
Research Article

Assessing the Sustainability of Conditional Cash Transfer Programs for Vulnerable Populations in San Marcelino, Zambales

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ABSTRACT

This study entitled “Assessing the Sustainability of Conditional Cash Transfer Programs for Vulnerable Populations in San Marcelino, Zambales” investigated the relationship between beneficiaries’ awareness and understanding of the Pantawid Pamilyang Pilipino Program (4Ps), its impacts, and sustainability among long-term grantees during the calendar year 2025-2026. Specifically, the study assessed program awareness, impacts on health, nutrition, and education, and sustainability dimensions such as skills development, resource access, resilience and independence, and readiness to exit the program. A descriptive-correlational research design with comparative analysis was employed. Data were gathered through a researcher-made structured questionnaire administered to 100 purposively and conveniently selected beneficiaries. Statistical tools such as frequency, weighted mean, Analysis of Variance, and Pearson-r correlation were computed using statistical software to determine levels, differences, and relationships among variables. Findings revealed that beneficiaries strongly agreed on their awareness of the program and recognized its positive impacts on health, nutrition, and education. They also expressed strong agreement regarding sustainability indicators. Statistical analysis showed no significant differences across demographic profiles, suggesting equitable implementation. A high positive relationship was found between awareness and program impact, while a moderately high positive association was observed between awareness and sustainability. The study concludes that consistent program delivery fosters resilience and independence, contributing to sustainable poverty alleviation. It is recommended that livelihood opportunities be embedded, Family Development Sessions be strengthened, and evaluation mechanisms be maintained to ensure both immediate support and long-term self-reliance among beneficiaries.

Keywords: *Conditional Cash Transfer (CCT), Pantawid Pamilyang Pilipino Program (4Ps), Sustainability, Social Development, Poverty Alleviation*

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Introduction

Conditional Cash Transfer (CCT) programs are widely recognized as vital social protection mechanisms in developing countries, designed to alleviate poverty while fostering human capital development. By linking financial assistance to compliance with conditions such as school attendance and health checkups, CCTs aim to break the intergenerational cycle of poverty and promote inclusive development (Bastagli et al., 2020; ILO, 2021). Global evidence highlights their contributions to improved education, health outcomes, and access to basic services, positioning CCTs as critical tools in long-term poverty reduction strategies.

In the Philippines, the Pantawid Pamilyang Pilipino Program (4Ps) has reached millions of households nationwide (DSWD, 2020; Pantawid Pamilya Operations Manual, 2021). Macro-level studies report positive impacts, including increased school enrollment (Montilla et al., 2021), improved child health (Reyes et al., 2020), and enhanced socioeconomic mobility (Manasan & Kraft, 2021). Yet, gaps remain in understanding beneficiaries' perceptions and the sustainability of these outcomes beyond immediate financial support (Albert et al., 2021; Cuevas, 2020).

This study, conducted in San Marcelino, Zambales during calendar year 2025–2026, assessed the sustainability of the 4Ps by examining beneficiaries' awareness, program impacts on health, nutrition, and education, and sustainability dimensions such as skills development, resource access, resilience, independence, and readiness to exit the program.

The study provides evidence-based insights that benefit policymakers, the Department of Social Welfare and Development, NGOs, researchers, local leaders, and recipient families. It informs program refinement, strengthens monitoring systems, and supports long-term sustainability. Although limited to 18 barangays in San Marcelino and based on purposive sampling, the research offers valuable contributions to understanding how CCT programs build resilience, independence, and sustainable poverty alleviation in the Philippine context.

Literature Review

Poverty remains a persistent global challenge, defined not only by lack of income but also by limited access to education, health services, social protection, and decent work. The World Bank (2025) estimates that 831 million people still live in extreme poverty, while the UN Global Compact (2023) emphasizes its multidimensional nature affecting over 700 million worldwide. In developing countries, poverty is often linked to inadequate education, poor health facilities, and reliance on traditional agriculture (Fitriany, 2021).

Conditional Cash Transfer (CCT) programs have emerged as a key social protection strategy, particularly in Latin America, where initiatives such as Brazil's Bolsa Família and Mexico's Oportunidades have demonstrated transformative impacts on education, health, and poverty reduction (Cardenas & Orozco, 2021; Galiani et al., 2020). These models have been replicated globally, evolving to include broader behavioral conditions such as employment, capacity building, and housing (Mohd Suffian, 2024).

