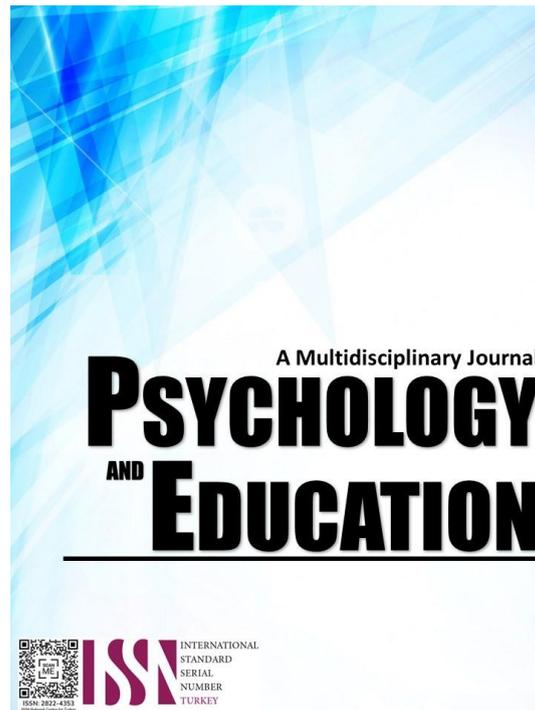


**IMPACT OF THE PANTAWID PAMILYANG PILIPINO
PROGRAM TO THE EDUCATION, HEALTH AND
NUTRITION STATUS OF LEARNER-BENEFICIARIES
IN THE THIRD CONGRESSIONAL DISTRICT OF
QUEZON**



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Impact of the Pantawid Pamilyang Pilipino Program to the Education, Health and Nutrition Status of Learner-Beneficiaries in the Third Congressional District of Quezon

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Abstract

The main purpose of the study is to determine the direct impact of the Pantawid Pamilyang Pilipino Program on the Education, Health, and Nutritional Status of Learners Beneficiaries in the Third Congressional District of Quezon. It specifically aimed to find out the status of the learner-beneficiaries before and during the time of being a 4Ps CCT recipient in terms of education, health, and nutrition. The study also determined the assistance received by the learner-beneficiaries in terms of the mentioned aspects. With a total of 348 respondents from the entire Third congressional district, the researcher was able to use the descriptive quantitative method. The respondents were grade 6 pupils from public elementary schools of Bondoc Peninsula and are all 4P's beneficiaries. The researcher considered the validity and reliability of their data. It was found that the 4P's program has a positive impact on the educational outcomes of the beneficiaries, particularly on their GWA with higher rates of subject passing and school attendance. However, further analysis is needed to fully understand the impact of the program on the student's educational outcomes. Results also showed that becoming a 4P's CCT recipient has had a positive impact on the health of individuals, resulting in a significant reduction in the frequency and severity of illnesses experienced by individuals. It was also found that the 4P's CCT program had a positive impact on the nutrition status of the recipients by increasing the frequency of meals consumed, improving BMI, and providing access to vitamins and that the 4Ps program has a positive impact on the lifestyle of beneficiaries before and during the time of being a recipients, particularly in terms of health, nutrition, education, household expenditure, and income. The 4P's CCT program has had a positive impact on the lifestyle characteristics of the individuals who became recipients of the program. Specifically, the program appears to have helped increase the income of the households, reduce gambling and vices and did not lead to any increase in luxurious lifestyles. Finally, the null hypothesis concludes that there is a significant difference in the status of the learner-beneficiaries before and after becoming a 4Ps CCT recipient for all four profiles.

Keywords: *4P's program, conditional cash transfer, health, nutrition, education.*

Introduction

The Pantawid Pamilyang Pilipino Program (4Ps) is a social program started by the Philippine government in 2010. The initiative intends to provide financial assistance to low-income families in exchange for their children attending school, receiving mandatory health and nutrition care, and having improved sanitation.

The Department of Social Welfare and Development (DSWD) implements the Pantawid Pamilyang Pilipino Program (4Ps), which is supported by various government agencies such as the Department of Health (DOH), Department of Education (DepEd), local government officials (LGUs), and civil society organizations (CSO). The program aims to enhance the quality of life of its beneficiaries. To receive the grants, beneficiary families must comply with specific health and education requirements. The program provides a monthly health grant of P500 or a total of P6,000 annually, and a monthly education grant of P300 or a total of P3,000 annually for ten months of the school year, with a maximum of three children per household (DSWD, 2009).

The Pantawid Pamilyang Pilipino Program has the

objective of providing assistance to learners in their elementary education, which covers the initial six years of compulsory schooling from grades 1 to 6 and may also include an optional 7th grade, depending on the school. The core subjects at this level are math, science, English, Filipino, and social sciences, while music, arts, physical education, and health are among the optional subjects. In addition, students attending private schools have access to a broader curriculum that may include religious studies based on their preferred belief system.

Expectedly, the provision of subsidies and the establishment of certain requirements are likely to result in more consistent school attendance and a decrease in the likelihood of students quitting. Moreover, attending school at the appropriate age level is expected to decrease the probability of dropping out, boost advancement through the academic ranks, and ultimately culminate in high school graduation. As per a study conducted by Molina-Millán and colleagues in 2018, cash transfer initiatives with specific conditions have been proven to significantly improve the academic outcomes of the beneficiaries, including enrollment and attendance rates, educational



achievements, and academic delays.

