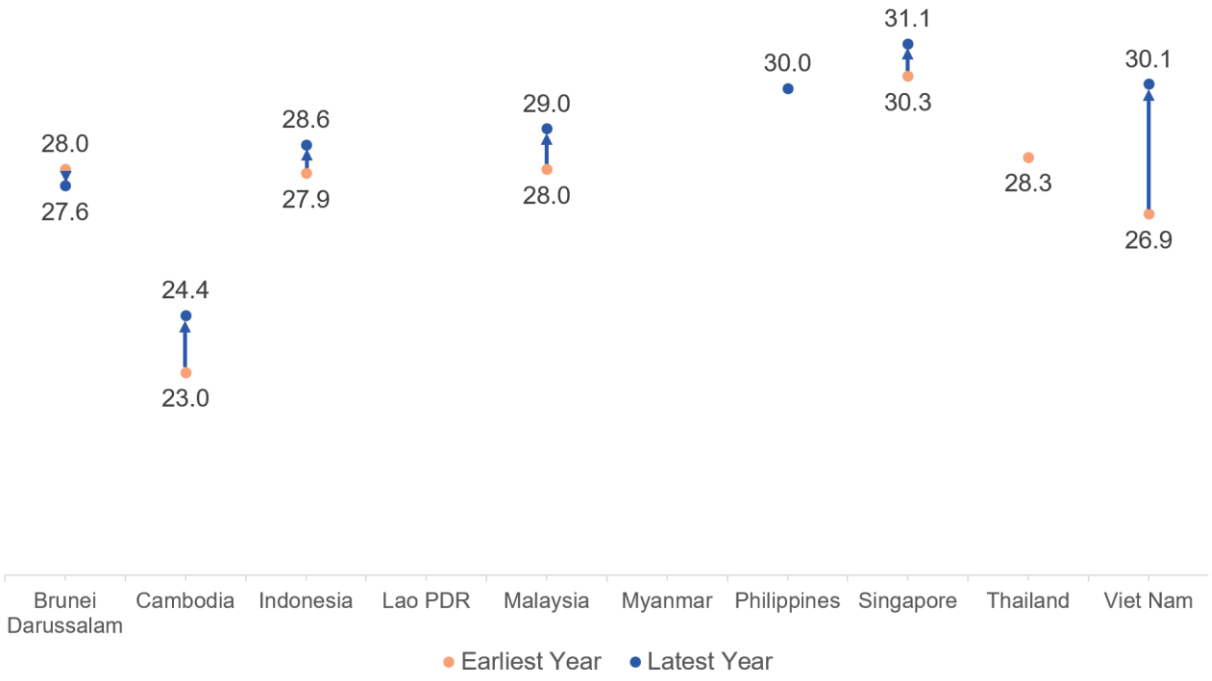
Chart 2a: Median Age at First Marriage of Brides in Selected AMS



Note: AMS with available data on median age at first marriage are included in the chart. AMS are in alphabetical order. Earliest and latest available years vary by country: Data are available for Brunei Darussalam, Singapore and Viet Nam (2015 and 2025), Cambodia (2014 and 2022), Malaysia (2016 and 2024). For Myanmar and Philippines, the latest available data points are 2024 and 2023 respectively with no earlier data available. For Thailand, data was available from 2010 with no latest data. Indonesia does not collect median age at marriage data and hence, estimates are proxied using the Singulate Mean Age at Marriage (SMAM) for 2015 and 2022. SMAM estimates the average age at first marriage for a population cohort. It is calculated using data on the proportion of the population that has never been married (single/never married) across different age groups. Data for Lao PDR was not available.

Data sources: Department of Economic Planning and Statistics (Brunei Darussalam); BPS - Statistics Indonesia (Indonesia); Department of Statistics Malaysia (Malaysia); Department of Population (Myanmar); Philippine Statistics Authority (Philippines); Department of Statistics (Singapore); National Statistical Office (Thailand); General Statistics Office (Viet Nam). Data for Cambodia was taken from the *Demographic and Health Survey* reports for those years (see References).

Chart 2b: Median Age at First Marriage of Grooms in Selected AMS



Note: AMS with available data on median age at first marriage are included in the chart. AMS are in alphabetical order. Earliest and latest available years vary by country: Data are available for Brunei Darussalam, Singapore and Viet Nam (2015 and 2025), Cambodia (2014 and 2022), Malaysia (2016 and 2024). For the Philippines, the latest available data point was from 2023, with no earlier data available. For Thailand, data is available for 2010 with no latest data. Indonesia does not collect median age at marriage data and hence, estimates are proxied using the SMAM for 2015 and 2022. Data for Lao PDR and Myanmar are not available.

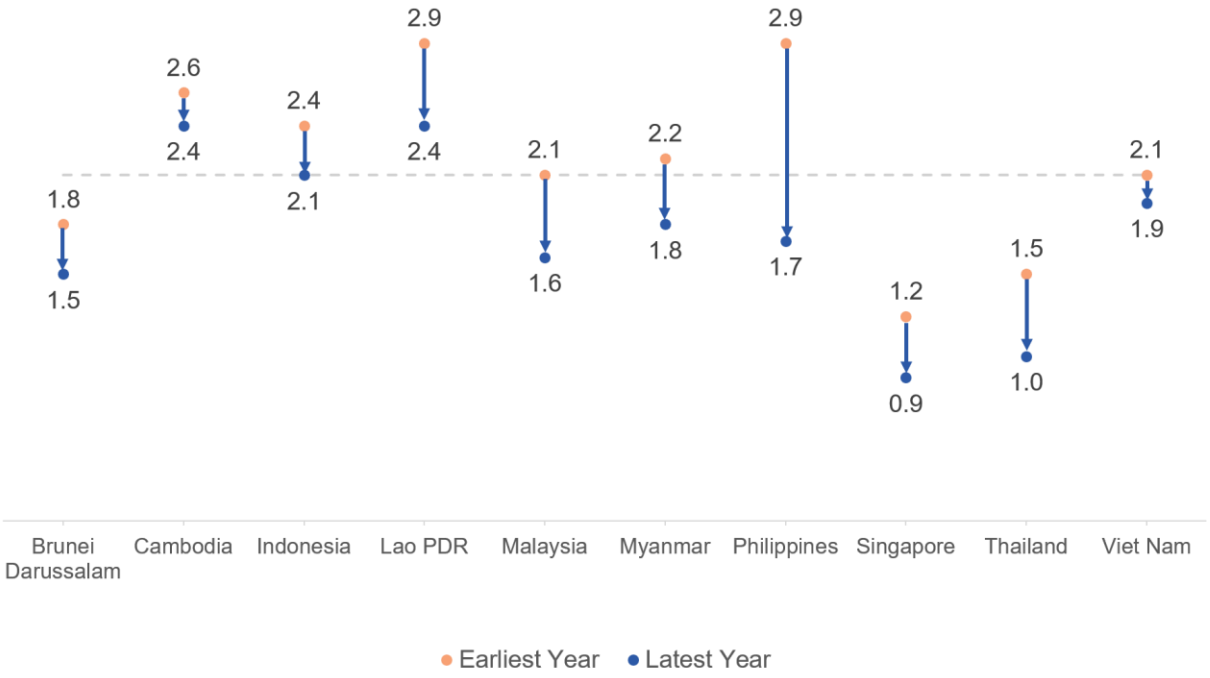
Data sources: Department of Economic Planning and Statistics (Brunei Darussalam); BPS - Statistics Indonesia (Indonesia); Department of Statistics Malaysia (Malaysia); Philippine Statistics Authority (Philippines); Department of Statistics (Singapore); National Statistical Office (Thailand); General Statistics Office (Viet Nam). Data for Cambodia was taken from their respective *Demographic and Health Survey* reports for those years (see References).

F2. FAMILY STRUCTURES

Total fertility rates have declined across ASEAN.

Declining fertility rates are seen across AMS with most having total fertility rates below the replacement rate of 2.1 births per woman (Chart 3). While Cambodia, Indonesia and Lao PDR have maintained fertility rates at or above the replacement rate based on the latest data, their fertility rates have also declined over time.

Chart 3: Total Fertility Rates across AMS



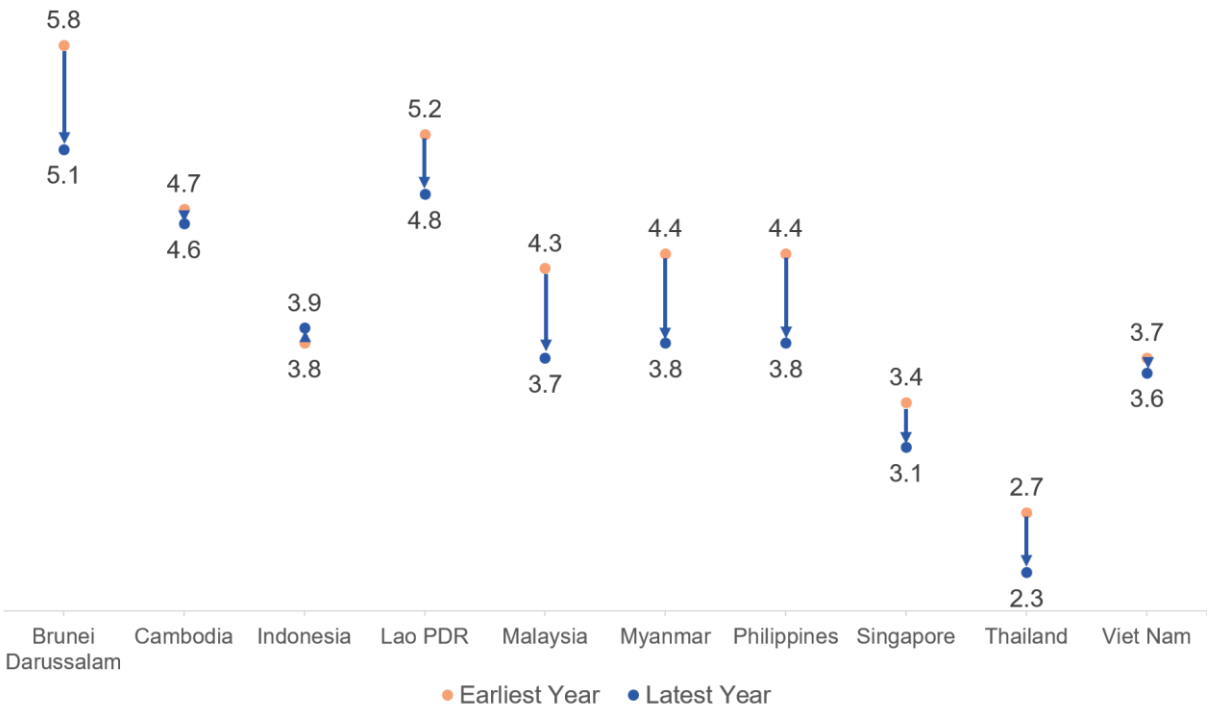
Note: AMS are ordered alphabetically from left to right. The dashed horizontal line marks the replacement rate fertility of approximately 2.1 births per woman.

Data sources: Department of Economic Planning and Statistics (Brunei Darussalam); National Institute of Statistics (Cambodia); BPS - Statistics Indonesia (Indonesia); Lao Statistics Bureau (Lao PDR); Department of Statistics Malaysia (Malaysia); Department of Population (Myanmar); 2025 National Demographic and Health Survey released by the Philippine Statistics Authority (Philippines); Department of Statistics (Singapore); National Statistical Office (Thailand); General Statistics Office (Viet Nam); ASEANstats Data Portal. The earliest year is 2015 for all AMS. The latest year is 2022 for Cambodia, and Myanmar. The latest year is 2025 for Brunei Darussalam, Philippines, Singapore and Viet Nam, and 2024 for all other AMS.

Average household size has declined across most AMS.

The average household size declined over the years for most AMS, although the magnitude of the decline varies (Chart 4). The exception was Indonesia, where the average household size increased slightly from 3.8 to 3.9 persons per household from 2014 to 2022.

Chart 4: Average Household Size across AMS



Note: AMS are ordered alphabetically from left to right. The earliest year is 2011 for Brunei Darussalam, 2015 for Lao PDR, Philippines, Singapore, Thailand and Viet Nam, and 2014 for all other AMS. The latest year is 2021 for Brunei Darussalam, 2022 for Indonesia, 2023 for Lao PDR, 2025 for Singapore and Viet Nam, and 2024 for all other AMS.

Data sources: Department of Economic Planning and Statistics (Brunei Darussalam); National Institute of Statistics (Cambodia); BPS - Statistics Indonesia (Indonesia); Lao Statistics Bureau (Lao PDR); Department of Statistics Malaysia (Malaysia); Department of Population (Myanmar); Philippine Statistics Authority (Philippines); Department of Statistics (Singapore); National Statistical Office (Thailand); General Statistics Office (Viet Nam).

G. FAMILY TIES AND RESILIENCE

G1. FAMILY RESILIENCE

WHAT IS FAMILY RESILIENCE?

Resilience is the ability to cope with and adapt to adversity and recover from difficult life events. The concept of family resilience, as conceptualised by clinical psychologist, Dr Froma Walsh, extends beyond seeing individual family members as potential resources for individual resilience to focusing on risk and resilience in the family as a functional unit.