In the Philippines, the Pantawid Pamilyang Pilipino Program (4Ps), established under Republic Act 11310 in 2008, serves as the flagship CCT initiative. The program provides conditional cash grants to poor households, incentivizing school attendance, health checkups, and participation in Family Development Sessions. Evaluations highlight improvements in maternal and child health, immunization rates, and school attendance (DSWD, 2020). Beneficiaries receive PHP 500 monthly for health and nutrition and PHP 3,000 annually per child for education expenses.

Despite these achievements, gaps remain in understanding the subjective experiences of beneficiaries. Manasan (2021) notes the lack of research on personal definitions of success and long-term aspirations, which may reveal emotional and psychological impacts critical to program sustainability. Moreover, while CCTs stimulate local economies by increasing household purchasing power (Todd et al., 2020), evidence suggests that gains are often indirect, stemming from investments in children's health and education rather than immediate increases in household assets or employment.

This study addresses these gaps by assessing the sustainability of the 4Ps in San Marcelino, Zambales, focusing on beneficiaries' awareness, perceived impacts, and long-term viability. Findings aim to inform policy refinements that ensure both immediate relief and lasting empowerment for vulnerable populations.

Theoretical/Conceptual Framework/Paradigm of the Study

This study is grounded in three complementary theories: Social Contract Theory, Social Justice Theory, and Social Capital Theory to provide a multidimensional lens in examining the sustainability of Conditional Cash Transfer (CCT) programs. Social Contract Theory (Hobbes, 1651) underscores the reciprocal obligations between government and citizens, where the state provides protection and services while beneficiaries comply with program conditions. Social Justice Theory (Rawls, 1971) emphasizes fairness and equity, ensuring that CCT programs empower marginalized groups by improving access to education, health, and resources rather than fostering dependency. Social Capital Theory (Coleman, 1988, 1990) highlights the role of trust, networks, and community engagement in strengthening program effectiveness and sustainability.

Together, these perspectives reinforce the study's conceptual foundation by integrating governance, equity, and community cohesion. This synthesis enables a holistic analysis of how CCT programs, particularly the Pantawid Pamilyang Pilipino Program in San Marcelino, Zambales, can foster resilience, empowerment, and long-term poverty alleviation among vulnerable populations.

The study adopts an Independent Variable–Dependent Variable–Moderating Variable (IV–DV–MV) model to assess the sustainability of the Conditional Cash Transfer (CCT) program. The independent variable focuses on beneficiaries' awareness and understanding of the program, while the dependent variable examines its impacts on health, nutrition, and education, alongside sustainability indicators such as skills development, resource access, resilience and independence, and readiness to exit the program. These domains serve as

measures of whether short-term assistance translates into long-term empowerment and improved human development outcomes.

Moderating variables include the number of years as a beneficiary, the amount of cash grants received, and the frequency of payouts, which influence how participants engage with the program and convert support into lasting gains. By mapping these relationships, the framework provides a basis for evaluating whether the CCT fosters resilience and self-sufficiency or risks dependency, thereby addressing critical questions in sustainable poverty alleviation.

Significance of the Study

The findings of this study provide valuable insights for multiple stakeholders. For policymakers, results inform more effective and sustainable poverty alleviation strategies by strengthening monitoring and evaluation systems. For the Department of Social Welfare and Development (DSWD), the study offers empirical evidence to refine program implementation and reinforce legislative support for the Pantawid Pamilyang Pilipino Program. Development organizations and NGOs may use the findings to design complementary interventions that enhance program impacts, while researchers and academicians gain contributions to the broader discourse on poverty reduction, human capital development, and social protection.

At the local level, leaders and communities benefit from a clearer understanding of long-term program effects, fostering accountability and engagement. Most importantly, recipient families stand to gain from improvements in program design and delivery, ensuring that conditional cash transfers not only provide immediate relief but also promote resilience, empowerment, and sustainable development.

Objectives of the Study

The study aimed to assess the sustainability of the Conditional Cash Transfer (CCT) program in San Marcelino, Zambales. Specifically, it sought:

- To determine the beneficiaries' level of awareness and understanding of the program.

- To evaluate the perceived impact of the program in terms of health, nutrition, and education.
- To assess the sustainability of the program in terms of skills development, resource access, resilience and independence, and readiness to exit the program.
Furthermore, the study also sought:
- To compare differences in awareness and understanding when beneficiaries are grouped according to profile variables (years as a grantee, amount of cash grants received, and frequency of payouts).
- To compare differences in program impact when beneficiaries are grouped according to profile variables.
- To compare differences in perceived sustainability when beneficiaries are grouped according to profile variables.
- To investigate the significant relationship between beneficiaries' awareness and program impact.
- To examine the significant relationship between beneficiaries' awareness and understanding and the perceived sustainability of the program.