Due to the positive effects of Conditional Cash Transfers (CCTs) on high school graduation rates and dropout rates, Pantawid Pamilya beneficiaries have a lower likelihood of dropping out of school, particularly during critical age periods. This is because families receive resources and incentives to keep their children in school, resulting in a higher likelihood of beneficiary children enrolling in school at the appropriate age and staying in school. Studies have consistently shown that beneficiaries complete two more years of education than non-beneficiaries, particularly when exposed to CCT programs for an extended period of time. Additionally, some studies have discovered a direct correlation between program exposure and educational achievement. Furthermore, the impact of CCTs on education attainment differs based on age and gender.

Stunting and other anthropometric measurements have a significant impact on the future health and nutrition outcomes of children. Improvements in reducing stunting are crucial as it has far-reaching effects on various outcomes. Nutritional interventions are vital in promoting healthy physical and cognitive development, which is vital for children's success in school and future careers. This not only results in increased national economic output but also enhances individual or household welfare, as stated by Arriagada et.al in 2018.

The Philippines is facing a severe malnutrition crisis, marked by high rates of wasting, stunting, micronutrient deficiencies, and overweight in both children and women. If left unaddressed, the cost of malnutrition to the economy could reach almost \$4 billion per year. That's why the 4p's program is considered a significant aid to the Filipino people. However, while CCTs have a slightly positive impact on stunting, especially for poorer households, girls, and younger children, the effect is not statistically significant. The review suggests that combining cash transfers with other initiatives like access to quality healthcare, hygiene, and maternal education can be more effective in reducing stunting. Moreover, higher cash transfers have been linked to a decrease in stunting, as shown by Fernald et al. in 2008.

The program has certain conditions that must be met, such as parents ensuring their children attend school regularly and receive healthcare, pregnant women receiving prenatal and postnatal care, and participating in Family Development Sessions. These sessions cover various topics such as parenting, home management, health, and education, and can help recipients of the 4Ps program engage with their community.

Additionally, beneficiaries are expected to use the aid provided for educational and healthcare purposes. The goal of the program is to eliminate extreme poverty in the Philippines by investing in the health and education of children aged 0-18. Currently, the program is operational in 17 regions, 79 provinces, 143 cities, and 1,484 municipalities, and benefits 4,326,208 households as of 2019.

Among the 1,484 municipalities in the country, the municipalities in the Third Congressional District of Quezon commonly known as Bondoc Peninsula has thousands of CCT Recipients in elementary school level. Thus, it can still be observed from the data collected that a lot of elementary students are not regularly attending classes. With this, the researcher would like to study the Impact of the Pantawid Pamilyang Filipino Program to the Education, Health and Nutritional Status of Learners Beneficiaries in the Third Congressional District Namely Padre Burgos, Unisan, Agdangan, Macalelon, Pitogo, General Luna, Catanauan, Mulanay, San Andres, San Narciso, San Francisco and Buenavista. These towns are usually grouped into four clusters, when it comes to government projects.

The cash grants received by 4Ps beneficiaries for health and education are insufficient to meet their family's needs due to their economic activities. Consequently, they are unable to comply with program requirements, particularly in the areas of health and education. The beneficiaries' children often skip school to assist their parents with daily expenses, which results in breaking the conditions of the 4Ps program. Rigorous evaluations of CCTs worldwide have demonstrated that CCTs like 4Ps typically have positive impacts on smoothing consumption and increasing investment in human capital, and some have shown positive impacts on poverty alleviation (Fiszbein, et al., 2009).

The district is primarily rural, with farming, fishing, and livestock rearing being the common activities among its residents. The financial assistance provided to families is inadequate to cover the consumption needs of all family members, as it is only intended for basic necessities. Consequently, beneficiaries find it challenging to fulfill the program's requirements related to health and education, as their children are compelled to prioritize assisting their parents in meeting their basic needs over attending school. This often leads to non-compliance with the 4Ps program's conditions due to frequent absences from school.

This study examined the influence of 4Ps on the well-

being of elementary school learners by assessing their academic achievement, access to basic needs, and nutrition and health support given by 4Ps.

Research Questions

The main purpose of the study is to determine the direct impact of the Pantawid Pamilyang Pilipino Program on the Education, Health, and Nutritional Status of Learners Beneficiaries in the Third Congressional District of Quezon. Specifically, it answered the following question:

1. What is the status of the learner-beneficiaries before becoming a 4Ps CCT recipient in terms of:
 - 1.1 education;
 - 1.2 health;
 - 1.3 nutrition; and
 - 1.4 lifestyle of the learner's parents?
2. What is the status of the learner-beneficiaries during the time of being a 4Ps CCT recipient terms of:
 - 2.1 education;
 - 2.2 health;
 - 2.3 nutrition; and
 - 2.4 lifestyle of the learner's parents?
3. What are the assistance received by the learner-beneficiaries in terms of:
 - 3.1 education;
 - 3.2 health; and
 - 3.3 nutrition?
4. Is there a significant difference on the status of the learner-beneficiaries before and during the time of being a 4Ps CCT recipient?

Methodology

Research Design

The study used a descriptive quantitative research design since it collected quantifiable information for statistical analysis of the population samples, as well as collected and described the status segment's nature of the education, health, and nutritional status of the learner-beneficiaries. The researcher believes that this study is very significant to the beneficiaries, the school, and even to the community. The researcher also believes that descriptive design is the most appropriate design to be used in this study since, according to Mendez (2012), a descriptive method aims to accurately and systematically describe a population, situation, or phenomenon.

It tried to constitute the range and distribution of some social characteristics that may be related to certain behavior patterns or attributes.

Making the right choices between alternative data requires genuine knowledge of the entire process of the implementation of the 4Ps program and the internal dynamics of the bureaucracy.