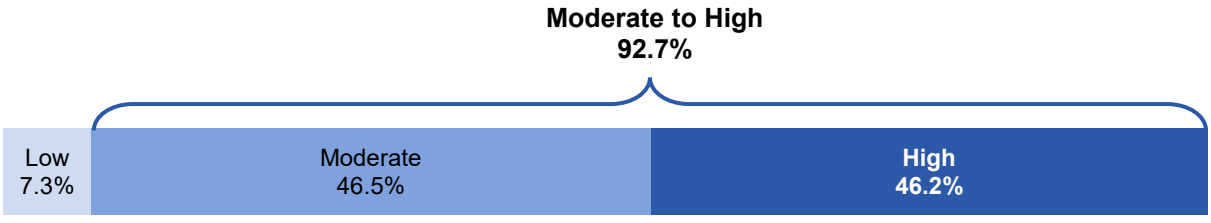
Under the Walsh Family Resilience Framework, family resilience is defined as the capacity of the family to recover from adversity, by emerging stronger and more resourceful, to manage stressful events and forge transformative personal and relational growth. There are three key domains of family functioning under Walsh's framework:

1. **Family belief systems**: ability to make meaning of adversity and keep a positive outlook
2. **Organisational patterns**: ability to maintain flexibility, maintain connectedness and draw from social and economic resources
3. **Communication and problem solving**: ability to approach adversity with clarity, support each other and openly express emotions.

ASEAN families reported moderate to high family resilience.

The survey across ASEAN found that 92.7% of respondents reported moderate to high[7] family resilience, as measured by the Walsh Family Resilience Questionnaire (WFRQ). This suggests that most families perceived themselves as having strengths and resources that may help them cope with and adapt to challenges together as a family. In particular, 46.2% of ASEAN families reported high[8] levels of family resilience (Chart 5).

Chart 5: ASEAN Families by Family Resilience



[7] For this report, families with moderate to high resilience had an average score of 3 and above (out of 5) on the Walsh Family Resilience Questionnaire.
[8] For this report, families with high resilience had an average score of 4 and above (out of 5) on the Walsh Family Resilience Questionnaire.

FAMILY RESILIENCE

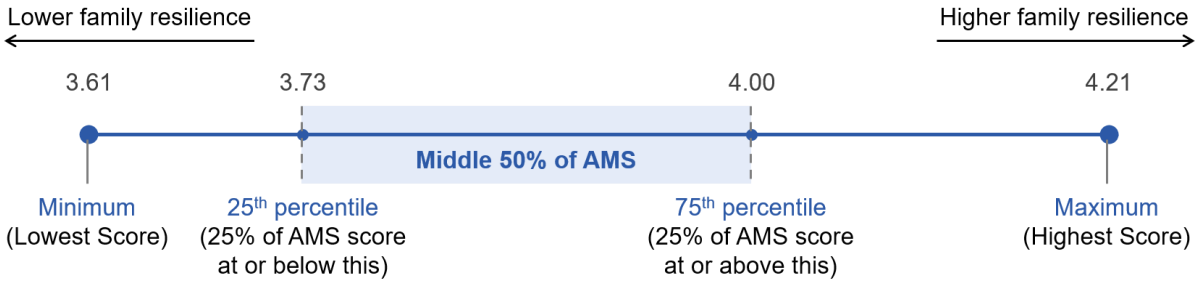
The mean family resilience score for ASEAN was 3.87 out of 5. Across all AMS, the scores for overall family resilience ranged from 3.61 to 4.21, indicating families were generally able to bounce back from adversity.

ASEAN Average Family Resilience Score

3.87 / 5

This is the average family resilience score across all 10 ASEAN Member States.

Family Resilience Score Across AMS



KEY STATISTICS	ASEAN Average Score	Range (Minimum-Maximum)	Middle 50%
	3.87	**3.61 – 4.21**	**3.73 – 4.00**

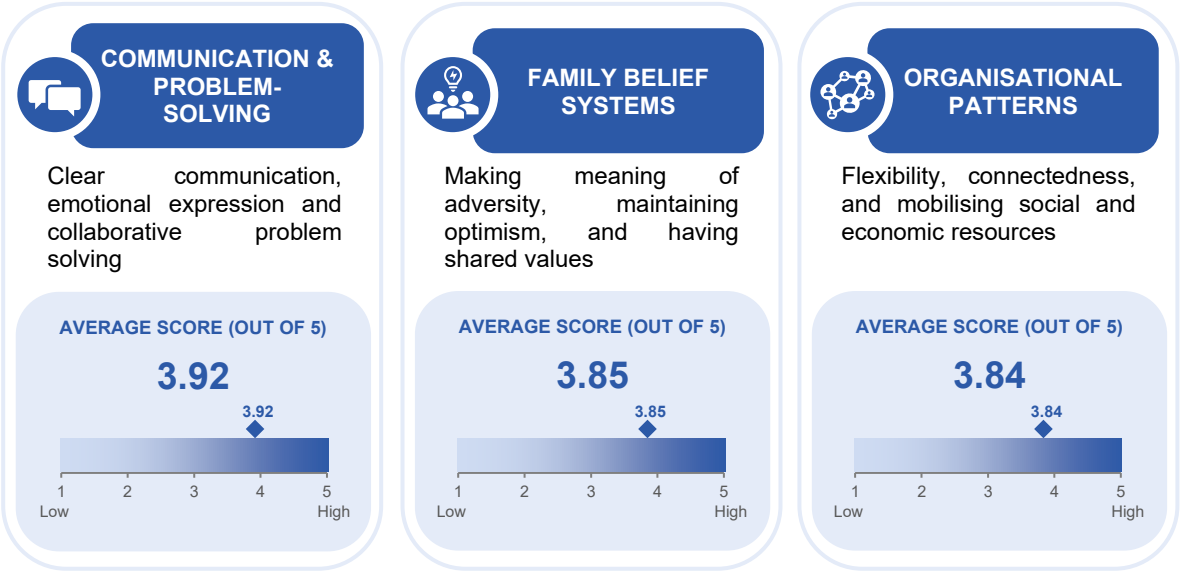
INTERPRETING THE RESULTS

1. Overall Picture	2. Distribution	3. Middle 50%
The average ASEAN family resilience score was 3.87 out of 5.	Scores across AMS ranged from 3.61 (lowest) to 4.21 (highest).	Half of AMS had scores between 3.73 and 4.00.

ASEAN families scored the highest in the communication and problem-solving domain.

Of the three domains that underlie the overall family resilience score, ASEAN scored the highest in the communication and problem-solving domain.

THREE DOMAINS OF FAMILY RESILIENCE



KEY STATISTICS

ASEAN scored highest in communication and problem-solving (3.92), followed by the family belief systems (3.85) and organisational patterns (3.84) domains.

COMMUNICATION & PROBLEM-SOLVING

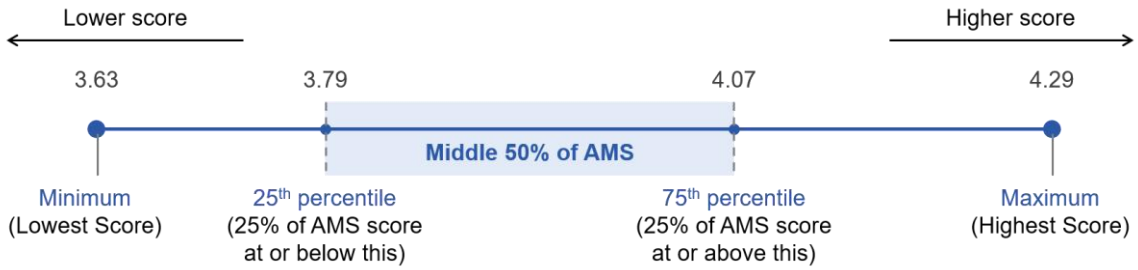
The communication and problem-solving domain focuses on the practicality of navigating a crisis. It was the highest-performing domain for ASEAN, with scores of AMS ranging between 3.63 and 4.29. This reflected respondents' perceived ability to express their feelings and needs, capacity for open dialogue, and overall drive to resolve issues collaboratively within their families when the need arises.

ASEAN Average Score for Communication & Problem-solving

3.92 / 5

This is the average score across all 10 ASEAN Member States.

Communication & Problem-solving Score across AMS



KEY STATISTICS	ASEAN Average Score	Range (Minimum-Maximum)	Middle 50%
	3.92	**3.63 – 4.29**	**3.79 – 4.07**

INTERPRETING THE RESULTS

1. Overall Picture

The average ASEAN score for Communication and Problem-solving was 3.92 out of 5.

2. Distribution

Scores across AMS ranged from 3.63 (lowest) to 4.29 (highest).

3. Middle 50%

Half of AMS had scores between 3.79 and 4.07.

FAMILY BELIEF SYSTEMS

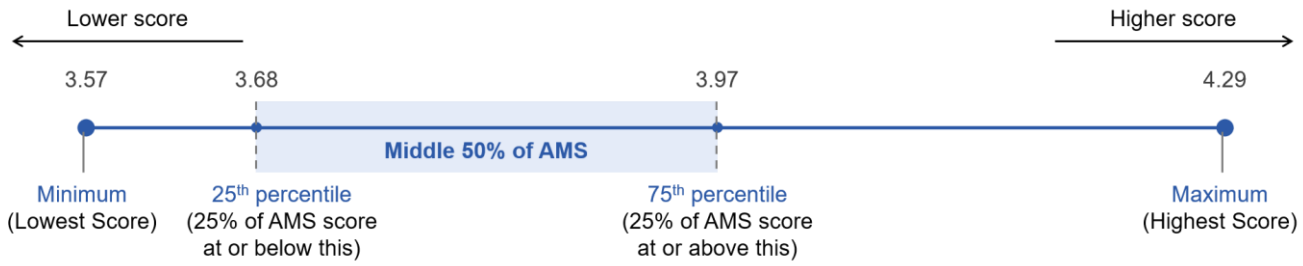
The family belief systems domain examines how families make meaning out of adversity, maintain a positive outlook, and draw strength from shared values to gain comfort. Average scores across AMS ranged from 3.57 to 4.29, which shows that there are differences in making meaning of adversity.

ASEAN Average Score for Family Belief Systems

3.85 / 5

This is the average score across all 10 ASEAN Member States.

Family Belief Systems Score across AMS



KEY STATISTICS	ASEAN Average Score	Range (Minimum- Maximum)	Middle 50%
	3.85	**3.57 – 4.29**	**3.68 – 3.97**

INTERPRETING THE RESULTS

1. Overall Picture

The average ASEAN score for Family Belief Systems was 3.85 out of 5.

2. Distribution

Scores across AMS ranged from 3.57 (lowest) to 4.29 (highest).

3. Middle 50%

Half of AMS had scores between 3.68 and 3.97.

ORGANISATIONAL PATTERNS

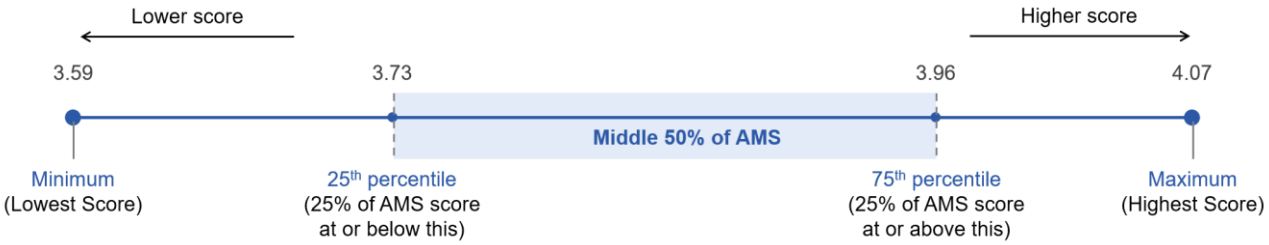
Organisational patterns refer to flexibility and connectedness, as well as social and economic resources that families can utilise to cope with adversity. For example, this may involve families adjusting caregiving or household responsibilities to adapt to challenges. Families may also rely on relatives or friends for practical and emotional support, or seek financial and community assistance when needed. AMS tended to fare similarly given that this domain had the smallest distribution of scores, with scores ranging from 3.59 to 4.07 across AMS.

ASEAN Average Score for Organisational Patterns

3.84 / 5

This is the average score across all 10 ASEAN Member States.

Organisational Patterns Score across AMS



KEY STATISTICS	ASEAN Average Score	Range (Minimum- Maximum)	Middle 50%
	3.84	**3.59 – 4.07**	**3.73 – 3.96**

INTERPRETING THE RESULTS

1. Overall Picture

The average ASEAN score for Organisational Patterns was 3.84 out of 5.

2. Distribution

Scores across AMS ranged from 3.59 (lowest) to 4.07 (highest).

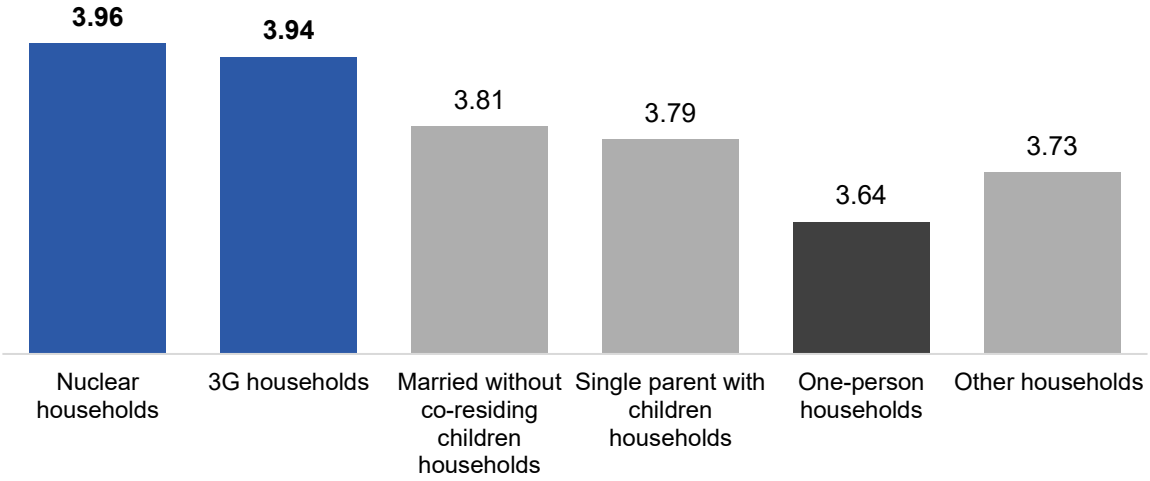
3. Middle 50%

Half of AMS had scores between 3.73 and 3.96.