Methodology

Study Design

The study employed a quantitative approach, specifically a descriptive–correlational design with comparative analysis. The independent variable, beneficiaries' awareness and understanding of the Conditional Cash Transfer (CCT) program, was measured through structured Likert-scale responses. The dependent variables included the perceived impacts of the program in terms of health, nutrition, and education, as well as sustainability indicators such as skills development, resource access, resilience and independence, and readiness to exit the program.

Moderating variables years as a beneficiary, amount of cash grants received, and frequency of disbursements were incorporated to examine differences across groups. This design was appropriate as it allowed the measurement of relationships and differences among variables using numerical data gathered from a large sample of beneficiaries, enabling statistical analysis of how variations in awareness and

understanding relate to program impacts and sustainability outcomes.

Sample/Population of the Study

The study was conducted across the 18 barangays of San Marcelino, Zambales, involving 100 beneficiaries of the Conditional Cash Transfer (CCT) program. Respondents were selected through purposive sampling, ensuring that only direct beneficiaries were included, and convenience sampling, engaging those readily accessible during Family Development Sessions, community assemblies, and payout events. This dual approach was practical given constraints of time, budget, and manpower, while still capturing relevant insights from vulnerable populations.

A sample size of 100 was deemed sufficient to generate meaningful results, allowing for statistical procedures such as frequency distribution and cross-tabulation while maintaining feasibility for fieldwork. This number provided a balance between diversity and manageability, representing a proportion of the 1,439 active CCT beneficiaries in San Marcelino and grounding the study within the actual scope of the program.

Data Gathering Tools

The primary research instrument used in this study was a researcher-made structured questionnaire, designed to systematically collect data relevant to the objectives. The instrument was composed of four parts: (1) respondents' profile, including years as a CCT grantee, amount of cash grants received, and frequency of payouts; (2) beneficiaries' awareness and understanding of the program. Using 4-point Likert-scale items, this section measured knowledge of program goals, eligibility requirements, conditionalities, payout schedules, compliance monitoring, and the respondents' confidence in explaining the program to others. A total of ten items were included in this section; (3) perceived impacts of the program, particularly in terms of health, nutrition, and education. Indicators covered access to health services, improved child nutrition, and school attendance. This section contained five items each a total of 15 items. (4) sustainability indicators, including skills development, resource

access, resilience and independence, and readiness to exit the program. This section contained five items each a total of 20 items.

To ensure clarity, inclusivity, and cultural appropriateness, the questionnaire was prepared in both English and Filipino, thereby accommodating respondents with varying literacy levels and linguistic backgrounds.

To ensure validity and reliability, the instrument underwent expert evaluation by the adviser and panel members, who reviewed the clarity and appropriateness of the indicators. A pilot test was then conducted with 20 residents of San Marcelino (excluded from the final sample) to identify issues in wording and comprehension.

The reliability of the structured questionnaire was statistically assessed using Cronbach's alpha to determine the internal consistency of the scales. Results confirmed that the instrument was dependable and suitable for the main study.

The Awareness scale (10 items) obtained a Cronbach's alpha of .948, which indicates excellent reliability. This suggests that the items consistently measured beneficiaries' awareness and understanding of the program. Similarly, the Nutrition scale (5 items, $\alpha = .950$), Skills Development scale (5 items, $\alpha = .930$), and Readiness to Exit scale (5 items, $\alpha = .920$) all achieved excellent reliability, reflecting strong coherence among items and high consistency in responses.

Meanwhile, the Health scale (5 items, $\alpha = .899$), Education scale (5 items, $\alpha = .891$), Resource Access scale (5 items, $\alpha = .892$), and Resilience scale (5 items, $\alpha = .891$) demonstrated good reliability, with item-total correlations generally above .65. These values confirm that the items reliably captured the intended constructs, though with moderate variability in some responses.

Overall, all scales exceeded the acceptable threshold of $\alpha > .70$, confirming that the questionnaire was a valid and reliable instrument for assessing beneficiaries' awareness, perceived impacts, and sustainability dimensions of the Conditional Cash Transfer (CCT) program. The high reliability values further establish the instrument's dependability in generating consistent data for the study.

Data Gathering Procedures

Data were gathered using the validated survey questionnaire, reproduced after the pilot test and Cronbach's alpha reliability computation. Prior to distribution, formal approval was obtained from the Office of the Municipal Mayor of San Marcelino to ensure ethical compliance and proper authorization. Consent forms were provided to all respondents, highlighting voluntary participation and confidentiality.