Research Locale

The study was conducted in the Third Congressional District of Quezon, also known as Bondoc Peninsula. It is bounded on the East by Ragay Gulf, on the west by Tayabas Bay, and by the Sibuyan Sea on the southern part. Bondoc Peninsula is composed of 12 municipalities namely Padre Burgos, Unisan, Agdangan, Macalelon, Pitogo, General Luna, Catanauan, Mulanay, San Andres, San Narciso, San Francisco, and Buenavista. These towns are usually grouped into four clusters when it comes to government projects. Many barangays in these towns are characterized as rural communities where 4Ps beneficiaries mostly reside, and this is the reason why the researcher chose this locale for its respondents.

Population, Sample Size and Sampling Technique

The study used the cluster sampling technique. Since the Third Congressional District of Quezon is composed of 12 municipalities with a total of 213 public elementary schools, the researcher decides to use the cluster sampling technique. This technique is a good choice for large and dispersed populations. In the cluster sampling method, the population was divided into subgroups, where each subgroup has similar characteristics to the whole sample. The researcher chose to include every individual from each cluster to be sampled. For this study, the total population was from the 213 public elementary schools in the Third Congressional District of Quezon, while the sample size was determined after the clustering is conducted.

The respondents of the study were 4Ps learner-beneficiaries from the 213 public elementary schools in the Third Congressional District of Quezon. The respondents are the 4Ps learner-beneficiaries in Grade 6, specifically those who are in the program for the last five years. They were able to participate in the survey and answer the necessary questions in the study. They were chosen by the researcher to be able to find out the direct impact of the Pantawid Pamilyang Pilipino Program on the education, health, and nutritional status of learner beneficiaries in the third congressional district of Quezon.

The official number of sample respondents was determined after cluster sampling was conducted.

Municipality	District	School	No. of enrolled 4Ps beneficiaries in grade 6	Target Samples (90% of the total population)
Padre Burgos	1	108954 PADRE BURGOS CS	38	34
Agdangan	Lone District	108944 Agdangan Cs	37	33
Unisan	2	109306 UNISAN CES	29	26
Pitogo	2	109008 PITOGO CES	28	25
Macalelon	1	108877 Macalelon Ces	37	33
General Luna	1	108686 Gen. Luna Cs	27	24
Catanauan	1	108659 San Isidro Ces	38	34
Mulanay	2	108929 Ilayang Yuni Es	28	25
San Narciso	1	109152 San Narciso Ces	29	26
Buenavista	1	108537 Buenavista Ces	35	32
San Andres	1	109095 San Andres Ces	33	30
San Francisco	1	109134 Tayuman Es	29	26
	15	12		
Total No. of enrolled 4Ps beneficiaries in grade 6			388	348

Research Instrument

A survey questionnaire was the instrument for data gathering. It is divided into three parts: Part I is the status of the respondents before the impact of the 4Ps in terms of education, nutrition, and health. Part II is the status of the respondents during the impact of the 4Ps in terms of education, health, and nutrition. Part III is the impact of the 4Ps on its learner-beneficiaries.

The health records and the academic records of the learner-beneficiaries were collected as secondary instruments of the data source.

The questionnaire was constructed by the researcher and submitted to his adviser for comment and suggestion on the layout and statement structures, then the researcher sought the help of the 4Ps Municipal Link for the proper guidance. Suggestions and construction followed since they are the ones who identified and selected parent leaders, coordinated with health personnel and other stakeholders, conducted profiling of beneficiaries, and facilitate and monitor cash grant release. Lastly, the questionnaire was edited based on the adviser's and experts' suggestion and again submitted to the adviser for final checking.

Data Gathering Procedure

Generally, before and after collecting the data, the researcher considered the validity and reliability of their data. Therefore, the various ways of magnifying the validity and reliability of the data were described in detail. In the end, the researcher put the study together and report it.

This study used closed-ended questionnaires consisting of numerical data. The researcher sought the assistance of a statistician and the DSWD Regional Office in validating the questionnaire. Through coordination with every Municipal Social Welfare Development Office (MSWDO), administering the questionnaires took place. It was administered by the researcher through the assistance of the 4Ps coordinator. A consent form for the survey was attached to the instrument as an agreement for the respondents to be used as the main participants of the study. All responses were scored and entered in a data sheet. The data gathered were consolidated in tables and were treated using statistical methods.

Only the questions in the second part of the research instrument were used for the interview as well as the questions about the lifestyle of respondents' parents and families. The rest of the questions on the first part of the research instrument were answered by the data from the school registrar and the MAPEH department. Specifically, the researcher asked permission from the school head to utilize the data written on the SF-10 also known as the school permanent record to answer the questions about the respondent's education. The researcher also used the nutritional health status records of the respondents from their MAPEH teachers to answer the questions regarding health and nutrition.

All the responses were entered in a data sheet. The data gathered were consolidated in tables and were treated using statistical methods.