Nuclear and 3G households recorded higher average family resilience scores.

Across ASEAN, respondents from nuclear and 3G households had higher average family resilience scores among the household archetypes examined[9] (Chart 6). In contrast, one-person households recorded the lowest average family resilience scores.

Chart 6: Average ASEAN Family Resilience Score by Household Archetype



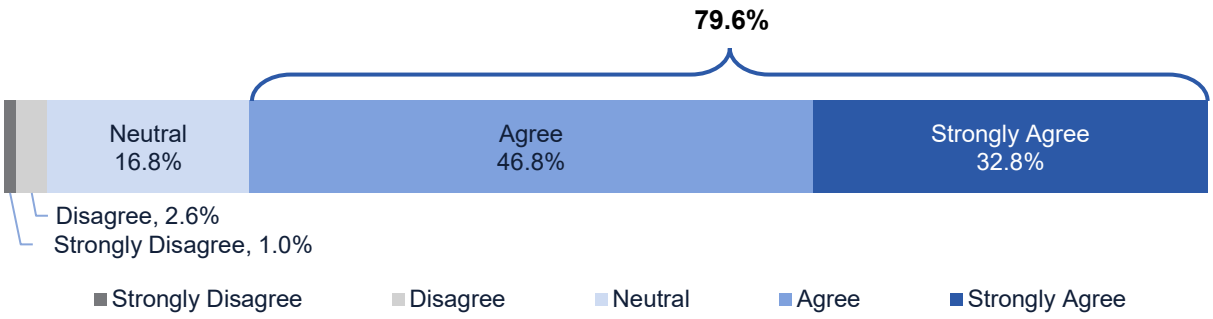
[9] The differences in the mean scores between nuclear households and all other households, except for 3G households, are statistically significant at $p<0.01$. There is no statistically significant difference in the mean scores between nuclear and 3G households.

G2. FAMILY TIES

ASEAN families have close ties.

The survey also found that the majority of survey respondents across ASEAN agreed they had a close-knit family (79.6%) (Chart 7). The proportion across AMS ranged from 65.3% to 95.9%. Respondents who reported higher family resilience scores were more likely to have close-knit families.

Chart 7: ASEAN Average Proportion who agreed they have a Close-Knit Family



Note: Proportions may not sum up due to rounding.

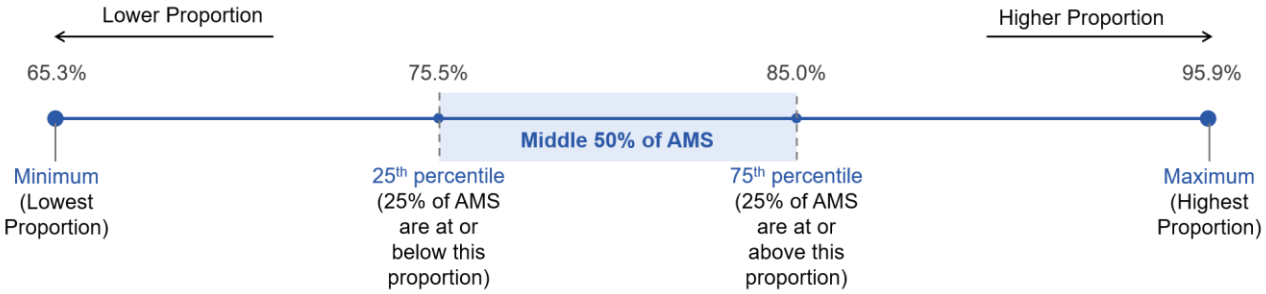
CLOSE-KNIT FAMILY

ASEAN Average Proportion who agreed they have a Close-Knit Family

79.6%

This is the average proportion of respondents across all 10 ASEAN Member States.

Proportion who agreed they have a Close-Knit Family across AMS



KEY STATISTICS	ASEAN Average Proportion	Range (Minimum- Maximum)	Middle 50%
	79.6%	**65.3% – 95.9%**	**75.5% – 85.0%**

INTERPRETING THE RESULTS

1. Overall Picture

The average proportion of respondents across ASEAN who agreed they have a close-knit family was 79.6%.

2. Distribution

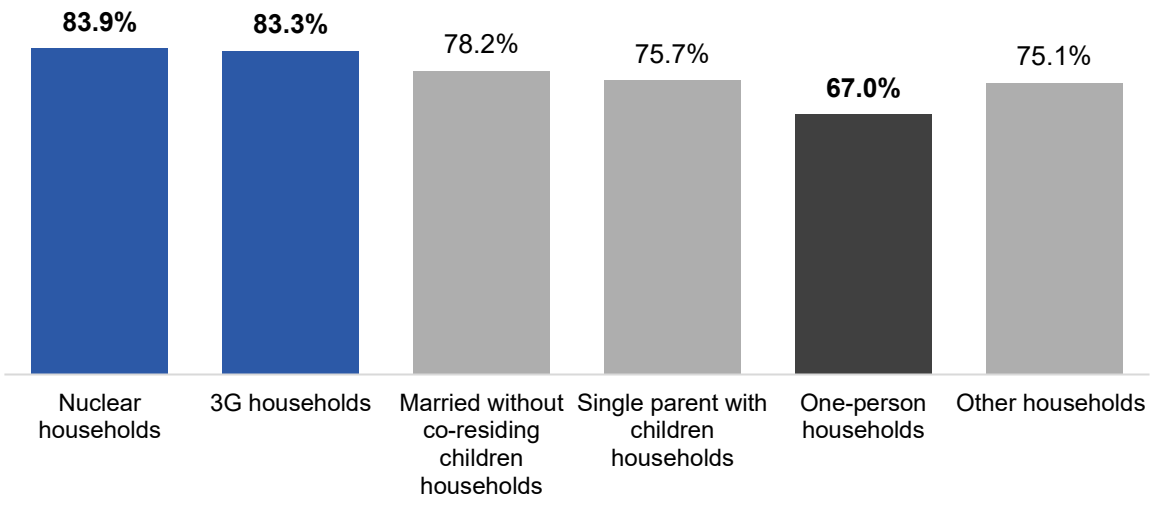
Proportion of respondents across AMS ranged from 65.3% (lowest) to 95.9% (highest).

3. Middle 50%

Half of AMS had proportions between 75.5% and 85.0%.

ASEAN families from nuclear households and 3G households were more likely to report having a close-knit family compared to all other household archetypes[10] (Chart 8). One-person households were less likely to report close-knit families compared to all other household archetypes.

Chart 8: ASEAN Families who reported having Close-Knit Families by Household Archetype



[10] The differences in the proportions between nuclear households and all other households, except for 3G households, are statistically significant at $p<0.01$. There is no statistically significant difference in the proportions between nuclear and 3G households.

G3. FAMILY WELL-BEING

WHAT IS FAMILY WELL-BEING?

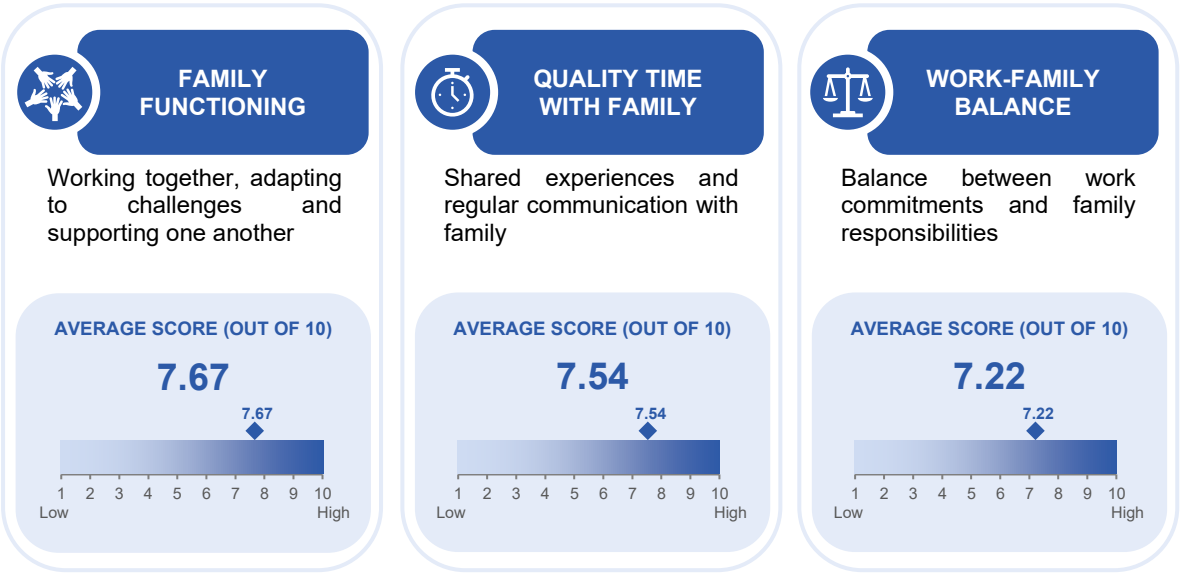
Family well-being is a multidimensional concept that supports various aspects of individual and family life. To understand the well-being of ASEAN families in this report, we adapted a few indicators from the family relationship domain of the Family Well-Being Index (FWBI), which was developed by the National Population and Family Development Board of Malaysia.

Three indicators were used to understand the well-being of ASEAN families:

1. **Family functioning**: how well families work together, including sharing responsibilities, respecting individual differences, involving children in communication and decision-making, adapting to challenges, and providing a supportive and nurturing environment.
2. **Quality time with family**: time spent by parents in carrying out activities that appeal to children and recreational activities as well as the time used by children to share their stories with parents.
3. **Work-family balance**: balance of time and positive perception of an individual on the relationship between career and family roles where the relationship is viewed as balanced and equal with one another.

AMS reported moderate to high family well-being scores.

ASEAN families generally reported family well-being scores towards the higher end of the moderate range. Of the three family well-being indicators, AMS reported moderate to high scores for family functioning and quality time with family, and moderate scores for work-family balance.



KEY STATISTICS

AMS scored highest in family functioning (7.67), followed by quality time with family (7.54) and work-family balance (7.22).

AMS reported moderate to high family functioning scores.

The ASEAN average score for family functioning was 7.67. The scores among AMS were moderate to high[11], and ranged from 6.97 to 8.07.

Respondents who reported higher family functioning scores tended to report higher levels of family resilience.

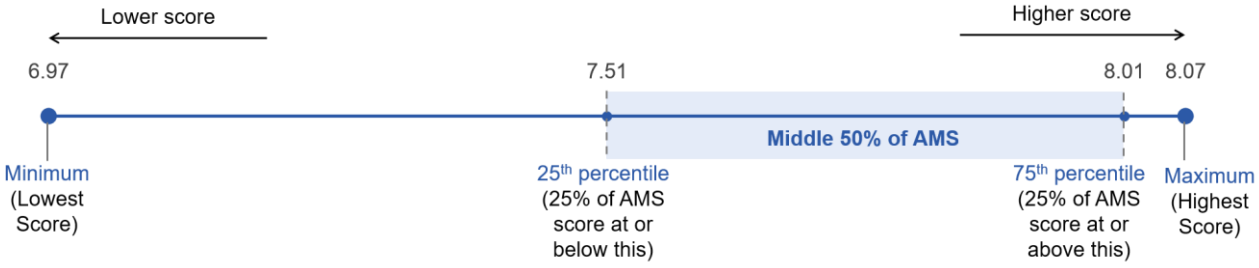
FAMILY FUNCTIONING

ASEAN Average Score for Family Functioning

7.67 / 10

This is the average score across all 10 ASEAN Member States.

Family Functioning Score across AMS



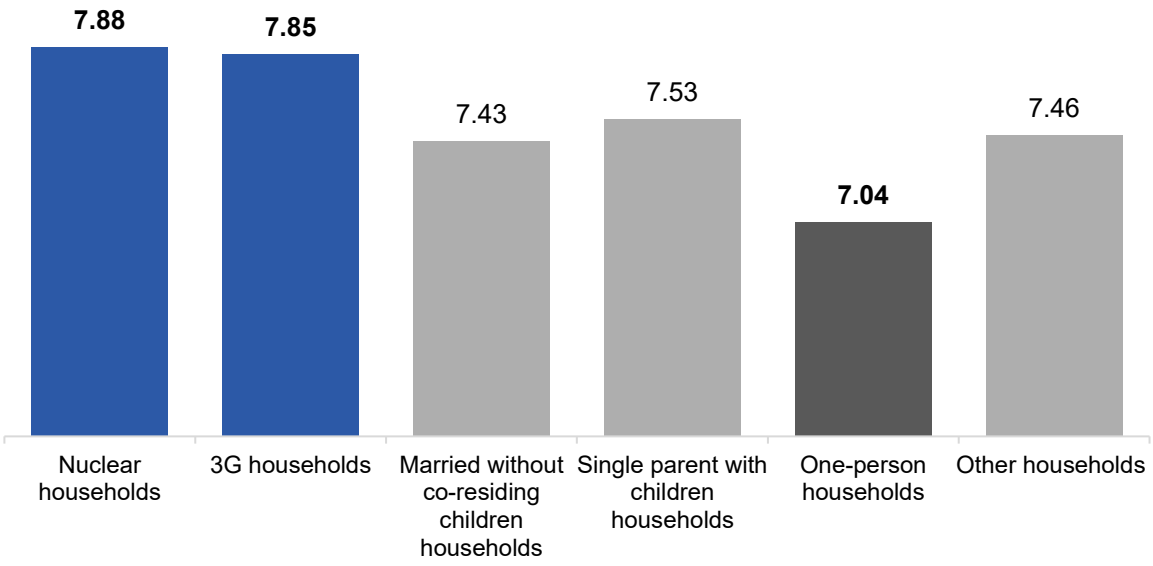
KEY STATISTICS	ASEAN Average Score	Range (Minimum- Maximum)	Middle 50%
	7.67	**6.97 – 8.07**	**7.51 – 8.01**

INTERPRETING THE RESULTS	1. Overall Picture	2. Distribution	3. Middle 50%
	The average ASEAN score for Family Functioning was 7.67 out of 10.	Scores across AMS ranged from 6.97 (lowest) to 8.07 (highest).	Half of AMS had scores between 7.51 and 8.01.