The researcher coordinated with 4Ps Municipal Links to schedule data collection during Family Development Sessions, community assemblies, and payout events. Questionnaires were administered through face-to-face interviews for low-literacy respondents, self-administered forms for literate participants, and Google Forms for those with digital access. This multi-modal approach ensured inclusivity and convenience. Privacy and comfort were maintained throughout, and the entire data collection process lasted 10–15 days, ensuring full distribution and retrieval of the 100 survey instruments.

Data Analysis

Upon retrieval of the distributed questionnaires, the responses were tallied, tabulated, and subjected to appropriate statistical treatments. The data were analyzed using percentage, weighted mean, Analysis of Variance (ANOVA), and Pearson's r , with interpretations guided by a 4-point Likert Scale ranging from Strongly Disagree (1.00–1.74) to Strongly Agree (3.25–4.00).

Percentage was employed to determine the distribution of respondents across categories, while the weighted mean was used to describe the central tendency of responses. Prior to conducting parametric tests, a normality test was performed to verify that the data approximated a normal distribution. This step ensured the appropriateness of using parametric procedures such as the t -test and ANOVA. ANOVA was then applied to test for significant differences among indicators, with decisions guided by the 0.05 alpha level of significance.

Pearson's r was utilized to examine the relationships between beneficiaries' awareness, perceived impacts, and sustainability

indicators. Correlation values were interpreted according to established ranges, from negligible to perfect, thereby providing insight into the strength and direction of associations among variables.

Through these statistical procedures, the study ensured systematic interpretation of the data and established a reliable basis for addressing the specific objectives and hypotheses.

Result and Discussion

This section presents the findings of the study, beginning with the profile of the respondents to provide context for interpreting

subsequent analyses. Examining program-related characteristics such as years of participation, average cash assistance received, and frequency of payouts offers valuable insight into the beneficiaries' level of exposure to the Conditional Cash Transfer (CCT) program. These variables establish the foundation for understanding how respondents' backgrounds shape their awareness, perceived impacts, and sustainability outcomes, thereby framing the discussion on the effectiveness of the Pantawid Pamilyang Pilipino Program (4Ps) in promoting resilience and self-sufficiency.

Table 1.
Distribution of the respondents' profile variables

Profile Variables			Frequency	Percentage
Years as Grantee	1-3 years		62	62.0
	4-6 years		15	15.0
	7-9 years		6	6.0
	10-12 years		8	8.0
	13 and above		9	9.0
	Total		100	100.0
Average Amount Received	Less than 2500		4	4.0
	Php2501-5000		69	69.0
	Php5001-7500		24	24.0
	Php7501 and above		3	3.0
	Total		100	100.00
Frequency of Cash received	1-2 every 2 months		85	85.0
	3 or more in every 2 months		15	15.0
	Total		100	100.00

Respondents' profiles were examined in terms of years as grantees, average cash assistance received, and frequency of payouts. Most beneficiaries (62%) had been in the program for 1–3 years, reflecting its transitional design to provide temporary support during child-rearing and schooling years. The majority (69%) received Php 2,501–5,000, placing most households in the mid-range bracket of assistance intended to meet basic needs without fostering dependency. In terms of payout frequency, 85% reported receiving cash once or twice every two months, underscoring the program's structured and predictable delivery system. These findings highlight the 4Ps' role

as a social protection measure that balances immediate relief with long-term sustainability.

Table 2 shows that respondents generally have a strong awareness and understanding of the CCT program, with an overall weighted mean of 3.66 (Strongly Agree). The highest-rated item, "I am familiar with the health and education requirements of the program" (3.76), indicates that beneficiaries clearly understand the core conditionalities tied to their benefits, reflecting effective communication of program objectives. The lowest-rated item, "I feel confident explaining the CCT programs to others in my community" (3.57), suggests that while internal awareness is strong, beneficiaries are less confident in sharing program

details externally. This gap highlights the need to strengthen advocacy and communication skills among participants. Overall, the findings confirm that the program has successfully built knowledge of its requirements and compliance

mechanisms, while further efforts could enhance beneficiaries' ability to articulate and promote the program within their communities.

Table 2.