Results and Discussion

Status of the learner-beneficiaries before and during the time of being a 4Ps CCT recipient

Table 1. *Status of the learner-beneficiaries in terms of education before and during the time of being a 4Ps CCT recipient.*

Education		Before becoming a 4P's CCT recipient		During becoming a 4P's CCT recipient	
		f	%	F	%
1. General Weighted Average of the school year before becoming 4Ps beneficiaries (Grade 1) and General Weighted Average after becoming 4P's beneficiaries (Grade 5)	75-77	76	21.8	33	9.5
	78-80	96	27.6	84	24.1
	81-83	107	30.7	143	41.1
	84-86	69	19.8	88	25.3
Total		348	100.0	348	100.0
Mean		79.84		82.07	
Mean Difference		2.23			
2. Number of school days attended in 1 whole Month	160-170	0	0	0	0
	171-180	49	14.1	6	1.7
	181-190	239	68.7	98	28.2
	191-pataas	60	17.2	244	70.1
Total		348	100.0	348	100.0
3. Number of subjects passed in 1 whole year.	1-3	0	0	0	0
	4-6	0	0	0	0
	7-8	348	100.00	348	100.00
Total		348	100.0	348	100.0

Table 1 presents data on the educational outcomes of 4P's recipients before and during receiving program benefits. The table is divided into three sections, each presenting data on a different aspect of education. The first section shows the distribution of the general weighted average (GWA) of Grade 1 students before becoming 4P's beneficiaries and the GWA of Grade 6 students during the time of being 4P's beneficiaries. The data shows that the mean GWA of students increased from 79.84 to 82.07 during the time of being 4P's recipients. The mean difference between the two is 2.23%.

The second section presents the number of school days attended in one whole month before and during receiving the benefits. The data shows that the percentage of students attending school for 181-190 days decreased from 68.7% to 28.2% during the time of being 4P's recipients, while the percentage of students attending for 191 days or more increased from 17.2% to 70.1%.

The third section presents data on the number of subjects passed by the students in one whole year before and during the time of being receiving the 4P's benefits. The data shows that all students passed 7-8 subjects before and during the time of being the benefits.

In general, the data suggests that the 4P's program has a positive impact on the educational outcomes of the beneficiaries, particularly on their GWA with higher rates of subject passing and school attendance. However, further analysis is needed to fully

understand the impact of the program on the student's educational outcomes.

According to the Department of Social Welfare and Development (DSWD) (2021), under the 4P's program, eligible households receive cash grants for meeting specific conditions, which includes making sure that their children attend school and receive a minimum level of education. The 4Ps program provides education grants of PHP 300 per child per month for elementary school students, and PHP 500 per child per month for high school students. This grant's goal is to cover different education-related expenses, supplies, and other miscellaneous needs.

In a study by the Asian Development Bank (ADB) in 2018, it was found that the 4Ps have contributed to an increasing number of enrollees in schools among beneficiaries, mainly children from disadvantaged families. The educational provision of the 4Ps has been found to have a positive impact on education outcomes among beneficiaries. The program was also found to help decrease dropout rates and uplift academic performance, thus giving a positive effect on the socio-economic status of the beneficiaries.

However, the provision of the 4Ps for education faces certain obstacles and constraints. In some schools, especially in rural areas, there is insufficient infrastructure and resources, which can hinder the program's ability to enhance educational outcomes. This is highlighted by Cabalda et al. (2019). Additionally, there is a risk of unintended outcomes, such as beneficiaries attending school solely to obtain cash grants without actually gaining knowledge or improving their academic performance. This point is illustrated by Vibar & Cabling (2019).

This only implies that the educational support provided by the 4Ps is vital in enhancing the educational achievements of its beneficiaries. Although the program faces difficulties and restrictions, it has shown a favorable influence on school enrollment, attendance, and academic results, especially for underprivileged households. Nonetheless, it's crucial to keep track of and assess the program's effectiveness regularly, and overcome any obstacles or restrictions that may emerge.

Table 2. Health status of learner-beneficiaries before and during the time of being a 4Ps CCT recipient

Health		Before becoming a 4P's CCT recipient		During becoming a 4P's CCT recipient	
		f	%	F	%
1. Number of days got sick in 1 whole month.	0	17	4.9	68	19.5
	1 beses	25	7.2	102	29.3
	2 beses	51	14.7	123	35.3
	3 beses	204	58.6	36	10.3
	4 beses	36	10.3	17	4.9
	5 beses	14	4.0	2	.6
	6 na beses pataas	1	.3	68	19.5
Total		348	100.0	348	100.0
2. Common Sickness	Pananakit ng tiyan	0	0	0	0
	Pagtatae	0	0	0	0
	Ubo	26	7.5	4	1.1
	Sipon	124	35.6	78	22.4
	Ubo at sipon	63	18.1	39	11.2
	Lagnat	40	11.5	0	0
	Pananakit ng Ngipin	23	6.6	14	4.0
	Walang	70	20.1	213	61.2
	Naranasan				
	Iba pang karamdaman	2	.6	0	0
Total		348	100.0	348	100.0
3. Severe illness	Pneumonia	9	2.6	6	1.7
	Trangkaso	198	56.9	137	39.4
	Ubo, sipon at lagnat na higit 5 araw	82	23.6	89	25.6
	Dengue	0	0	0	0
	Bulutong	0	0	0	0
	Asthma	19	5.5	6	1.7
	Walang	23	6.6	108	31.0
	Naranasan				
	Iba pa	17	4.9	2	.6
	Total		348	100.0	348
4. Medications/treatment	Hospital	0	0	0	0
	Gamot	218	62.6	296	85.1
	Herbal	130	37.4	52	14.9
Total		348	100.0	348	100.0

The data in Table 2 represents the health conditions of individuals before and during they became recipients of the 4P's CCT program. The data is presented in the form of a table with four sections. The first section shows the frequency of individuals getting sick in a month before and during the time of being a 4P's CCT recipient. The data suggests that during the time of being a recipient, the percentage of individuals who got sick reduced significantly. Before becoming a recipient, 58.6% of individuals got sick three times a month, while during the time of being a recipient, only 10.3% of individuals got sick three times a month.

The second section shows the common types of sickness experienced by individuals before and during the time of being a recipient. The data suggests that after becoming a recipient, the percentage of individuals experiencing common sickness reduced significantly. For example, before becoming a recipient, 35.6% of individuals experienced *Sipon*, while during becoming a recipient, only 22.4% of individuals experienced *Sipon*.