[11] For family well-being indicators, in line with the interpretation of the scores from Malaysia's Family Well-being Index, families with moderate scores had an average score of 5.00 to 7.99 (out of 10). Families with high scores had an average score of 8 and above (out of 10).

Families from nuclear and 3G households reported higher family functioning compared to all other household archetypes[12] (Chart 9). One-person households reported lower family functioning scores compared to all other household archetypes.

Chart 9: Average ASEAN Family Functioning Score by Household Archetype



[12] The differences in the mean scores between nuclear households and all other households, except for 3G households, are statistically significant at $p<0.05$. There is no statistically significant difference in the mean scores between nuclear and 3G households.

AMS reported moderate to high quality time scores.

AMS reported moderate to high[13] quality time scores, as respondents spent quality time together with their families through shared family recreational activities and regular communication with one another[14]. The ASEAN average score for quality time with family was 7.54, and scores among AMS ranged from 7.00 to 8.05.

Respondents who reported higher quality time scores also reported higher levels of family resilience.

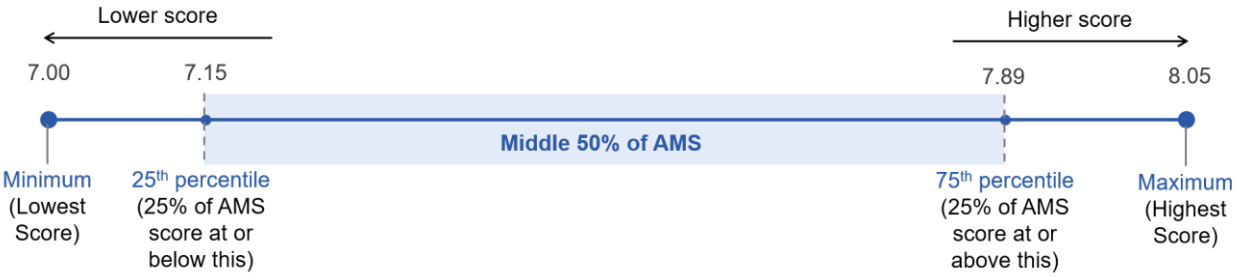
QUALITY TIME WITH FAMILY

ASEAN Average Score for Quality Time with Family

7.54 / 10

This is the average score across all 10 ASEAN Member States.

Quality Time with Family Score across AMS



KEY STATISTICS	ASEAN Average Score	Range (Minimum- Maximum)	Middle 50%
	7.54	**7.00 – 8.05**	**7.15 – 7.89**

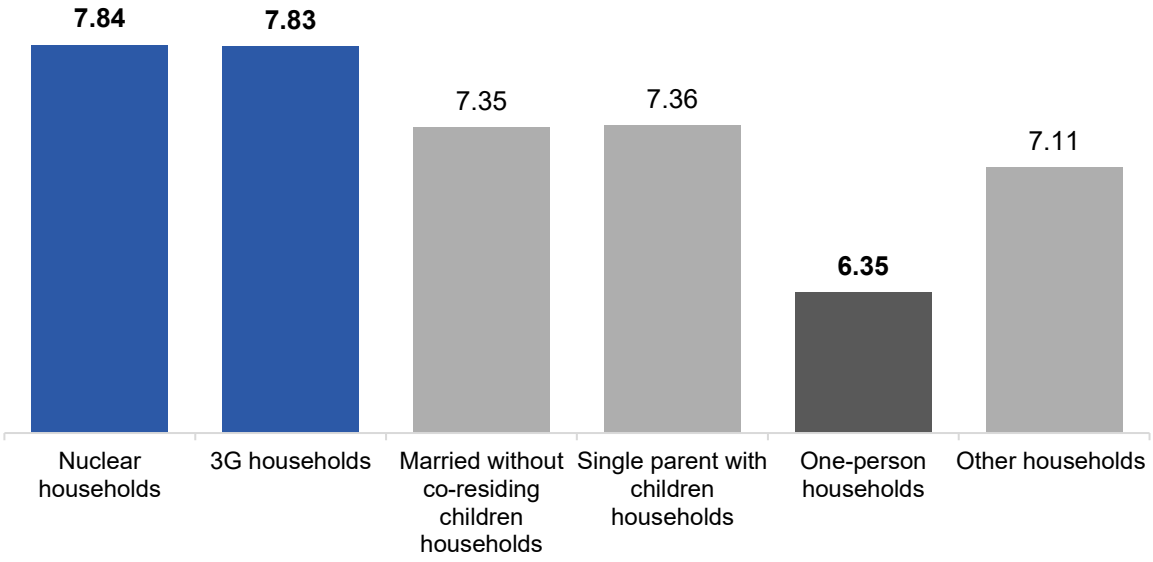
INTERPRETING THE RESULTS	1. Overall Picture	2. Distribution	3. Middle 50%
	The average ASEAN score for Quality Time with Family was 7.54 out of 10.	Scores across AMS ranged from 7.00 (lowest) to 8.05 (highest).	Half of AMS had scores between 7.15 and 7.89.

[13] For family well-being indicators, families with moderate scores had an average score of 5.00 to 7.99 (out of 10). Families with high scores had an average score of 8 and above (out of 10).

[14] Quality time refers to shared family activities, including conversations with children, recreational activities, engaging in children's interests, family meals, celebrating occasions, watching entertainment together, and vacations.

ASEAN families from nuclear households and 3G households had similar average scores, and were more likely to have more quality time compared to all other household archetypes[15] (Chart 10). One-person households reported lower quality time scores compared to all other household archetypes.

Chart 10: Average ASEAN Quality Time Score by Household Archetype



[15] The differences in the mean scores between nuclear households and all other households, except for 3G households, are statistically significant at $p<0.05$. There is no statistically significant difference in the mean scores between nuclear and 3G households.

AMS reported moderate work-family balance scores.

Overall, ASEAN families generally experienced moderate[16] work-family balance. The ASEAN average score for work-family balance was 7.22, and scores across AMS ranged from 6.27 to 7.64.

Respondents who reported higher work-family balance scores also reported higher levels of family resilience.

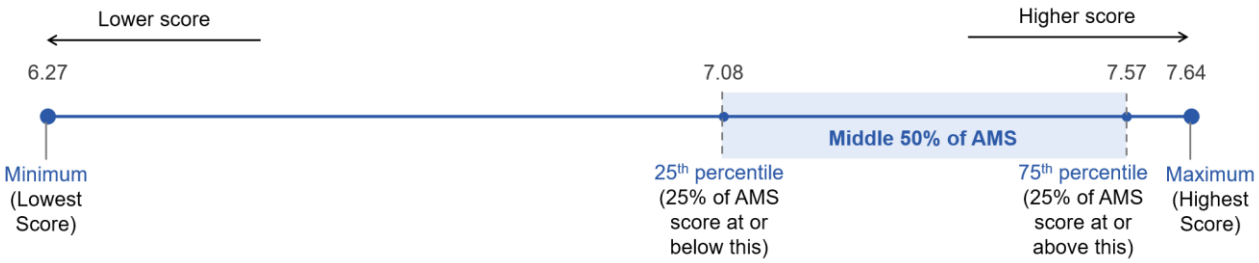
WORK-FAMILY BALANCE

ASEAN Average Score for Work-Family Balance

7.22 / 10

This is the average score across all 10 ASEAN Member States.

Work-Family Balance Score across AMS



KEY STATISTICS	ASEAN Average Score	Range (Minimum- Maximum)	Middle 50%
	7.22	**6.27 – 7.64**	**7.08 – 7.57**

INTERPRETING THE RESULTS

1. Overall Picture

The average ASEAN score for Work-Family Balance was 7.22 out of 10.

2. Distribution

Scores across AMS ranged from 6.27 (lowest) to 7.64 (highest).

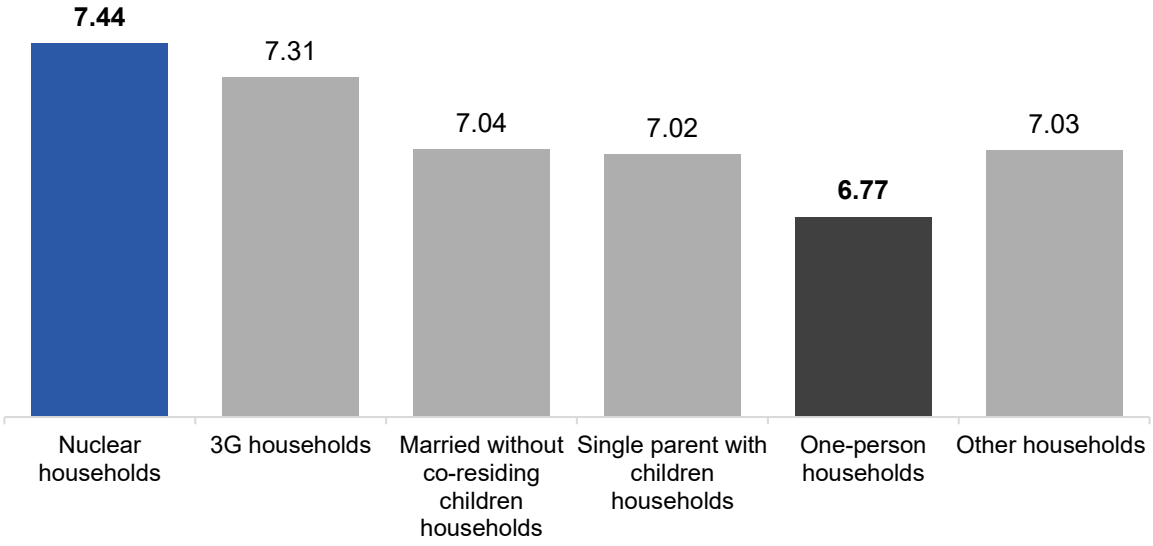
3. Middle 50%

Half of AMS had scores between 7.08 and 7.57.

[16] For family well-being indicators, families with moderate scores had an average score of 5.00 to 7.99 (out of 10).

Families from nuclear households were more likely to have greater work-family balance, and one-person households were more likely to report lower work-family balance scores[17] (Chart 11).

Chart 11: Average ASEAN Work-Family Balance Score by Household Archetype



[17] The differences in the mean scores between nuclear households and all other households, are statistically significant at $p<0.05$.

G4. QUALITY OF LIFE



WHAT IS QUALITY OF LIFE?

The World Health Organization defines Quality of Life (QOL) as an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. This study measures QOL using the World Health Organization Quality of Life - Brief (WHOQOL-BREF) questionnaire (The WHOQOL Group, 1998).

QOL reflects individuals' overall well-being across four domains:

1. **Physical**: Physical domain focuses on bodily functioning and health-related aspects of daily life. It includes facets such as pain and discomfort, dependence on medical treatment, energy and fatigue, mobility, activities of daily living, sleep and rest, and work capacity.

2. **Psychological**: Psychological domain captures mental and emotional well-being. It covers positive feelings (e.g., enjoyment of life), concentration, body image and appearance, self-esteem, negative feelings (e.g., depression, anxiety, despair), and sense of meaning in life.

3. **Social relationships**: Social relationships domain looks at the quality of a person's interpersonal connections. It includes personal relationships, sexual activity, and the social support received from friends.

4. **Environment**: Environment domain examines how a person's surroundings support their QOL. It covers aspects such as physical safety, physical environment quality, financial resources, access to information, leisure opportunities, home environment, access to health and social services, and transport.

Respondents reported good Quality of Life scores.

Overall, respondents generally reported good[18] QOL, with an ASEAN average score of 69.1, and scores across AMS ranging from 64.1 to 73.4. This suggests good and broadly similar levels of QOL across AMS.

Respondents who reported higher QOL scores also reported higher levels of family resilience.

[18] For ease of interpretation, QOL scores were grouped into five categories for this report, broadly informed by the five-point response scales used in the WHOQOL-BREF: Very Poor (0-20), Poor (21-40), Moderate (41-60), Good (61-80), and Very Good (81-100).

QUALITY OF LIFE

ASEAN Average Quality of Life Score

69.1 / 100

This is the average QOL score across all 10 ASEAN Member States.

Quality of Life Score across AMS



KEY STATISTICS	ASEAN Average Score	Range (Minimum- Maximum)	Middle 50%
	69.1	**64.1 – 73.4**	**66.7 – 71.9**

INTERPRETING THE RESULTS	1. Overall Picture	2. Distribution	3. Middle 50%
	The average ASEAN QOL score was 69.1 out of 100.	Scores across AMS ranged from 64.1 (lowest) to 73.4 (highest).	Half of AMS had scores between 66.7 and 71.9.

ASEAN scored the highest in the Social Relationships domain.

Out of all four QOL domains, the Social Relationships domain had the highest average score[19], which suggests that strong family and personal connections as well as social support are key strengths across the region.