Perception towards Program Awareness and Understanding on Conditional Cash Transfer (CCT) Program

PROGRAM AWARENESS & UNDERSTANDING		WEIGHTED MEAN	DESCRIPTIVE EQUIVALENT
1	I clearly understand the goals of the CCT programs.	3.67	Strongly Agree
2	I understand how eligibility for the program is determined.	3.67	Strongly Agree
3	I know the conditions I must meet to continue receiving benefits.	3.70	Strongly Agree
4	I am aware of the schedule for receiving cash assistance	3.59	Strongly Agree
5	I understand the consequences of not meeting the program's conditions.	3.64	Strongly Agree
6	I know where to go or whom to contact if I have questions about the program.	3.73	Strongly Agree
7	I am familiar with the health and education requirements of the program.	3.76	Strongly Agree
8	I understand how my compliance is monitored by the program.	3.70	Strongly Agree
9	I have a clear understanding of when my status as a beneficiary will end.	3.61	Strongly Agree
10	I feel confident explaining the CCT programs to others in my community.	3.57	Strongly Agree
Overall Weighted Mean		3.66	Strongly Agree

Legend: 3.25-4.00 (Strongly Agree); 2.50-3.24 (Agree); 1.75-2.49 (Disagree); 1.00-1.74 (Strongly Disagree)

Table 3 presents the respondents' perceptions of the program's impact on health. The overall weighted mean of 3.63, interpreted as Strongly Agree, indicates that beneficiaries view the CCT program as having a strong positive influence on their family's health practices. The highest-rated item, "I feel more confident in managing my family's health needs" (mean = 3.75), highlights the program's role in empowering households to take greater responsibility for their well-being. This was followed by increased awareness of the importance of regular health check-ups (mean = 3.67), reflecting

the program's success in promoting preventive health practices.

Perception towards the Level of Impact of Conditional Cash Transfer (CCT) Program

This part presents the respondents' perceptions regarding the level of impact of the Conditional Cash Transfer (CCT) program. It highlights how beneficiaries view the program's influence on their households, particularly in areas such as health, nutrition and education, as reflected in the succeeding table.

Table 3.

Perception on the Level of Impact on Conditional Cash Transfer (CCT) Program as to Health Impact N=100

HEALTH IMPACT	WEIGHTED MEAN	DESCRIPTIVE EQUIVALENT	Rank
1. The CCT program has helped my family access health services more regularly.	3.57	Strongly Agree	4
2. I am more aware of the importance of regular health check-ups because of the program.	3.67	Strongly Agree	2
3. My children receive vaccinations and medical care on time.	3.60	Strongly Agree	3
4. The program has reduced our out-of-the pocket expenses for health-related needs.	3.56	Strongly Agree	5
5. I feel more confident in managing my family's health needs.	3.75	Strongly Agree	1
Overall Weighted Mean	3.63	Strongly Agree	

The lowest-rated item, "The program has reduced our out-of-pocket expenses for health-related needs" (mean = 3.56), though still interpreted as Strongly Agree, suggests that financial relief is acknowledged but perceived as less impactful compared to gains in confidence

and awareness. Overall, the findings emphasize that the CCT program contributes not only to reducing financial barriers but also to fostering empowerment, awareness, and proactive health management—outcomes that are crucial for long-term sustainability.

Table 4.

Perception on the Level of Impact on Conditional Cash Transfer (CCT) Program as to Nutrition Impact N=100

NUTRITION IMPACT	WEIGHTED MEAN	DESCRIPTIVE EQUIVALENT	Rank
1. The financial support from the program has improved the quality of food we eat.	3.59	Strongly Agree	2
2. We are now able to buy more nutritious foods (e.g., fruits, vegetables, protein).	3.57	Strongly Agree	4
3. I have learned more about healthy eating habits through the program.	3.67	Strongly Agree	1
4. My children's nutrition has improved since we started receiving assistance.	3.50	Strongly Agree	5
5. We no longer skip meals due to lack of food.	3.58	Strongly Agree	3
Overall Weighted Mean	3.58	Strongly Agree	

Table 4 presents the respondents' perceptions of the program's impact on nutrition. The overall weighted mean of 3.58 (Strongly Agree) indicates that beneficiaries view the CCT program as positively influencing household food consumption and nutrition practices. The highest-rated item, "I have learned more about healthy eating habits through the program" (mean = 3.67), highlights the program's role in raising awareness and promoting healthier choices. Improved food quality through financial support (mean = 3.59) was also recognized as a key benefit.

The lowest-rated item, "My children's nutrition has improved since we started receiving assistance" (mean = 3.50), though still Strongly Agree, suggests that perceived gains in child nutrition are less pronounced compared to improvements in awareness and food quality. Overall, the findings emphasize that the program strengthens food security and fosters healthier eating habits, with its educational component seen as the most impactful contribution to long-term nutrition outcomes.

Table 5.