The third section shows the frequency of individuals experiencing severe illness before and during becoming a recipient. The data suggests that during becoming a recipient, the percentage of individuals experiencing severe illness reduced significantly. For example, before becoming a recipient, 56.9% of individuals experienced *Trangkaso*, while during the time of being a recipient, only 39.4% of individuals experienced *Trangkaso*.

The fourth section shows the medications and treatments used by individuals before and during becoming a recipient. The data suggests that during becoming a recipient, the percentage of individuals using *Gamot* increased significantly, while the percentage of individuals using Herbal remedies decreased significantly.

In general, the data suggests that becoming a 4P's CCT recipient has had a positive impact on the health of individuals, resulting in a significant reduction in the frequency and severity of illnesses experienced by individuals.

According to WHO (2016), the 4Ps program provides free health services to its beneficiaries, which encompass medical consultations, diagnostic tests, medicines, and other health services at designated public health facilities. The World Health Organization (WHO) conducted a study that revealed that the availability of free health services under the 4Ps initiative has resulted in a surge in the utilization of healthcare facilities by the program's beneficiaries, particularly those residing in poor and remote areas with inadequate access to healthcare.

Relatively, the ADB (2019) stated that the 4Ps program offers health education as one of its healthcare services, aiming to enhance the understanding and consciousness of its recipients about health-related concerns such as appropriate hygiene habits, nourishment, and family planning. The provision of health education sessions under the 4Ps program has resulted in better health knowledge and behavior among its beneficiaries, resulting in positive health results, as per a study conducted by the Asian Development Bank (ADB) in 2019.

Furthermore, the 4Ps health program encompasses services for maternal and child health. It aims to decrease maternal and child morbidity and mortality by offering services such as prenatal and postnatal care, growth monitoring, and immunization to its beneficiaries. Based on a study by the Philippine Institute for Development Studies (PIDS), the

inclusion of maternal and child health services in the 4Ps program has resulted in increased usage of these services by program beneficiaries, leading to better health outcomes for mothers and children (PIDS, 2017).

The result implies that the health provision of the 4Ps has been effective in improving the health status of its beneficiaries and reducing the intergenerational cycle of poverty. The program has increased the utilization of health services, improved health knowledge, and behavior, and provided maternal and child health services to its beneficiaries. These efforts have contributed to better health outcomes and a brighter future for poor households in the Philippines.

Table 3. *Nutritional status of learner-beneficiaries before and during the time of being a 4Ps CCT recipient*

Nutrition		Before becoming a 4P's CCT recipient		During becoming a 4P's CCT recipient	
		f	%	F	%
1. Number of meals in a day	1 beses	0	0	0	0
	2 beses	300	86.2	52	14.9
	3 beses	48	13.8	296	85.1
	4 o higit pa	0	0	0	0
	Total	348	100.0	348	100.0
2. BMI	(0-16)				
	Severely underweight (16.7 – 18.5)	201	57.8	44	12.6
	Underweight (18.6 – 25)	49	14.1	132	37.9
	Normal (25.1 – 30)	98	28.2	172	49.4
	Overweight (30.1 – 35)	0	0	0	0
	Obese	0	0	0	0
	Total	348	100.0	348	100.0
3. Vitamins	Wala	348	100	310	89.1
	Vitamic C	0	0	38	10.9
Total		348	100.0	348	100.0

Table 3 presents a comparison of nutrition-related indicators before and during becoming a recipient of the Pantawid Pamilyang Pilipino Program (4P's CCT) in the Philippines. The 4P's CCT is a conditional cash transfer program that provides financial assistance to poor households, specifically targeting health and education. The first column shows the nutrition indicator, the second column shows the category or frequency of the indicator before becoming a 4P's CCT recipient, and the third and fourth columns show the frequency and percentage of the indicator during the time of being a recipient.

In terms of a number of meals in a day, before becoming a recipient, 86.2% of households ate two meals a day, while 13.8% ate three meals a day. During becoming a recipient, the number of households eating two meals decreased to 14.9% while the number of households eating three meals a day increased to 85.1%. No households reported eating only one meal or four or more meals a day before or during the time of being a recipient.

In terms of BMI, before becoming a recipient, 57.8% of households were severely underweight, 14.1% were underweight, and 28.2% were normal weight. During becoming a recipient, the percentage of households that were severely underweight decreased to 12.6%, while the percentage of underweight households decreased to 37.9%, and the percentage of normal-weight households increased to 49.4%. No households were overweight or obese before or during the time of being a recipient. And lastly, in terms of vitamins, before becoming a recipient, all households did not take any vitamins. During the time of being a recipient, 10.9% of households reported taking Vitamin C.

Overall, the table suggests that the 4P's CCT program had a positive impact on the nutrition status of the recipients by increasing the frequency of meals consumed, improving BMI, and providing access to vitamins.

The 4Ps program provides food packs to its beneficiaries through the Department of Social Welfare and Development (DSWD) to address their nutritional needs. These packs include items such as rice, canned goods, noodles, and dried fish. A study by the Philippine Institute for Development Studies (PIDS) reveals that food packs are crucial for beneficiary households, serving as a vital source of sustenance during times of emergency like economic shocks and natural disasters (Mina et al., 2019).

Regular family development sessions (FDS) conducted by the 4Ps program provide health and nutrition education to its beneficiaries, covering topics like maternal and child health, proper hygiene, sanitation, and nutrition. Asis and Racelis (2015) conducted a study, which revealed that the FDS has successfully increased knowledge and awareness among 4Ps beneficiaries on proper health practices and nutrition.