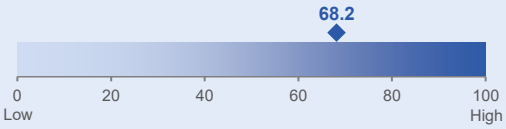
FOUR DOMAINS OF QUALITY OF LIFE

Physical

Physical functioning and ability to carry out daily activities.

AVERAGE SCORE (OUT OF 100)

68.2

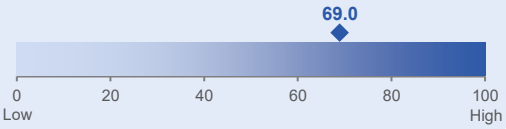


Psychological

Emotional wellbeing and positive feelings.

AVERAGE SCORE (OUT OF 100)

69.0

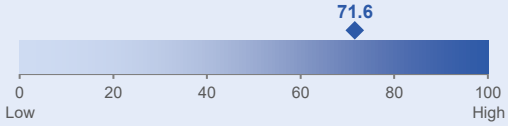


Social Relationships

Personal relationships and social support

AVERAGE SCORE (OUT OF 100)

71.6

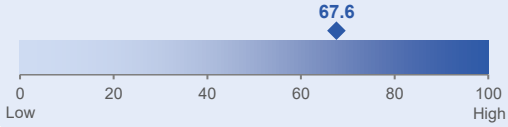


Environment

Living conditions, financial resources and access to services.

AVERAGE SCORE (OUT OF 100)

67.6



KEY STATISTICS

ASEAN scored highest in the Social Relationships domain (71.6), followed by the Psychological (69.0), Physical (68.2) and Environment (67.6) domains.

[19]The differences in the mean scores between domains are statistically significant at $p<0.01$.

PHYSICAL

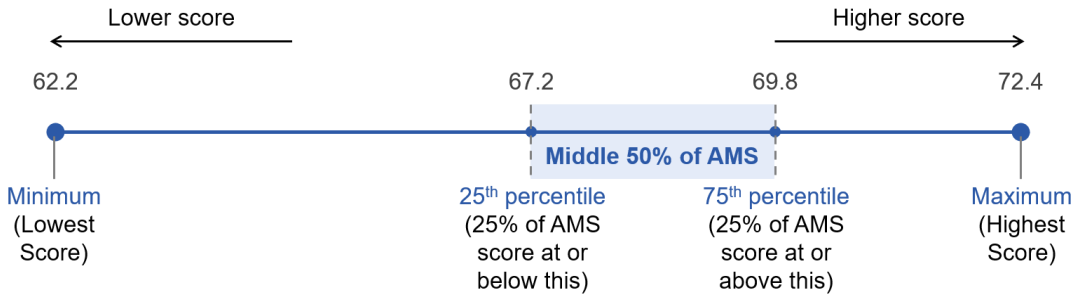
The physical domain captures perceptions of physical well-being, including energy, mobility, daily functioning, sleep, and overall health. The ASEAN average score was 68.2, with scores across AMS ranging from 62.2 to 72.4, indicating good physical health outcomes across the region.

ASEAN Average Score for Physical

68.2 / 100

This is the average score across all 10 ASEAN Member States.

Physical Score across AMS



KEY STATISTICS	ASEAN Average Score	Range (Minimum- Maximum)	Middle 50%
	68.2	**62.2 – 72.4**	**67.2 – 69.8**

INTERPRETING THE RESULTS

1. Overall Picture

The average ASEAN score for Physical domain was 68.2 out of 100.

2. Distribution

Scores across AMS ranged from 62.2 (lowest) to 72.4 (highest).

3. Middle 50%

Half of AMS had scores between 67.2 and 69.8.

PSYCHOLOGICAL

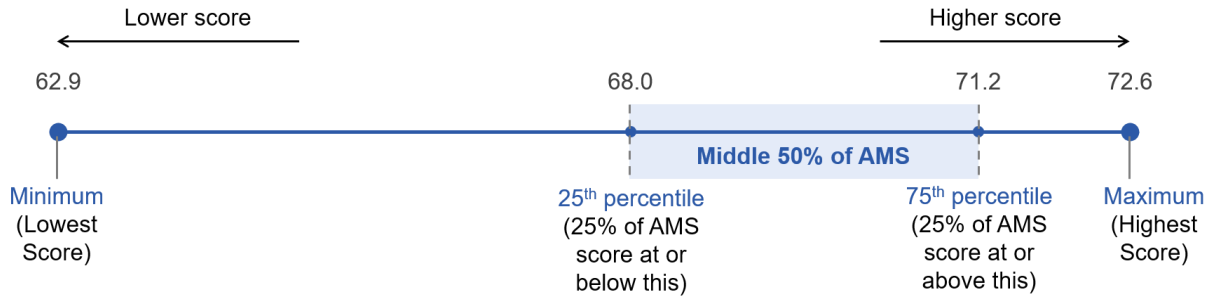
The psychological domain captures individuals' perceptions of their emotional and mental well-being, including positive feelings, self-esteem, sense of purpose, cognitive functioning, and emotional resilience. The ASEAN average score was 69.0, and scores across AMS ranged from 62.9 to 72.6, suggesting that respondents generally reported good psychological well-being.

ASEAN Average Score for Psychological

69.0 / 100

This is the average score across all 10 ASEAN Member States.

Psychological Score across AMS



KEY STATISTICS	ASEAN Average Score	Range (Minimum- Maximum)	Middle 50%
	69.0	**62.9 – 72.6**	**68.0 – 71.2**

INTERPRETING THE RESULTS

1. Overall Picture

The average ASEAN score for Psychological domain was 69.0 out of 100.

2. Distribution

Scores across AMS ranged from 62.9 (lowest) to 72.6 (highest).

3. Middle 50%

Half of AMS had scores between 68.0 and 71.2.

SOCIAL RELATIONSHIPS

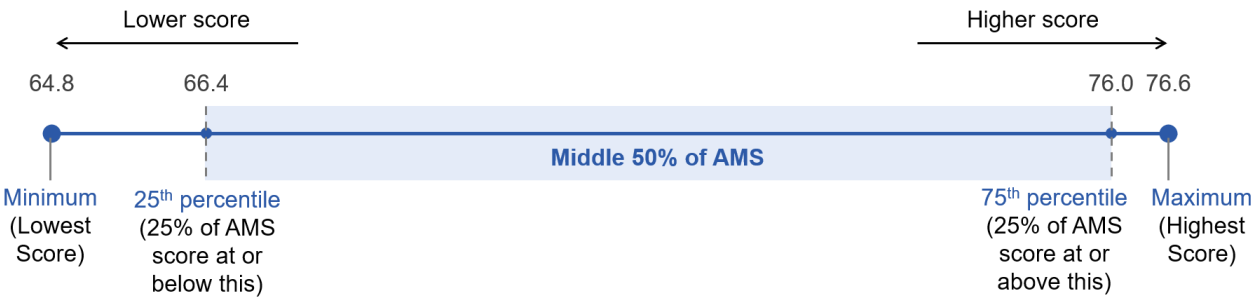
The social relationships domain measures satisfaction with personal relationships, social support, and social connectedness. The ASEAN average score was 71.6, and scores among AMS ranged from 64.8 to 76.6. This suggests that respondents generally reported strong relationships with family and friends and good access to social support networks.

ASEAN Average Score for Social Relationships

71.6 / 100

This is the average score across all 10 ASEAN Member States.

Social Relationships Score across AMS



KEY STATISTICS	ASEAN Average Score	Range (Minimum- Maximum)	Middle 50%
	71.6	**64.8 – 76.6**	**66.4 – 76.0**

INTERPRETING THE RESULTS

1. Overall Picture

The average ASEAN score for Social Relationships domain was 71.6 out of 100.

2. Distribution

Scores across AMS ranged from 64.8 (lowest) to 76.6 (highest).

3. Middle 50%

Half of AMS had scores between 66.4 and 76.0.

ENVIRONMENT

The environment domain captures individuals' perceptions of their living environment, including physical safety, financial resources, housing conditions, access to healthcare and services, opportunities for learning and recreation, and transport. The ASEAN average score was 67.6, with scores across AMS ranging from 60.5 to 73.5. The scores indicate generally positive perceptions of environmental quality and access to resources across the region.

ASEAN Average Score for Environment

67.6 / 100

This is the average score across all 10 ASEAN Member States.

Environment Score across AMS



KEY STATISTICS	ASEAN Average Score	Range (Minimum- Maximum)	Middle 50%
	67.6	**60.5 – 73.5**	**64.3 – 71.0**

INTERPRETING THE RESULTS

1. Overall Picture

The average ASEAN score for Environment domain was 67.6 out of 100.

2. Distribution

Scores across AMS ranged from 60.5 (lowest) to 73.5 (highest).

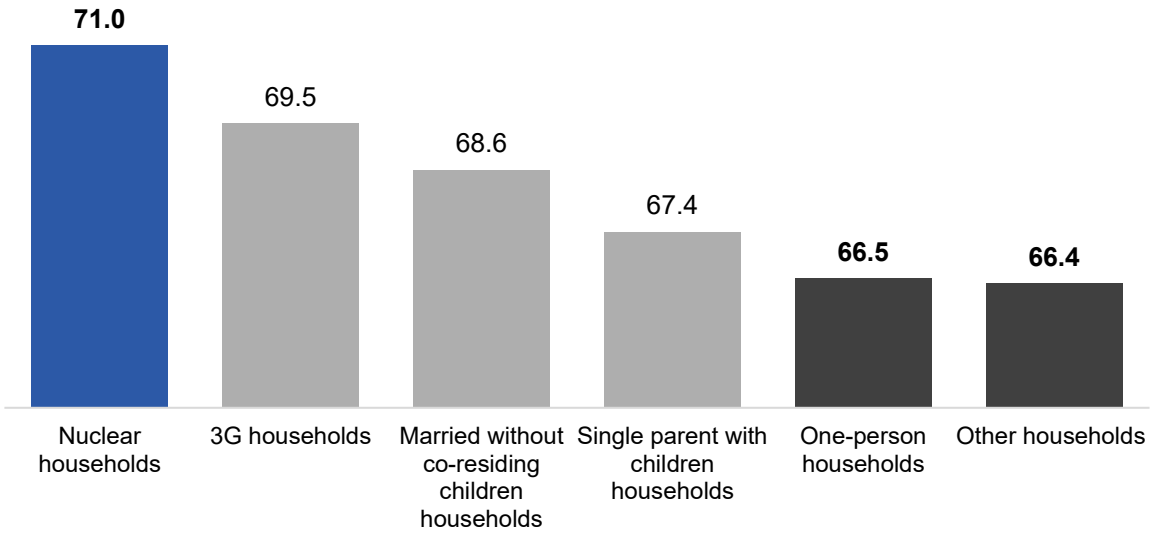
3. Middle 50%

Half of AMS had scores between 64.3 and 71.0.

Nuclear households were more likely to report higher QOL scores.

Across all AMS, respondents from nuclear households were more likely to have greater QOL compared to all other household archetypes[20] (Chart 12). Respondents living in one-person households and 'other households' were more likely to report lower QOL scores.

Chart 12: Average ASEAN QOL Score by Household Archetype



[20] The differences in the mean scores between nuclear households and all other households are statistically significant at $p<0.01$.

G5. MARITAL QUALITY

Most married respondents are happy with their marriage.

Across ASEAN, the majority of married respondents reported that they were happy with their marriage (89.1%), felt that their relationship was going well (84.1%), would frequently confide in their spouse (83.0%) and rarely or never considered ending their marriage (76.9%) (Chart 13). Married respondents who reported higher overall marital quality[21] also tended to report higher family resilience.

Chart 13a: Degree of Happiness in Spousal Relationship

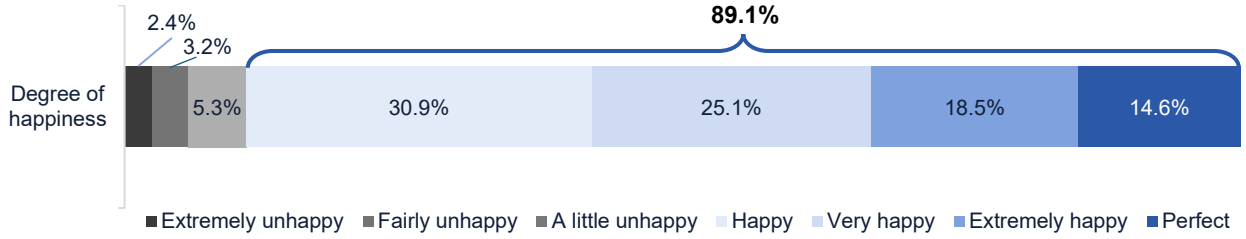
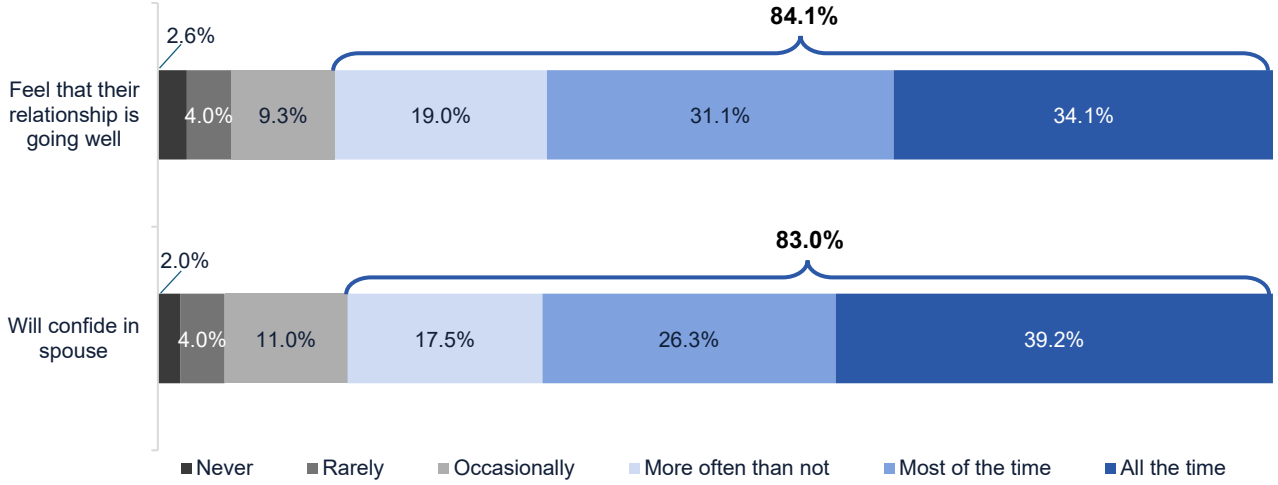
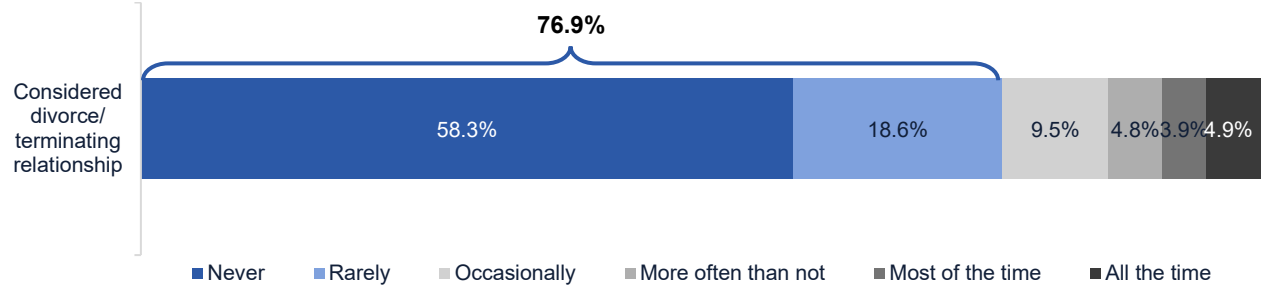