Perception on the Level of Impact on Conditional Cash Transfer (CCT) Program as to Education Impact N=100

EDUCATION IMPACT	WEIGHTED MEAN	DESCRIPTIVE EQUIVALENT	Rank
1. The program has helped me keep my children in school.	3.72	Strongly Agree	1.5
2. My children's school attendance has improved because of the program.	3.72	Strongly Agree	1.5
3. I am more involved in my children's education now.	3.69	Strongly Agree	4
4. We can now afford school supplies and uniforms.	3.62	Strongly Agree	5
5. The program has motivated my children to study harder.	3.71	Strongly Agree	3
Overall Weighted Mean	3.69	Strongly Agree	

Table 5 presents the respondents' perceptions of the program's impact on education. The overall weighted mean of 3.69 (Strongly Agree) indicates that beneficiaries view the CCT program as having a strong positive effect on their children's schooling. The highest-rated items, tied at 3.72, were "The program has helped me keep my children in school" and "My children's school attendance has improved because of the program", underscoring the program's effectiveness in ensuring school retention and attendance.

The lowest-rated item, "We can now afford school supplies and uniforms" (mean = 3.62), though still Strongly Agree, suggests that while financial support helps, affordability of educational materials remains a relative challenge compared to attendance and retention. Overall,

the findings highlight that the CCT program is highly effective in promoting education by keeping children in school and motivating them to study, though additional support for school-related expenses could further strengthen its impact.

Perception towards the Sustainability on Conditional Cash Transfer (CCT) Program

Table 6 presents the respondents' perceptions of the program's impact on skills development. The overall weighted mean of 3.54 (Strongly Agree) indicates that beneficiaries generally view the CCT program as effective in enhancing their skills. The highest-rated item, "I have attended training or seminars related to livelihood, parenting, or personal development because of the program" (mean = 3.58),

highlights the program's role in providing access to learning opportunities. This was followed by encouragement to seek additional

learning opportunities (mean = 3.57), reflecting motivation for continuous growth.

Table 6.

Perception on the Sustainability on Conditional Cash Transfer (CCT) Program as to Skills Development N=100

SKILLS DEVELOPMENT	WEIGHTED MEAN	DESCRIPTIVE EQUIVALENT	Rank
1. The CCT program has helped me gain practical skills that I can use to earn income.	3.56	Strongly Agree	3
2. I have attended training or seminars related to livelihood, parenting, or personal development because of the program.	3.58	Strongly Agree	1
3. I feel more confident in applying the skills I learned through CCT-related activities.	3.53	Strongly Agree	4
4. The program has encouraged me to seek additional learning opportunities.	3.57	Strongly Agree	2
5. The skills I acquired through the program have improved my ability to support my family.	3.48	Strongly Agree	5
Overall Weighted Mean	3.54	Strongly Agree	

The lowest-rated item, "The skills I acquired through the program have improved my ability to support my family" (mean = 3.48), though still Strongly Agree, suggests that while skills are being gained, their direct translation into improved family support is less

pronounced. Overall, the findings emphasize that the CCT program fosters empowerment, confidence, and participation in capacity-building activities, though stronger linkages between acquired skills and livelihood outcomes could further enhance sustainability.

Table 7.

Perception on the Sustainability on Conditional Cash Transfer (CCT) Program as to Resource Access N=100

RESOURCE ACCESS	WEIGHTED MEAN	DESCRIPTIVE EQUIVALENT	Rank
1. I am more aware of available government services because of the CCT program.	3.54	Strongly Agree	1
2. I have access to resources that help me meet my basic needs without relying on cash transfer.	3.17	Agree	5
3. I know how to find support services e.g. health, employment, financial, when needed.	3.36	Strongly Agree	4

4.	I feel that my access to public services has improved since becoming a CCT beneficiary.	3.44	Strongly Agree	2
5.	I have started building financial stability through savings or income-generating activities.	3.43	Strongly Agree	3
Overall Weighted Mean		3.39	Strongly Agree	

Table 7 presents the respondents' perceptions of the program's impact on resource access. The overall weighted mean of 3.39 (Strongly Agree) indicates that beneficiaries generally view the CCT program as positively contributing to their ability to access and utilize resources. The highest-rated item, "I am more aware of available government services because of the CCT program" (mean = 3.54), highlights the program's effectiveness in raising awareness and connecting participants to public services. Improvements in access to services (mean = 3.44) and initial steps toward financial stability through savings or income-

generating activities (mean = 3.43) were also recognized.

The lowest-rated item, "I have access to resources that help me meet my basic needs without relying on cash transfer" (mean = 3.17), interpreted as Agree, suggests that while awareness and access have improved, many beneficiaries remain dependent on cash support for basic needs. Overall, the findings emphasize that the CCT program strengthens awareness and access to public resources but highlight the need for greater support in fostering self-sufficiency and independent resource utilization for long-term sustainability.