The 4Ps initiative offers micronutrient supplements to pregnant and nursing mothers, as well as children between the ages of 0-5 years. These supplements consist of Vitamin A, iron, and folic acid. A study by the Food and Nutrition Research Institute (FNRI)

revealed that administering these supplements has resulted in a decrease in the occurrence of micronutrient deficiencies among 4Ps recipients (FNRI, 2016).

The 4Ps initiative aims to enhance the nutritional well-being of kindergarten to Grade 6 students through a school-based feeding program. The program offers hot meals, like rice and viand, to pupils on school days. Based on an Asian Development Bank (ADB) study in 2017, the school-based feeding program has resulted in better nutritional status and attendance rates for 4Ps beneficiaries.

The 4Ps program offers an array of nutritional support to those it serves, such as supplying food packages, providing education on health and nutrition, administering micronutrient supplements, and implementing a feeding program in schools. These measures have resulted in enhanced health and nutrition for beneficiaries of the 4Ps program, especially for expectant and breastfeeding mothers as well as children. Additionally, these initiatives have contributed to reducing poverty and enhancing the standard of living for Filipino households.

Table 4. *Lifestyle status of learner-beneficiaries before and during the time of being a 4Ps CCT recipient*

Lifestyle		Before becoming a 4P's CCT recipient		During becoming a 4P's CCT recipient	
		f	%	F	%
1. Are your parents employed?	No	348	100	348	100
	Yes	0	0	0	0
	Total	348	100.0	348	100.0
2. What is the total household income per month of you parents?	P. 1,000- 1,999	328	94.3	309	88.8
	P. 2,000- 2,999	20	5.7	39	11.2
	P. 3,000- 3,999	0	0	0	0
	P. 4,000- 4,999	0	0	0	0
	P. 5,000	0	0	0	0
Total	348	100.0	348	100.0	
3. Are your parents habituated in gambling?	Cock Fighting	24	6.9	8	2.3
	Tong-Its	0	0	0	0
	Card game	0	0	0	0
	Pawning	0	0	0	0
	None	324	93.1	340	97.7
	Total	348	100.0	348	100.0
4. Do you have luxuriant life?	No	348	100	348	100
	Yes	0	0	0	0
Total	348	100.0	348	100.0	
5. Did your parents have any vices?	Alcohol	24	6.9	9	2.6
	Cigarettes	0	0	0	0
	Drugs	0	0	0	0
	None	324	93.1	339	97.4
	Total	348	100.0	348	100.0

The table above provides information on the lifestyle of individuals before and during becoming a 4P's CCT (Conditional Cash Transfer) recipient. The 4P's CCT is a program that provides cash assistance to low-income families in the Philippines.

The first question asks whether the parents are employed or not. The table shows that before and during the time of being a 4P's CCT recipient, all 348 respondents had unemployed parents.

The second question asks about the total household income per month of the parents. The table shows that before becoming a 4P's CCT recipient, 94.3% of respondents' parents had a monthly income of P. 1,000-1,999, while only 5.7% had a monthly income of P. 2,000-2,999. During the time of being a 4P's CCT recipient, the percentage of respondents whose parents had a monthly income of P. 1,000-1,999 decreased to 88.8%, while the percentage of respondents whose parents had a monthly income of P. 2,000-2,999 increased to 11.2%.

The third question asks whether the parents are habituated to gambling. The table shows that before becoming a 4P's CCT recipient, 6.9% of respondents' parents were habituated to cockfighting, while during the time of being a 4P's CCT recipient, the percentage decreased to 2.3%. The majority of respondents' parents had no gambling habits before and after becoming a 4P's CCT recipient.

The fourth question asks about the respondents' luxurious lifestyle. The table shows that before becoming a 4P's CCT recipient, all 348 respondents did not have a luxurious lifestyle, and this did not change during the time of being a 4P's CCT recipient.

The fifth question asks whether the respondents' parents had any vices. The table shows that before becoming a 4P's CCT recipient, 6.9% of respondents' parents had alcohol vices, while during the time of being a 4P's CCT recipient, the percentage decreased to 2.6%. The majority of respondents' parents did not have any vices before and during becoming a 4P's CCT recipient.

In general, the table suggests that the 4P's CCT program has had a positive impact on the lifestyle characteristics of the individuals who became recipients of the program. Specifically, the program appears to have helped increase the income of the households, reduce gambling and vices, and did not lead to any increase in luxurious lifestyles.

Various studies have assessed how the 4Ps program

affects the way of life of recipients both before and after receiving benefits. One such study, conducted by the World Bank in 2016, discovered that the program produces positive results for the health and education outcomes of beneficiaries. The study found that the program leads to a higher utilization of health services by beneficiaries, especially for maternal and child health services. Pregnant women who receive prenatal care saw a 12% increase in probability, while children receiving preventive health check-ups had a 9% increase. Furthermore, the program improves the nutritional status of beneficiaries, specifically children under the age of 5, resulting in a 13% reduction in the prevalence of stunting among them. In addition, the program raises school attendance and reduces the dropout rate among recipients. The study shows that the program brings about a 2.2% increase in school attendance for children aged 6-11 and a 2.4% reduction in dropout rate for children aged 12-15. Another study by the Philippine Institute for Development Studies (PIDS) in 2017 found that the program also positively impacts the household expenditure and income of beneficiaries. The study showed that the program leads to an increase in the expenditure on basic needs such as food, education, and health by 7% and 10%, respectively. The program also brings about a 5% increase in the income of male beneficiaries and a 3% increase in the income of female beneficiaries, particularly through increased labor force participation and income diversification.