Chart 13b: Frequency of Positive Perceptions of Spousal Relationship



Note: Proportions may not sum up due to rounding.

Chart 13c: Frequency of Considering Divorce/ Terminating Relationship



[21] Marital quality is measured using a shortened Dyadic Adjustment Scale. The overall marital quality score was computed as the sum of the four items in this section (with the two items in Chart 13b reverse-coded).

Degree of Happiness in Spousal Relationship

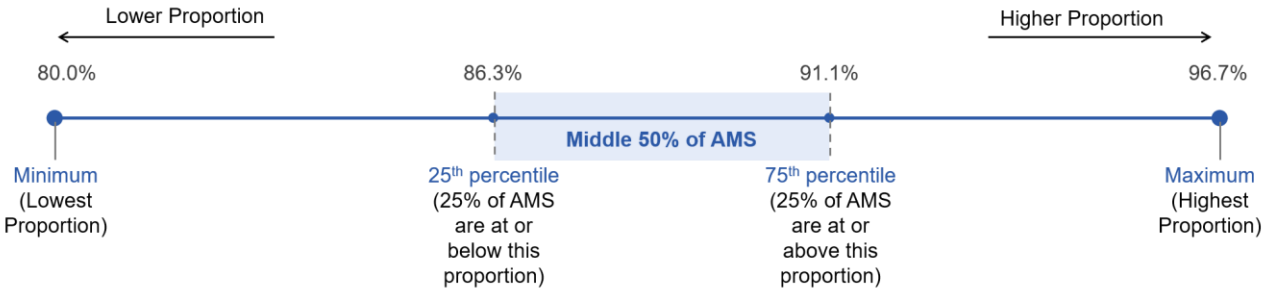
The ASEAN average proportion of married respondents who were happy in their marriage was 89.1%, and ranged from 80.0% to 96.7% across AMS.

ASEAN Average Proportion who were Happy with their Marriage

89.1%

This is the average proportion of married respondents across all 10 ASEAN Member States.

Proportion who were Happy with their Marriage across AMS



KEY STATISTICS	ASEAN Average Proportion	Range (Minimum- Maximum)	Middle 50%
	89.1%	**80.0% – 96.7%**	**86.3% – 91.1%**

INTERPRETING THE RESULTS

1. Overall Picture

The average proportion of married respondents across ASEAN who were happy with their marriage was 89.1%.

2. Distribution

Across AMS, the proportion of married respondents ranged from 80.0% (lowest) to 96.7% (highest).

3. Middle 50%

Half of AMS had proportions between 86.3% and 91.1%.

Frequency of Positive Perceptions of Spousal Relationship

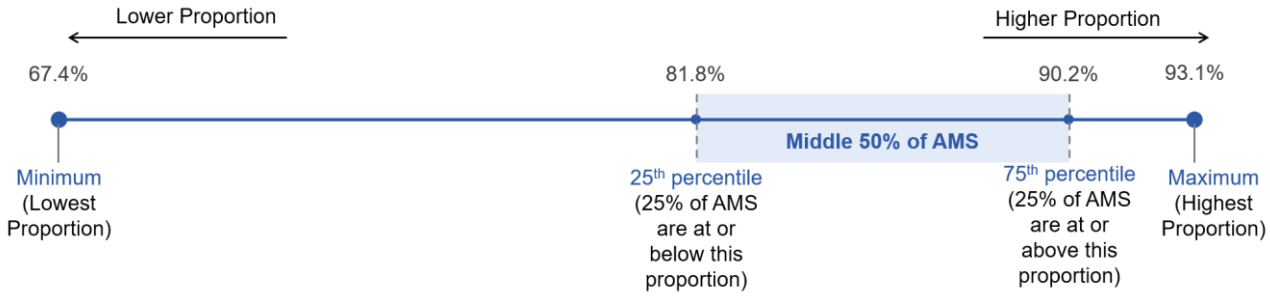
The ASEAN average proportion of married respondents who felt that their relationship was going well was 84.1%, and ranged from 67.4% to 93.1% across AMS.

ASEAN Average Proportion who Felt their Relationship was Going Well

84.1%

This is the average proportion of married respondents across all 10 ASEAN Member States.

Proportion who Felt their Relationship was Going Well across AMS



KEY STATISTICS	ASEAN Average Proportion	Range (Minimum- Maximum)	Middle 50%
	84.1%	**67.4% – 93.1%**	**81.8% – 90.2%**

INTERPRETING THE RESULTS

1. Overall Picture

The average proportion of married respondents across ASEAN who felt their relationship was going well was 84.1%.

2. Distribution

Across AMS, the proportion of married respondents ranged from 67.4% (lowest) to 93.1% (highest).

3. Middle 50%

Half of AMS had proportions between 81.8% and 90.2%.

Frequency of Positive Perceptions of Spousal Relationship

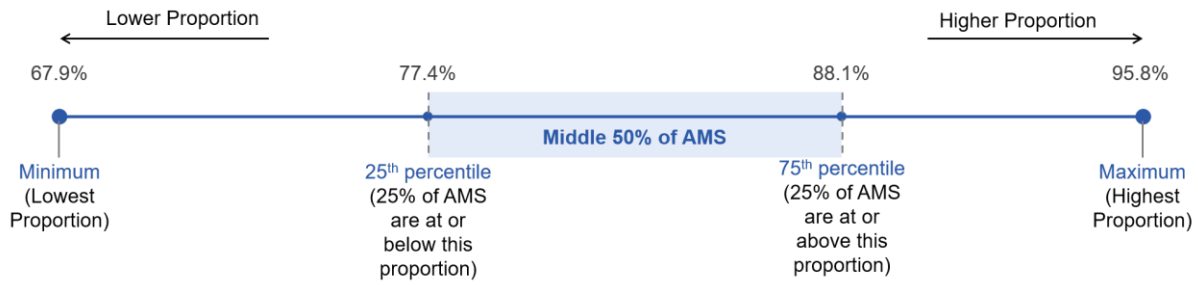
The ASEAN average proportion of married respondents who would frequently confide in their spouse was 83.0%, and ranged from 67.9% to 95.8% across AMS.

ASEAN Average Proportion who Frequently Confided in their Spouse

83.0%

This is the average proportion of married respondents across all 10 ASEAN Member States.

Proportion who Frequently Confided in their Spouse across AMS



KEY STATISTICS	ASEAN Average Proportion	Range (Minimum- Maximum)	Middle 50%
	83.0%	**67.9% – 95.8%**	**77.4% – 88.1%**

INTERPRETING THE RESULTS

1. Overall Picture

The average proportion of married respondents across ASEAN who frequently confided in their spouse was 83.0%.

2. Distribution

Across AMS, the proportion of married respondents ranged from 67.9% (lowest) to 95.8% (highest).

3. Middle 50%

Half of AMS had proportions between 77.4% and 88.1%.

Frequency of Considering Divorce or Terminating Relationship

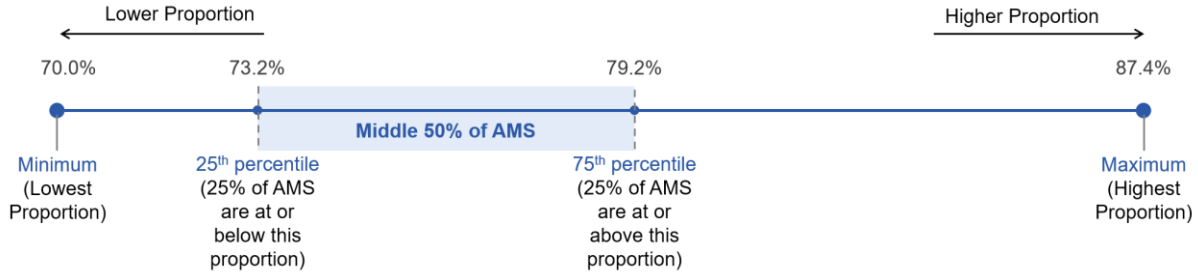
The ASEAN average proportion of married respondents who rarely or never considered ending their marriage was 76.9%, and ranged from 70.0% to 87.4% across AMS.

ASEAN Average Proportion who Rarely or Never Considered Divorce or Terminating Relationship

76.9%

This is the average proportion of married respondents across all 10 ASEAN Member States.

Proportion who Rarely or Never Considered Divorce or Terminating Relationship across AMS



KEY STATISTICS	ASEAN Average Proportion	Range (Minimum- Maximum)	Middle 50%
	76.9%	**70.0% – 87.4%**	**73.2% – 79.2%**

INTERPRETING THE RESULTS

1. Overall Picture

The average proportion of married respondents across ASEAN who rarely or never considered ending their marriage was 76.9%.

2. Distribution

Across AMS, the proportion of married respondents ranged from 70.0% (lowest) to 87.4% (highest).

3. Middle 50%

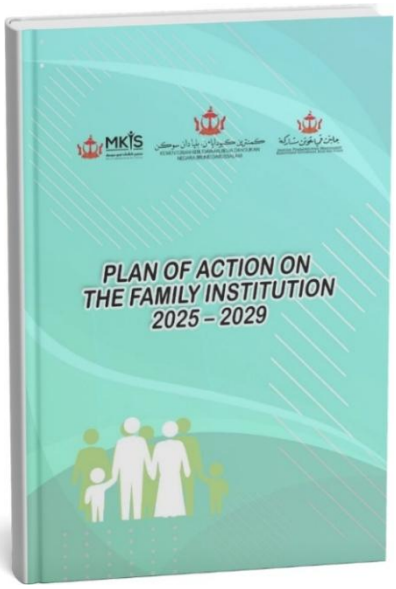
Half of AMS had proportions between 73.2% and 79.2%.

H. EFFORTS TO SUPPORT AND STRENGTHEN FAMILIES ACROSS ASEAN

AMS have introduced a range of policies and programmes to strengthen families and improve family resilience and well-being. The initiatives highlighted in this section complement the survey findings by showcasing the diverse approaches undertaken across the region to support families at different life stages, including efforts to strengthen marriage and family relationships, support parenting and child development, and foster family bonding and cohesion.

Brunei Darussalam

Brunei Darussalam's Plan of Action on the Family Institution



Brunei Darussalam recognises the family institution as the fundamental foundation of a resilient, caring and prosperous society. In reaffirming this commitment, the Government of Brunei Darussalam continues its efforts to strengthen the family institution through the implementation of the **Plan of Action on the Family Institution 2025–2029** launched in July 2026, building upon the nation's ongoing commitment to supporting families and promoting their well-being. The five-year Plan supports the aspirations of **Brunei Vision 2035** and the country's **Social Blueprint**, particularly in promoting family well-being, strengthening social resilience and advancing inclusive development.

The Plan of Action outlines three strategic goals: (i) prioritising the happiness and well-being of families towards national development and unity; (ii) strengthening family institutions as the foundation of community development; and (iii) strengthening family resilience. These goals are supported by three focus areas: (i) providing support to families throughout every stage of family life; (ii) building family resilience in facing challenges; and (iii) fostering a strong family-oriented culture.

A key feature of the Plan is its life-course approach, which recognises that families may have diverse and evolving needs at different stages of family life. Accordingly, the Plan encompasses a range of initiatives including family enrichment and parenting programmes, pre-marriage and post-marriage workshops, support for parents and caregivers, support for adoptive families and children, early childhood development, family mediation and counselling, support for single-parent families, as well as assistance for families caring for older persons and persons with disabilities. The Plan also promotes family-friendly workplaces and communities, economic resilience and accessible family support services.