Table 8.

Perception on the Sustainability on Conditional Cash Transfer (CCT) Program as to Resilience and Independence N=100

RESILIENCE AND INDEPENDENCE		WEIGHTED MEAN	DESCRIPTIVE EQUIVALENT	Rank
1.	My family can now handle emergencies better than before we joined the CCT program.	3.41	Strongly Agree	2
2.	The program has helped me become more self-reliant in managing daily needs.	3.61	Strongly Agree	1
3.	I am capable of managing my household's needs without program assistance.	3.07	Agree	5
4.	I feel prepared to handle unexpected financial challenges.	3.21	Agree	4
5.	I feel more capable of making decisions that protect my family's well-being.	3.34	Strongly Agree	3
Overall Weighted Mean		3.33	Strongly Agree	

Table 8 presents the respondents' perceptions of the program's impact on resilience and independence. The overall weighted mean of 3.33 (Strongly Agree) indicates that beneficiaries generally view the CCT program as contributing positively to their ability to cope with

financial challenges and manage household needs. The highest-rated item, "The program has helped me become more self-reliant in managing daily needs" (mean = 3.61), highlights the program's effectiveness in fostering

self-reliance. Improved capacity to handle emergencies (mean = 3.41) was also noted.

The lowest-rated item, "I am capable of managing my household's needs without program assistance" (mean = 3.07), interpreted as Agree, suggests that while resilience has improved, full independence remains limited. Overall, the findings emphasize that the CCT program strengthens self-reliance and decision-making but point to the need for complementary livelihood and capacity-building initiatives to achieve long-term sustainability.

Table 9 presents the respondents' perceptions of their readiness to exit the CCT program. The overall weighted mean of 3.29 (Strongly Agree) indicates that beneficiaries generally feel prepared to transition out of government assistance. The highest-rated item, "I understand the process and criteria for exiting

the program" (mean = 3.46), reflects strong awareness of exit procedures, while confidence in sustaining well-being without continued support (mean = 3.45) was also noted.

The lowest-rated item, "We have developed stable sources of income that reduce our need for cash grants" (mean = 2.95), interpreted as Agree, highlights that while beneficiaries feel informed and prepared, many still lack stable income sources to ensure full independence. Overall, the findings suggest that readiness to exit is perceived positively, but economic self-sufficiency remains the weakest area, underscoring the need for stronger livelihood and income-generating support to achieve long-term sustainability beyond program participation.

Table 9.

Perception on the Sustainability on Conditional Cash Transfer (CCT) Program as to Readiness to Exit the Program N=100

	READINESS TO EXIT THE PROGRAM	WEIGHTED MEAN	DESCRIPTIVE EQUIVALENT	Rank
1.	I believe I can sustain my well-being without continued support from the program.	3.45	Strongly Agree	2
2.	We have developed stable sources of income that reduce our need for cash grants.	2.95	Agree	5
3.	I am actively preparing for life after the program ends.	3.24	Strongly Agree	4
4.	The program has prepared us to become independent from government assistance.	3.37	Strongly Agree	3
5.	I understand the process and criteria for exiting the program.	3.46	Strongly Agree	1
	Overall Weighted Mean	3.29	Strongly Agree	

Test of Relationship between the level of impact and level of awareness and understanding of beneficiaries on Conditional Cash Transfer (CCT) Program

Table 10 reveals a strong and statistically significant relationship between the level of impact and level of awareness of the Conditional Cash Transfer (CCT) program ($r = 0.712$, $p < 0.01$). This high positive correlation indicates that as beneficiaries perceive greater program impact, their awareness also increases. The result rejects the null hypothesis

and confirms that program effectiveness and visibility are closely linked. These findings highlight that sustainability depends not only on financial and administrative support but also on the program's ability to deliver meaningful outcomes that foster recognition and legitimacy. From a governance perspective, strong impact enhances awareness, which in turn strengthens community support, political backing, and long-term viability.

Table 10.

Pearson Product Moment Coefficient of Correlation to test relationship between the level of awareness and level of impact on Conditional Cash Transfer (CCT) Program

Sources of Correlations		Online Class Delivery	Level of Student Outcomes	Decision/Interpretation
Level of Impact	Pearson Correlation	1	0.712**	High Positive Correlation, Significant relationship (Reject H ₀)
	Sig. (2-tailed)		0.000	
	N	100	100	
Level of Awareness	Pearson Correlation	0.712**	1	
	Sig. (2-tailed)	0.000		
	N	100	100	

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

Test of Relationship between the level of awareness and understanding of beneficiaries on Conditional Cash Transfer (CCT) Program

Table 11 shows a moderately high positive correlation ($r = 0.667$, $p < 0.01$) between beneficiaries' level of awareness and their perception of program sustainability. This

significant relationship indicates that greater awareness is strongly associated with stronger views of sustainability, suggesting that informed and engaged participants are more likely to support the program's continuation and long-term viability.