Overall, these results suggest that the 4Ps program has a positive impact on the lifestyle of beneficiaries before and during becoming recipients, particularly in terms of health, nutrition, education, household expenditure, and income.

Assistance received by the learner-beneficiaries in terms of education, health, and nutrition

Table 5 shows the results of a survey on the educational assistance received by learner-beneficiaries, particularly from the 4Ps (Pantawid Pamilyang Pilipino Program). The table provides the frequency of responses, mean, standard deviation (SD), and the corresponding descriptive interpretation (DI) for each item in the survey.

Table 5. Educational assistance received by the learner-beneficiaries

Education	Frequency				Mean	SD
	4	3	2	1		
1. Nakakatulong ang 4Ps sa mga gastusin ko sa aking pag-aaral	260	88	0	0	3.75	0.44
2. Nakakatulong ang 4Ps sa aking mga pangangailangan sa paaralan gaya ng mga projects at mga kagamitan.	189	159	0	0	3.54	0.50
3. Madali rin akong nagkakaroon ng mga materyales para sa pag-aaral bilang isang benepisyaryo ng 4Ps.	195	117	36	0	3.46	0.68
4. Mayroon akong oportunidad na makilahok sa anumang gawain at proyekto sa paaralan.	212	136	0	0	3.61	0.49
5. Nabibigyang prayoridad sa ibang programa ng gobyerno hinggil sa edukasyon.	140	157	51	0	3.26	0.70
Composite Mean					3.52	0.56

There are five items in the survey, and all of them fully received the benefits. The composite mean of all items is 3.52, which also falls under the "Fully Received" level. This suggests that the 4Ps program is helping the learner-beneficiaries with their education.

In terms of the specific items, item 1 received the highest mean score of 3.75, indicating that the 4Ps program helps the learner-beneficiaries with their school needs such as projects and materials. On the other hand, item 5 received the lowest mean score of 3.26, which suggests that the program is not a priority compared to other government education programs.

Overall, these studies indicate that the 4Ps program has a favorable influence on the lifestyle of beneficiaries both before and during the time of being recipients, particularly in terms of health, nutrition, education, household expenditure, and income.

Table 6. Health assistance received by the learner-beneficiaries

Health	Frequency				Mean	SD
	4	3	2	1		
1. Mayroong regular na check-up (deworming) ang programa para sa mga benepisyaryo edad 1 hanggang 14 tuwing ikanim na buwan.	189	159	0	0	3.54	0.50
2. Kung nagkakasakit ako ay agad akong nadadala sa mga pagamutan upang lapatan ng karampatang gamot.	89	175	84	0	3.01	0.71
3. May kapayapaan sa kaisipan at damdamin ang aking mga magulang, at ganoon din ako.	42	166	109	31	2.63	0.81
4. Natutulungan ang aking mga magulang sa tamang pag-aalaga sa akin at sa aking mga kapatid sa pamamagitan ng Family Development Session (FDS) isang beses isang buwan.	207	107	34	0	3.50	0.67
5. Ang aking mga magulang ay mayroon ding maayos na kalusugan.	80	87	133	48	2.57	0.99
Composite Mean					3.05	0.73

This table presents the results of a survey on the health assistance received by learner-beneficiaries. The survey includes five statements or items that are rated by the participants according to their frequency, mean score, standard deviation (SD), and descriptive interpretation (DI). The DI is based on a scale ranging from 1 (Not Received) to 4 (Fully Received). The first item (1) indicates that the program provides regular check-ups or deworming to beneficiaries aged 1 to 14 every six months. This item received a high frequency and a mean score of 3.54, indicating that most respondents received or fully received all the assistance given in the statement.

The second item (2) pertains to the availability of medical care when the beneficiary gets sick. This item also received a high frequency and an overall mean score of 3.01, indicating that most respondents received or moderately received the assistance given in the statement.

The third item (3) assesses the psychological well-being of the beneficiary and their parents. This item received a lower frequency, mean score, and a relatively high NR, suggesting that respondents have mixed opinions on this statement.

The fourth item (4) indicates that the program helps the parents in taking care of the beneficiary and their siblings by providing Family Development Sessions once a month. This item received a high frequency and a mean score of 3.50, indicating that most respondents received or fully received the assistance given in the

statement.

The fifth item (5) assesses the health status of the beneficiary's parents. This item received a lower frequency, mean score, and a relatively high in moderately received category, suggesting that respondents have mixed opinions on this statement.

The composite mean score of the survey is 3.05, indicating that the respondents generally received the health assistance provided to them. The descriptive interpretation suggests that the respondents' agreement ranges from somewhat received (DI = 2.50-3.24) to fully received (DI = 3.25-4.00).

Table 7. Nutritional assistance received by the learner-beneficiaries

Nutrition	Frequency				Mean	SD
	4	3	2	1		
1. Ako at ang aking mga kapatid ay nakatanggap ng 4Ps ng sapat na pagkain.	86	147	106	9	2.89	0.80
2. Mayroong regular na bitaminang ibinibigay sa health center para sa mga benepisyaryong katulad ko.	142	158	MR	27	3.19	0.86
3. Wala akong pangamba sa kakulangan sa pagkain dahil sa nutrisyong dulot ng mga bitaminang naibibigay.	84	135	MR	71	2.67	1.06
4. Ako at ang aking mga kapatid ay natutulungan ng 4Ps na magkaroon ng sapat na pagkain.	73	192	MR	28	2.89	0.82
Composite Mean					2.91	0.89

This table presents the results of a survey related to the nutritional assistance received by learner-beneficiaries. The table shows the responses to four statements related to nutrition, the frequency of those responses, the mean score, the standard deviation (SD), and the domain index (DI) of the responses. The composite mean of all four statements is also presented, with a score of 2.91 indicating an overall agreement with the statements.