The Plan is further reinforced through the nationwide observance of National Family Day, celebrated annually on the first Sunday of May. National Family Day brings together government agencies, educational and religious institutions, community organisations, the private sector and families through a range of religious, educational, recreational, sporting, health and family-bonding activities. These initiatives encourage families to spend meaningful time together while promoting intergenerational interaction, mutual respect and shared responsibility.

Central to Brunei Darussalam's approach are the core family values of "SaTu HaraPan": Sayang-Menyayangi (Love), Tanggungjawab (Responsibility), Hormat-Menghormati (Respect) and Pemedulian (Care). These values are embedded throughout the Plan of Action on the Family Institution 2025–2029 and reflected in National Family Day initiatives, underscoring Brunei Darussalam's commitment to placing strong, caring and resilient families at the heart of national development.

Through a coordinated, whole-of-nation approach, Brunei Darussalam aims to nurture families that are empowered to overcome challenges, contribute to the well-being of communities and build a stronger and more inclusive future for generations to come.

Cambodia

National Family Social Assistance Package Framework

1. Background and Rationale

Cambodia has been strengthening its social protection system to respond more effectively to poverty, vulnerability and social risks affecting families. Recognising the family as a fundamental foundation for the well-being, protection and development of children, older persons, persons with disabilities and other vulnerable members, Cambodia has adopted a more integrated and family-centred approach to social assistance.

The National Family Social Assistance Package Framework provides a strategic approach to bringing different forms of social assistance and social services together around the needs and circumstances of individual families. It seeks to move beyond fragmented interventions towards a coordinated package of support that strengthens family resilience, well-being and capacity to cope with vulnerabilities and progressively achieve greater self-reliance.

2. Key Objectives and Features

The initiative aims to reduce poverty and vulnerability, strengthen families' capacity to cope with economic and social shocks, improve access to social protection and essential services, promote child and family well-being, and strengthen livelihoods and resilience.

The Family Social Assistance Package adopts a **family-centred, needs-based and life-cycle approach**. Depending on their circumstances, families may receive a combination of cash and other social assistance, health and education support, child protection and family support services, assistance for persons with disabilities and older persons, livelihood and skills-development support, and employment linkages.

An important feature is the strengthening of **family assessment, case management and referral mechanisms**, enabling families to be assessed according to their needs and connected with relevant government programmes, social services, institutions and partners. This approach promotes better coordination and helps ensure that support is comprehensive, appropriate and responsive to the circumstances of each family.

3. Progress and Reach

As of **August 2026**, the National Family Social Assistance Package has provided benefits to a broad range of vulnerable population groups, including: **791,339 poor families** receiving core social assistance; **581,974 pregnant women and children under two years of age** receiving cash support; **429,364 poor primary and lower-secondary students** receiving cash support; **68,693 persons with disabilities** receiving cash support; **434,521 older persons aged 60 years and above** receiving cash support; and **7,049 members of poor families living with HIV/AIDS** receiving cash support.

Over the past **two years and more**, the Royal Government of Cambodia has allocated approximately **KHR 1.226 trillion (around USD 306 million)** to implement the National Family Social Assistance Package.

The programme is also among the **six priority policies of the Royal Government of Cambodia in the Seventh Legislature**, reflecting the Government's commitment to strengthening social protection and improving the well-being of vulnerable families.

4. Contribution to Strengthening Families

The initiative recognises that family vulnerability is multidimensional and that financial assistance alone may not be sufficient to achieve sustainable improvements in family well-being. By linking social assistance with social services, protection, human-capital development, education, health and livelihood support, the framework seeks to strengthen the family as a whole.

It contributes to stronger family resilience by helping families meet immediate basic needs while also improving access to services and opportunities that can reduce longer-term vulnerability.

The approach further promotes coordinated service delivery between national programmes, sub-national administrations, service providers and relevant partners.

5. Significance for ASEAN

Cambodia's National Family Social Assistance Package Framework demonstrates the value of a **whole-of-family, integrated and life-cycle approach** to social protection. It provides a practical policy direction for strengthening families through coordinated financial assistance, social services, protection and livelihood interventions.

Indonesia

Promoting Fathers' Involvement in Parenting and Family Life

Indonesia has sought to strengthen families through various initiatives. One such initiative is Gerakan Ayah Teladan Indonesia (GATI), which is a national initiative by Indonesia's Ministry of Population and Family Development that promotes fathers' active involvement in parenting and child development.

Launched on 21 April 2025, GATI seeks to strengthen fathers' roles in caregiving, education, protection and supporting their children's development. The movement reaches fathers across different stages of family life, including fathers of young children, school-age children and adolescents, as well as prospective fathers.

GATI emphasises that fathers' roles extend beyond providing financially for their families. Fathers are encouraged to be actively involved in family life, not only as breadwinners, but also as caregivers, educators, protectors and role models. The movement aims to increase awareness of the importance of fathers within families, encourage their active participation in parenting and education, support children's optimal growth and development, and strengthen family relationships. It also promotes parenting as a shared responsibility between mothers and fathers.

GATI encourages practical forms of involvement in children's everyday lives, such as talking, listening, playing and learning together, attending school activities, accompanying children to health check-ups, being a role model, and sharing parenting and household responsibilities.

GATI is implemented through four main channels:

1. Digital counselling, including platforms such as 'Siap Nikah' and 'Satyagatra'. Siap Nikah provides premarital education, counselling and parenting information, while Satyagatra is an integrated family service centre that provides information, education, consultation and counselling services to support family wellbeing, including active fatherhood.
2. Community forums and support groups for fathers, which provide a platform for fathers to share their parenting experiences.
3. Desa/Kelurahan Ayah Teladan (DEKAT) programme, which aims to strengthen fathers' involvement in parenting and family life through community-based education and engagement.
4. Sekolah Bersama Ayah (SEBAYA), which is a school-based initiative that promotes fathers' active involvement in their children's education through parenting classes and participation in school activities.

Through GATI, Indonesia reinforces the importance of the role of active fathers in family life. By encouraging greater paternal involvement in caregiving, communication, education and shared family responsibilities, GATI contributes to broader efforts to strengthen parenting, family relationships and family resilience.

Lao PDR

Love and Care for Every Child in Lao PDR

Lao PDR's Ministry of Labour and Social Welfare (MOLSW) works with the United Nations Children's Fund (UNICEF), Lao Women's Union (LWU), the Ministry of Health (MOH), the Ministry of Education and Sports (MOES), and the Lao Front for National Development (LFND) on the development of a culturally responsive and gender-responsive strategy that aims to influence and transform parenting practices within families and opportunities for children under seven years across the country. Thus, the project "Love and Care for Every Child" (LCEC) was developed.

The LCEC messages aim to support rather than instruct parents. To make desired behaviours more understandable, memorable, and achievable, the initiative has grouped the most important elements of parenting into three pillars: Care, Protection, and Communication. Each of these three pillars includes the following topics:

- **CARE**: maternal, newborn, and child health, sexual and reproductive health, danger signs management, child development, mother's nutrition, breastfeeding, child's nutrition, sanitation, and hygiene, health and nutrition education, and immunisation
- **PROTECTION**: birth registration, positive discipline, preventing violence, children with disability, and preventing child marriage
- **COMMUNICATION**: nurturing bonds and early stimulation

Messages on these three pillars are then conveyed using a variety of communication tools, including guidebook, storybook, video, audio recordings, flipchart, and monitoring framework, mainly through the following four communication channels: interpersonal communication, group discussions, community-level engagement and mass and mobile digital media.

LWU takes the lead in coordination with MOES, the MOH, MOLSW, and the LFND in the implementation of LCEC parenting education in the target villages, districts, and provinces. Specifically, LWU takes the lead and works with UNICEF to update the training materials package and communication materials and strengthen the capacity of the government officials, Committee for Protection and Assistance of Children (CPAC), or Child Protection Network (CPN) members on the project implementation and management. LWU also takes the lead in organising mid-year and/or annual review meetings for the project and reports to the secretariat for the CPAC at the central level.

The MOLSW serves as the secretariat of the CPAC, which is mandated by the law to lead and coordinate the work on child protection in Lao PDR. MOLSW is also responsible for social protection and social workforce development including capacity building of the front liners especially the CPAC/CPN members, which is critical to ensuring better identification, referral, and assistance for vulnerable children, especially children with disabilities, children who are victims of violence including child marriage. MOLSW is also responsible for developing family-support and community-based child protection services.

Malaysia

Initiatives to Support and Strengthen Families in Malaysia

Malaysia adopts a life-cycle and family-centred approach to strengthening families and enhancing family resilience and well-being. The overarching framework is the National Family KASIH Policy (DKKN) 2026-2030, implemented through the National Family Action Plan (PTKN) 2026–2030, comprising 16 strategies and 43 actions. The framework focuses on strengthening marriage and family institutions, enhancing parenting capacity, supporting inclusive family empowerment, improving family conflict management, and promoting family affordability and quality of life.

At the preventive and capacity-building level, Malaysia provides programmes such as SMARTSTART 2.0, which prepares couples for marriage and family life, as well as parenting and family programmes implemented by the National Population and Family Development Board (LPPKN), including initiatives on parenting skills, family safety, financial management and work–family balance. These are complemented by measures supporting work–family reconciliation and caregiving, including maternity and paternity leave, flexible working arrangements, and childcare services through registered TASKA and related support mechanisms.

Malaysia also strengthens family resilience through social protection, psychosocial support and family protection services. Assistance such as Rahmah Cash Contribution (STR) and Rahmah Basic Contribution (SARA) helps eligible households manage financial and cost-of-living pressures, while Care Line (Talian Kasih) 15999, counselling and community-based psychosocial programmes provide support to families experiencing stress, conflict or crisis. Measures relating to child safety, protection and childcare further contribute to creating safe and supportive family environments.

Importantly, Malaysia adopts an evidence-based approach to family policymaking through the Malaysian Family Well-Being Index, which monitors dimensions including family relationships, economy, health, safety, housing and environment, community involvement, spirituality, and communication technology. Overall, Malaysia's approach seeks to move beyond crisis intervention towards preventive, integrated and coordinated support that strengthens families' capacities, resilience and well-being throughout the family life cycle.

Myanmar

Role of Social Protection in Strengthening Families in Myanmar

Social protection plays an important role in strengthening families in Myanmar by helping households manage social and economic risks, reduce vulnerabilities, and maintain family well-being. Under Myanmar’s National Social Protection Strategic Plan (2014), the Government has introduced a range of social protection and social welfare programmes targeting children, older persons, persons with disabilities, women, and other vulnerable individuals and families. These programmes provide different forms of assistance, including cash support, social care, child protection, and other welfare

services. Social protection can contribute to stronger marriages and family relationships by reducing economic stress and financial pressure.

Family and social welfare services can also promote awareness of positive communication, mutual respect, shared decision-making, and non-violent family relationships. Social protection also supports parenting capacity and children's development by helping parents and caregivers meet children's basic needs and provide a safe and supportive home environment. Myanmar's Early Childhood Care and Development (ECCD) Policy, 2014 recognises the important role of parents and caregivers in children's holistic development. Parenting support and ECCD initiatives can provide parents and caregivers with knowledge and skills related to child health, nutrition, learning, protection, emotional development, and positive parenting.

Social protection can further contribute to family bonding and cohesion by enabling family members to remain connected and support one another during periods of hardship. Social protection and family-centred social welfare services can help families cope with challenges and maintain their caregiving and support functions, allowing them to continue providing care within the household and community. By supporting families to remain together and function effectively, social protection can strengthen emotional connections, mutual support, shared responsibilities, and a sense of belonging among family members.

Hence, Myanmar's social protection and social welfare systems have an important role in strengthening marriages and family relationships, supporting parenting and child development, and promoting family bonding and cohesion.

Philippines

Family Development Session as a Model for Family-Centered Social Protection



In the Philippines, the family is the foundational unit of society, playing a central role in individual well-being, social cohesion, and national development. To operationalise this cultural and constitutional priority, the Philippine Government enacted Republic Act No. 11310 (the *Pantawid Pamilyang Pilipino Programme (4Ps) Act*) institutionalising the national conditional cash transfer programme as a flagship strategy for long-term poverty reduction and human capital development. Central to the 4Ps strategy is the conduct of *Family Development Sessions (FDS)*, a community-based intervention designed to ensure that social protection extends beyond financial assistance to encompass holistic family development.

Attending the FDS is one of the conditions of 4Ps. The FDS employs neighbourhood-based family psycho-educational activities to promote, empower, and nurture families towards strengthened capacity so they can meet their familial and parental responsibilities and participate in community development activities. The FDS framework equips primary caregivers and household grantees with responsive life skills to foster holistic family well-being. Delivered under the **Transformative Learning Process Framework**, the curriculum guides families through progressive developmental stages:

1. **Pagpupunla (Foundational: "Sowing the Seeds"):** Focuses on building shared understanding and commitment by helping families appreciate the 4Ps program, their basis of inclusion, and their corresponding responsibilities.

2. **Paglalalim (Deepening: "Internalizing & Applying"):** A needs-based, practice-oriented phase that deepens knowledge and helps families internalise and consistently apply key concepts in their daily lives.

3. **Pagsasabuhay (Sustaining: "Living the Values"):** A needs-based phase focused on self-directed action, enabling families to independently maintain positive behaviours, demonstrate confidence, and prepare for eventual programme exit.

This journey is supported by a comprehensive package of learning modules, including Core Programme Modules (Concepts & Design of 4Ps, Responsible Parenthood, and The Family & the Community), Enhanced and Specialised Modules (Positive Discipline, Child Sexual Abuse Prevention, Hunger & Food Insecurity Mitigation, Family & Community-Based Disaster Preparedness, and Active Citizenship), and dedicated Youth Development Sessions (YDS) tailored for adolescent household members.

FDS directly reaches over 4.0 million active beneficiary households nationwide every month across all 18 regions of the Philippines. Sessions are conducted in neighbourhoods nationwide supported by over 14,600 community workers. Over its implementation history, the 4Ps and FDS framework has enabled over 1.6 million Filipino families to graduate from poverty into self-sufficiency.