Table 11.

Pearson Product Moment Coefficient of Correlation to test relationship between the level of awareness and level of sustainability on Conditional Cash Transfer (CCT) Program

Sources of Correlations		Online Class Delivery	Level of Student Outcomes	Decision/Interpretation
Level of Sustainability	Pearson Correlation	1	0.667**	Moderately High Positive Correlation, Significant relationship (Reject H ₀)
	Sig. (2-tailed)		0.000	
	N	100	100	
Level of Awareness	Pearson Correlation	0.667**	1	
	Sig. (2-tailed)	0.000		
	N	100	100	

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

The findings reject the null hypothesis and confirm that sustainability depends not only on financial and administrative support but also on the capacity of the program to generate outcomes that beneficiaries recognize and value. Consistent with prior studies (Abrigo et al., 2022; Dushkova & Ivlieva, 2024), awareness enhances program legitimacy, fosters community support, and strengthens resilience, thereby ensuring the enduring success of poverty alleviation initiatives.

Conclusion

The study found that respondents, who have been 4Ps beneficiaries for about five years and receive minimal cash grants bi-monthly, strongly agreed on their awareness and understanding of the program. They likewise perceived significant positive impacts on health, nutrition, and education, as well as sustainability outcomes in skills development, resource access, resilience, independence, and readiness to exit. Statistical tests revealed no

significant differences in awareness, impact, or sustainability when grouped by profile variables, confirming equitable program effects across beneficiary groups.

Correlation analysis showed a high positive relationship between awareness and program impact, and a moderately high relationship between awareness and sustainability, underscoring the importance of program understanding in achieving outcomes. Finally, a set of recommendations was developed, emphasizing impact, equity, values formation, and monitoring systems as central to sustaining the CCT program.

Recommendations

Table 12 highlights the key factors that contribute to the sustainability of the Conditional Cash Transfer (CCT) program. The findings emphasize that impact, equity, values formation, and monitoring systems are central to ensuring long-term viability. A strong positive association between awareness and program impact ($r = 0.712$) shows that improvements in

health, nutrition, and education outcomes are closely tied to beneficiaries' recognition of the program, reinforcing resilience and independence.

Equitable access ensures inclusivity, while Family Development Sessions (FDS) play a vital role in instilling values of accountability, financial responsibility, and community engagement. Robust monitoring and evaluation systems strengthen transparency and credibility, while capacity-building and livelihood training equip beneficiaries with the skills needed for independence.

For policymakers and implementers, the results suggest that investments in immediate outcomes such as health and education also secure long-term sustainability. Equitable targeting mechanisms build trust and legitimacy, value-based education through FDS fosters self-reliance, institutionalized monitoring ensures accountability, and embedded livelihood initiatives support poverty alleviation and eventual program exit.

Table 12.
Matrix: Key Factors and Recommendations for CCT Sustainability

Key Factors Identified	Analysis/Contribution to Sustainability	Recommendations for Strengthening Sustainability
Program Impact (correlation = 0.712)	Improvements in health, nutrition, and education outcomes reinforced resilience and independence among beneficiaries. Greater immediate benefits increased the likelihood of sustaining gains over time.	Embed livelihood opportunities and vocational training to extend impact beyond cash transfers.
Equitable Access to Resources	Uniform distribution of benefits across different groups ensured systemic support and avoided subgroup-specific disparities. This promoted fairness and inclusivity.	Maintain equitable targeting mechanisms and ensure accessibility of resources for all participants.
Family Development Sessions (FDS)	Instilled values of accountability, financial responsibility, and community engagement. Strengthened self-reliance and prepared households for eventual program exit.	Continue and expand FDS with modules on financial literacy, entrepreneurship, and community leadership.

Monitoring and Evaluation Systems	Provided evidence of program effectiveness and areas for improvement. Reinforced credibility and legitimacy of the program.	Establish robust monitoring frameworks and feedback loops to track outcomes and adjust strategies.
Capacity Building and Skills Training	Empowered beneficiaries with tools to transition toward independence and long-term poverty alleviation.	Integrate vocational training, livelihood programs, and resource accessibility into the CCT framework.

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