The legend at the bottom of the table provides a key for interpreting the scores, with scores ranging from 1.00 to 4.00. Scores between 2.50 and 3.24 indicate agreement with the statement, with scores above or below this range indicating stronger or weaker agreement, respectively.

Based on the scores in this table, it appears that the majority of respondents agreed or strongly agreed with the statements related to nutritional assistance, with composite mean score of 2.91 falling within the "moderately received" range. Specifically, it seems that the respondents felt that they were receiving

adequate nutritional assistance through programs like the 4Ps and the provision of vitamins at health centers.

Significant difference on the status of the learner-beneficiaries before and during the time of being a 4Ps CCT recipient

Table 8. *Statistical table showing the significant difference on the status of the learner-beneficiaries before and during the time of being a 4Ps CCT recipient*

Profile	p-value
Education	.000
Health	.000
Nutrition	.000
Lifestyle	.000

Table 8 is presenting the results of a statistical analysis that aimed to determine if there is a significant difference between the status of the learner-beneficiaries before and during the time of being a 4Ps CCT (Conditional Cash Transfer) recipient. The analysis considered four different profiles: education, health, nutrition, and lifestyle.

The p-value for each profile is shown in the table. The p-value is a measure of the strength of evidence against the null hypothesis (H₀) that there is no difference between the status of the learner-beneficiaries before and after becoming a CCT recipient. A p-value of less than 0.05 is usually considered statistically significant, which means that there is strong evidence to reject H₀ and conclude that there is a difference.

In this case, all four profiles have p-values of 0.000, which is less than 0.05 and therefore significant. Therefore, the decision is to reject the null hypothesis and conclude that there is a significant difference in the status of the learner-beneficiaries before and after becoming a 4Ps CCT recipient for all four profiles. However, the table does not provide any information

on the direction or magnitude of the difference.

Several studies have shown that there are significant differences in the status of learner-beneficiaries before and after becoming a 4Ps CCT recipient. Before becoming 4Ps recipients, learner-beneficiaries from poor households often face various challenges that hinder their educational attainment. These challenges include insufficient financial resources to pay for school fees and supplies, lack of access to educational materials, and inadequate nutrition and healthcare. As a result, they may struggle with low academic performance and school absenteeism, which can perpetuate the cycle of poverty. However, after becoming 4Ps CCT recipients, there is evidence to suggest that learner-beneficiaries have experienced significant improvements in their educational outcomes. For example, a study by Mendoza et al. (2018) found that 4Ps beneficiaries who complied with the program conditions had higher attendance rates, was less likely to drop out of school, and achieved higher academic performance compared to non-beneficiaries. Another study by Gonzales et al. (2019) reported that 4Ps beneficiaries had increased access to educational materials and services, such as textbooks, school supplies, and health checkups, which contributed to better academic outcomes.

These studies suggest that the 4Ps CCT program has played a significant role in improving the status of learner-beneficiaries by addressing the various challenges that hinder their educational attainment. By providing financial assistance and incentivizing compliance with educational and health-related conditions, the program has helped to break the cycle of poverty and promote better educational outcomes for the next generation.

Conclusion

Based from the findings of the study, the following conclusions were drawn:

1. The 4Ps program has a positive impact on the educational outcomes of the beneficiaries, particularly on their GWA with higher rates of subject passing and school attendance. However, further analysis is needed to fully understand the impact of the program on the student's educational outcomes.
2. Results also conclude that becoming a 4Ps CCT recipient has had a positive impact on the health of individuals, resulting in a significant reduction in the frequency and severity of illnesses experienced by individuals.

3. It was also found that the 4P's CCT program had a positive impact on the nutrition status of the recipients by increasing the frequency of meals consumed, improving BMI, and providing access to vitamins.

4. It was also found that the 4Ps program has a positive impact on the lifestyle of beneficiaries before and after becoming recipients, particularly in terms of health, nutrition, education, household expenditure, and income.

5. The 4P's CCT program has had a positive impact on the lifestyle characteristics of the individuals who became recipients of the program. Specifically, the program appears to have helped increase the income of the households, reduce gambling and vices and did not lead to any increase in luxurious lifestyles.

6. The null hypothesis that there is a no significant difference in the status of the learner-beneficiaries before and during the time of being a 4Ps CCT recipient for all four profiles is rejected

The Pantawid Pamilyang Pilipino Program (4Ps) is a conditional cash transfer program of the Philippine government. The program aims to provide financial assistance to poor households to improve their health, nutrition, and education. Beneficiaries of the program receive cash grants as long as they meet certain conditions, such as ensuring that their children attend school and undergo regular health check-ups.

It is recommended to use the cash grants to provide for the basic needs of your family such as food, housing, and healthcare. Ensure that your children have access to healthy food and proper healthcare services.

It is also recommended to ensure that your children attend school regularly and encourage them to take their studies seriously. Education is a powerful tool to break the cycle of poverty, and it can provide better opportunities for your children in the future.

Use the health services provided by the program to ensure that your family's health needs are addressed. Regular check-ups and medical consultations can help prevent and treat illnesses.

Consider setting aside a portion of the cash grants you receive for savings or investment. This can help you build a better future for your family and prepare for unexpected expenses.

Finally, it is important to use the benefits you receive from the 4Ps program wisely and according to its objectives. By doing so, you can improve the well-being of your family and break the cycle of poverty.

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