The FDS illustrates how social protection can evolve from basic financial support into an integrated, life-stage framework for family empowerment. By embedding structured psycho-education, child protection, and community engagement directly into national cash transfers, the Philippines offers a scalable policy direction for ASEAN Member States seeking to build resilient, self-sustaining families.

Singapore

Strengthening Families Through Community Partnerships and Family-Centred Initiatives

Singapore adopts a whole-of-society approach to strengthening families, recognising that resilient families are the foundation of a cohesive and thriving society. National policies are designed around a life-course perspective, supporting families at every stage, from preparing for marriage and parenthood, to raising children, managing

caregiving responsibilities, and navigating the later stages of family life. This includes investing in early childhood services, measures to help families manage costs and caregiving demands, and support for parents in balancing work and family commitments.

Beyond policy measures, Singapore also invests in family well-being through targeted programmes, community partnerships, and efforts to foster a family-friendly culture. These efforts span across life stages, from marriage preparation and parenting support to strengthening family resilience and intergenerational bonding, and celebrate the joy of family life while building stronger family relationships. Together, these complementary approaches reflect Singapore's commitment to equipping families with the resources, skills, and community support they need to thrive and remain resilient.

For example, the National Family Festival (NFF) is Singapore's annual nationwide celebration of families. Led by the Families for Life Council and supported by the Ministry of Social and Family Development, NFF brings together government agencies, community groups, corporations, and volunteers to promote family bonding and reinforce the value of strong family relationships. Through a wide range of family activities, community events, and public campaigns, NFF gives families opportunities to spend meaningful time together, amplifies authentic family stories and fosters a broader culture that strengthens family life. In 2026, NFF reached over 1 million participants and was also supported by more than 240 community partners, 190 corporate partners, and 1,200 Families for Life’s volunteers, more than double the previous year’s figure, reflecting the strong community ownership and enthusiasm that has developed around this initiative.

Another cornerstone of Singapore's efforts is the Strengthening Families Programme (FAM), which supports families facing challenges through evidence-based programmes, accessible resources, and community-based support. FAM offers a range of family support services that are both accessible and responsive to families’ evolving needs. These encompass marriage preparation programmes that equip couples with the skills and knowledge to build strong relationships, family counselling services to support those facing challenges in their family relationships, and divorce support programmes for couples contemplating or undergoing divorce, including support for their children in coping with the transition.

Together, NFF and FAM exemplify Singapore's integrated approach to strengthening families, combining programmes with community involvement and public engagement. By fostering strong marriages, positive parenting, family resilience, and meaningful family interactions, these initiatives contribute to Singapore's broader goal of enabling families to thrive and remain resilient in a rapidly changing social and economic landscape. Singapore also remains committed to sharing its experiences and learning from ASEAN partners as the region collectively works towards stronger, more resilient families.

Thailand

Building Family Resilience through Community-Based Support

Families in Thailand are experiencing significant demographic and social changes. Declining fertility, smaller household sizes, population ageing and changing family structures are reshaping how families provide care, maintain relationships and support one another across generations. These changes highlight the importance of strengthening not only individual families, but also the community and service systems surrounding them.

Thailand therefore promotes a community-based family support approach that seeks to strengthen family relationships, parenting capacities, family functioning and resilience, while ensuring that families experiencing difficulties can access timely assistance.

At the heart of this approach are Family Development Centres (FDCs), community mechanisms established to promote family participation and respond to the needs of families in different local contexts. The Department of Women's Affairs and Family Development (DWF), under the Ministry of Social Development and Human Security (MSDHS) of Thailand, provides policy direction, capacity development, budget support and government grants to enable these community mechanisms to undertake family development activities.

Through FDCs and local family networks, communities provide opportunities for parents, children and other family members to strengthen parenting skills, communication and family relationships. A key part of this approach is the Family School, a learning process designed around different stages of the family life course. It covers areas ranging from preparation for marriage and newly formed families, preparation for parenthood, parenting and communication with adolescent children, to caring for older family members. FDCs and local networks can adapt the knowledge and learning activities to suit their own community contexts. By providing practical knowledge and skills that families can apply in everyday life, Family Schools help families navigate transitions, build positive relationships and address emerging difficulties before they develop into more serious family crises.

Thailand also encourages Creative Spaces for Families, which provide safe and inclusive environments where family members can learn, play and spend meaningful time together. These spaces help promote family bonding, intergenerational interaction and quality time, which are important dimensions of family functioning and well-being.

Recognising that family difficulties may range from everyday relationship challenges to situations requiring protection, Thailand is also strengthening subdistrict-level operational mechanisms for the prevention of domestic violence. Building upon existing community family networks, these mechanisms support early identification of risks, community-based prevention, initial assistance and coordination with relevant social, health, law enforcement and multidisciplinary services. This helps create a stronger connection between family promotion, prevention, protection and referral.

Support is also made accessible beyond physical community mechanisms. Through an online service platform titled "Puean Khropkhrua" (เพื่อนครอบครัว in Thai, or "Family

Line" in English), individuals and family members can access information and counselling on issues such as parenting, adolescent development, family relationships, domestic violence, legal matters, and social welfare. Where more specialised assistance is required, users can be referred to appropriate services. Together, these mechanisms form a continuum of family support, ranging from strengthening parenting and relationships, creating opportunities for family bonding and learning, to identifying risks, providing counselling and coordinating protection and assistance.

Thailand's approach reflects the understanding that resilient families are not built through a single programme. They are strengthened through connected community mechanisms, accessible services and supportive environments that enable families to develop the knowledge, relationships and resources needed to respond to changing social and demographic realities.

Viet Nam

Strengthening Families through the Family Development Strategy to 2030

Viet Nam launched the Family Development Strategy to 2030 in December 2021. The Strategy aims to build prosperous, progressive, happy and civilised families and strengthen the role of families in sustainable national development. It recognises families as important environments for nurturing individuals, preserving cultural values and contributing to society.

The strategy takes a comprehensive approach to strengthening families, with emphasis on family education, positive family relationships and values, gender equality, domestic violence prevention, and support for families.

Key measures under the Family Development Strategy include:

1. **Strengthening family education and awareness**: Promote positive family values and relationships through communication and education, including equipping young people with knowledge and skills on marriage and family life before marriage. At the community level, education and communication initiatives promote happy and sustainable families, family bonding and intergenerational relationships. These include the "Exemplary Grandparents and Dutiful Children and Grandchildren" model and the "Warm and Loving Family Meals" model.

2. **Strengthening policies for families**: Improve the effectiveness of policies and laws related to families and strengthen efforts to prevent domestic violence and other risks affecting families.

3. **Expanding family support services:** Improve access to family counselling, premarital education, parenting support and domestic violence intervention services, particularly for vulnerable families.

4. **Strengthening implementation and evidence**: Enhance coordination in family-related work, strengthen information and research on families, and promote cooperation and knowledge exchange to support family development.

Through the Family Development Strategy to 2030 and its initiatives, Viet Nam reinforces the importance of positive family relationships, shared family values and strong intergenerational bonds. By combining national policy direction with community-based initiatives, Viet Nam seeks to build strong, happy and sustainable families and enhance family well-being.

I. CONCLUSION

National administrative data across ASEAN Member States indicate that families and households across the region are undergoing significant demographic change, including declining fertility rates, delayed marriage, and smaller household sizes. Despite these changes, the survey of families in ASEAN found that respondents generally reported strong family resilience and well-being. Respondents also reported broadly positive quality of life, while marital relationships were generally positive, with high levels of relationship satisfaction.

Taken together, these findings highlight both continuity and change in ASEAN family life. While family ties and relationships remain a key source of strength for many households, experiences and outcomes are not uniform. Differences were observed across household archetypes, with respondents from Nuclear and 3-Generation households generally reporting more positive family outcomes compared to respondents from all other household archetypes. This underscores the importance of recognising the diversity of family experiences and avoiding one-size-fits-all approaches in family policy and programmes.

These insights reinforce the continued relevance of ASEAN's longstanding commitments to family development, as articulated in regional instruments such as the ASEAN Declaration on Gender Equality and Family Development and the Bandar Seri Begawan Declaration on the Importance of the Family for Community Development and Nation-Building. In the context of demographic and social change, supporting families' capacities to adapt, maintain strong relationships and sustain well-being remains central to sustainable development across the region.

The Collaboration on Understanding the State of ASEAN Families represents an important step towards strengthening the regional evidence base on families. By combining national administrative indicators with a common survey framework across participating ASEAN Member States, the Collaboration lays the groundwork for improved monitoring of family trends over time, deeper cross-country learning, and greater comparability of family outcomes. Continued investment in research, data collection and regional knowledge-sharing will support ASEAN Member States in designing responsive, evidence-based policies that reflect the diverse needs of families and keep families at the centre of regional development efforts.

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ANNEX

Focal Points for the Collaboration on Understanding the State of ASEAN Families

ASEAN Member State	Government Focal Point for the Collaboration	Academic Partner for the Collaboration
Brunei Darussalam	Ms Noridah binti Haji Ishak, Community Development Officer, Social Service Division, Ministry of Culture, Youth and Sports, Brunei Darussalam	Mr Hilman bin Haji Salim, Deputy Director of Centre for Contemporary Fiqh Studies, Kolej Universiti Perguruan Ugama Seri Begawan, Brunei Darussalam
Cambodia	Ms Peuvsreyneang Chamroeun, Official, ASEAN Bureau, Department of Cooperation, Ministry of Social Affairs, Veterans and Youth Rehabilitation, Cambodia	H.E. Sar Boriraks, Rector of National Institute of Social Affairs, Ministry of Social Affairs, Veterans and Youth Rehabilitation, Cambodia
Indonesia	Mr Eli Pujiastuti, Senior Government Public Relations Officer, Planning Bureau, the Ministry of Social Affairs	Dr Helly Ocktilia, Ketua Pusat Penelitian, Politeknik Kesejahteraan Sosial Bandung, Indonesia
Lao PDR	Mr Souphonesay Lorpheangsy, Deputy Director General of Social Welfare Department, Ministry of Labour and Social Welfare, Lao PDR Ms Somsanook Saysuvanh, Deputy Director of ASEAN Cooperation Division, Department of Planning and International Cooperation, Ministry of Labour and Social Welfare, Lao PDR Mr Khamsouk Somphavong, Deputy Director of Child Protection and Assistance division, Department of Planning and International Cooperation, Ministry of Labour and Social Welfare, Lao PDR	Mr Thonephokham Inthasone, Deputy Director, Skills Development Institute, Ministry of Labour and Social Welfare, Lao PDR

Malaysia	Mr Adzmel Mahmud, Director of Family Well-Being Division, National Population and Family Development Board, Malaysia	Prof Dr Mohamad Fazli bin Sabri, Dean, Faculty of Human Ecology, Universiti Putra Malaysia, Malaysia
Myanmar	Ms Yi Yi Shwe, Director, Department of Social Welfare, Myanmar	Prof Dr Htin Zaw Soe, Head of Department of Public Health, Faculty of Health Science, STI Myanmar College, Myanmar
Philippines	Ms Marilyn B. Moral, Director IV, Social Technology Bureau, Department of Social Welfare and Development, Philippines Ms Darlene R. Dancel, Director III, Social Technology Bureau, Department of Social Welfare and Development, Philippines Ms Jelie B Barceta, Division Chief, Social Technology Bureau – Design Formulation Division, Department of Social Welfare and Development, Philippines	Dr Liane Peña Alampay, Developmental Psychologist and Professor of Psychology, Ateneo de Manila University, Philippines
Singapore	Ms Ruth Chin Jen Yuin, Deputy Director, Strategy & Women's Development, Family & Child Development Policy Directorate, Ministry of Social and Family Development, Republic of Singapore Ms Yuvaranjini Mathiazakan, Senior Manager, Strategy & Women's Development, Family & Child Development Policy Directorate, Ministry of Social and Family Development, Republic of Singapore	A/P Kang Soon Hock, Director, University Research Office, Singapore University of Social Sciences, Republic of Singapore Research Team: A/P Hu Shu, School of Humanities and Social Sciences, Singapore University of Social Sciences, Republic of Singapore A/P Ng Weiting, School of Humanities and Social Sciences, Singapore University of Social Sciences, Republic of Singapore Dr Grace Chee, School of Social Work and Social Development, Singapore University of Social Sciences, Republic of Singapore

		Dr Sheryl Chua, School of Humanities and Social Sciences, Singapore University of Social Sciences, Republic of Singapore Dr Pamela Goh, School of Humanities and Social Sciences, Singapore University of Social Sciences, Republic of Singapore Dr Tan Tsiat Siong (Shane), School of Business, Singapore University of Social Sciences, Republic of Singapore Mr Leon Lim Wen Hui, Research Fellow, Office of the Provost, Singapore University of Social Sciences, Republic of Singapore Mr Patrick Lim Kian Cheng, Research Associate, University Research Office, Singapore University of Social Sciences, Republic of Singapore Ms Ivy Li Yingying, Research Assistant, University Research Office, Singapore University of Social Sciences, Republic of Singapore
Thailand	Ms Krissadee Boonsuaykwan, Social Development Officer, Senior Professional Level, Division of Family Institution Promotion, Department of Women's Affairs and Family Development, Ministry of Social Development and Human Security, Thailand	Dr Nopphawan Photphisutthiphong, Associate Dean, College of Population Studies, Chulalongkorn University, Thailand
Viet Nam	Mr Pham Vu Hoang, Deputy Director General, Department of Population, Ministry of Health of Viet Nam	Mr Vu Manh Cuong, Researcher of Health Strategy and Policy Institute, Ministry of Health of Viet Nam





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