ANNEX

State of ASEAN Families Report 2026

The inaugural State of ASEAN Families Report 2026 marks an important deliverable in the Collaboration on Understanding the State of ASEAN Families, a three-year research partnership between ASEAN Member States from 2025 to 2027. It aims to build a shared regional evidence base through tracking a common set of family-related indicators and conducting a multi-country survey on families.

The report presents the overall state of ASEAN families through capturing key regional demographic trends on families alongside survey findings on family resilience, family ties, family well-being, quality of life and marital quality. It also highlights initiatives across ASEAN to support and strengthen families. The national administrative statistics provide context on changes in family formation and household structures across ASEAN, while the survey offers a regional urban snapshot of families' experiences.

- This report was coordinated by the Ministry of Social and Family Development of the Republic of Singapore, with the support of the ASEAN Secretariat, and the Singapore University of Social Sciences (SUSS) as the lead research partner. The collaboration brought together 10 ASEAN Member States, comprising ASEAN government focal points and their academic partners.

- The Report was also supported by Stephen Riady Group of Foundations, which contributed S$1 million to the research effort.

- The findings can inform policies and programmes across ASEAN and help identify areas where family support can be strengthened. Further analysis of the survey data will also deepen understanding of families' needs and experiences, as the collaboration continues to encourage knowledge exchange, foster partnerships and support further collaborative research among ASEAN Member States.

Survey Methodology

Survey sample

- Over 12,900 respondents who had an in-depth knowledge of their households were surveyed across ASEAN were surveyed across 10 ASEAN Member States, focusing on capital cities or the most populous cities where fieldwork was feasible. Hence, the findings provide a regional urban snapshot of families across ASEAN.

- The cities are as follows: 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 (Viet Nam).
- The survey respondents were the heads of household or their spouse who managed the affairs of the household and were able to answer on behalf of the household.

Conducting the survey

- Considering the complexity and challenges of conducting survey fieldwork across multiple countries, the survey was conducted via a mix of online questionnaires, door-to-door interviews, and central location testing, depending on local contexts and operational considerations.

Representativeness of findings

- Survey results were weighted to be representative of the following household archetypes for each city (where data was available) or ASEAN Member State. The household archetypes are as follows: nuclear households; married couples without co-residing children; single-parent households; three-or-more-generation (3G) households; one-person households; and other households.

Survey indicators

- The survey indicators featured in the report are as follows:

Indicator	**How it was measured**
Family resilience	Family resilience refers to a family's capacity to cope with adversity, recover and emerge stronger. Family resilience was measured using the Walsh Family Resilience Questionnaire, which covers family belief systems, organisational patterns, and communication and problem solving.

Family ties	Family ties were measured based on whether respondents agreed that they had a close-knit family.
Family well-being	Family well-being was measured using three indicators adapted from Malaysia's Family Well-Being Index, which are family functioning, quality time with family, and work-family balance.
Quality of life	Quality of life was measured using the World Health Organization Quality of Life – abbreviated version (WHOQOL-BREF) questionnaire, which assesses the physical, psychological, social relationships and environmental domains.
Marital quality	Marital quality was measured using the shortened Dyadic Adjustment Scale, a measure for relationship quality.

Key Report Findings

Regional demographic trends on families

- **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 ASEAN Member States. Based on the latest data available, the median age at first marriage of brides ranges from 21.2 to 29.6 years. The median age at first marriage of grooms ranges from 24.4 to 31.1 years.

- **Households are becoming smaller.**

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

Survey findings on families

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

  9 in 10 families had moderate to high family resilience scores. 8 in 10 families shared that they had close-knit ties. ASEAN Member States also reported moderate to high family well-being scores, and a good quality of life. For married respondents, 9 in 10 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.

Interpreting the survey findings

- The survey findings provide a regional urban snapshot of families across ASEAN, with higher scores indicating more positive outcomes.