

## Research Article

Factors Affecting Individual and Family Self-Management Behavior,  
and Family Well-Being in Slum Communities of Pathum Wan, Bangkok

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## Abstract

Thailand is leading among ASEAN countries in achieving the Sustainable Development Goals (SDGs). However, there is a challenge related to SDG 16 target family well-being, particularly in vulnerable areas like slums. This study seeks to integrate The Individual and Family Self-Management Theory to describe the individual and family management behavior that are associated with family well-being. Using a quantitative research approach, the study surveyed 260 respondents living in slum communities around Pathum Wan district, Bangkok, Thailand. The analysis revealed that participant's family well-being scores have significant differences among household's monthly income groups ( $t = 3.04, p < .003$ ). Meanwhile, psychological and social factors, namely Psychological Capital ( $\beta = .78, p < .001$ ), Outcome Expectancy ( $\beta = .43, p < .001$ ), and Social Norms ( $\beta = .62, p < .001$ ) significantly predicted the individual and family management behavior. Moreover, the individual and family management behavior significantly predicted family well-being ( $\beta = .65, p < .001$ ). Consequently, it is suggested that creating interventions or policies in these slum communities should prioritize these significant variables to enhance the efficacy of improving family well-being and promoting SDGs.

**Keywords:** family well-being, individual and family self-management behavior, slum areas, Thailand

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## 1. Introduction

The development and improvement of living conditions, as outlined in the Sustainable Development Goals (SDGs). In SDG 16, Strong Institutions, peaceful and inclusive societies for sustainable development. Thailand faces significant challenges in achieving SDGs 16 with major challenges remaining (Sustainable Development Report, 2023). Families play a significant role in promoting accountability and participation in governance. When families are healthy, stable, and well-supported, they contribute to reducing violence and fostering social cohesion. To enhance this goal, priority should be accorded to the Family Well-being Index. (Nakfon, 2020) Hence, in sociology, the family is recognized as the fundamental unit of social structure. It's crucial because individuals acquire behavioral norms and patterns from their families. The family ideally serves several functions for society. It socializes children, provides practical and emotional support for its members and provides a social identity. In Social interactionism theory, the family emphasizes how members interact daily including members' communication. However, conflict theory emphasizes that the family may produce several problems such as social inequality, violence, arguments, and other forms of conflict.

A report from the Thai Health Promotion Foundation (2021) detects more than twenty thousand suicide attempts among Thais because of feeling worries about their family. Furthermore, the Healthy Families Index of 2023 revealed that only 25.01% classified as healthy families in Thailand (IPSR, 2022). According to UNDESA, Urbanization might have a role in families. Migration to urban areas, whereas Thailand ranks in 17<sup>th</sup> the resident migration in the world, may transform the family structure and shift norms. (Trask, 2022) Therefore, slum communities in urban areas like Bangkok have family well-being problems. Particularly, slums contain issues with drug abuse and substandard living conditions contributing to mental health problems among residents. A study in Bangkok's slum from Yuyajen et al. (2018), shed light on family members with drug abuse and relationship problems related to each member's mental well-being.

Family well-being emerges as a central concern amidst these socio-economic challenges. While family well-being encompasses various dimensions, including economic stability and interpersonal relationships, its subjective nature complicates assessment. Gray (2018) and Thayansin et al. (2020) emphasize the subjective perception of happiness as a key determinant

of family well-being, highlighting the need for flexible assessment that account for contextual nuances. Furthermore, various studies shared similar dimensions of family well-being. Such as physical well-being, each individual has good health. The study from Brayshev and Kashchuk (2016) clarifies the overall well-being of “human bodily existence, with specific circumstances of human activity or a particular domain.” Secondly, Moral identity might play a significant role in family well-being. According to Garcia et al. (2018) and Cui et al. (2021) the results support the links between moral identity and family well-being. Lastly, interpersonal relationship is the component for understanding how family members face the problem as individuals and social units (McGregor, 2020). A study by Izzo et al. (2022) suggested that the happiness of the family should include family function and environmental factors. However, McKeown et al. (2003) finds the type of family has no significance on family well-being. Therefore, this study designed the demographic variable as household’s monthly income. While the component of family well-being are physical well-being, Moral identity and interpersonal relationship.

To understand human’s behavior through behavioral science approach, the study should include both psychological factors and social factors. The Individual and Family Self-Management Theory developed by Ryan and Sawin (2009), mid-range theory which highlight the importance of psychosocial factors as primarily promoting self-reliance then enhance family well-being as a secondary outcome. There are three considerable dimensions, context, process, and primary outcome.

In this study, social capital and social norm were interpreted as context, which refers to specific conditions influencing individual and family self-management behavior. In order to promote coping behavior in each family, social capital should be a focus variable (Roy & Lees, 2020; Abdi et al., 2021). Similarity to social norm, according to UNICEF (2021), social norm guiding human behavior by informal social rules that define acceptable and inappropriate actions within community. Social norms can have beneficial or harmful consequences for people’s well-being. Because they help communities and society’s function, binding them together and promoting collective behaviors. Secondly, psychological capital and outcome expectancy were interpreted as process. Psychological capital contains four-dimension, resilience, hope, self-efficacy and optimism. While outcome expectancy shape perceptions of verbal-nonverbal language and

member interaction, influencing family dynamics (Harris, 1993). In conclusion, interaction of these factors affects individual and family self-management behavior.

According to the literature review, Individual and Family Self-Management behavior means the capability to manage oneself and family in four dimensions:

1. Seeking Support: Professional help was obtained; advice was implemented to improve the situation.
2. Emotional Expression: Expressing needs and concerns properly in different situations.
3. Cognitive reconstruction: Developing and employing coping strategies to deal with challenges and setbacks related to self and family.
4. Problem solving: Can identify barriers to self-family management, evaluate options, and implement action plans.

The self-management techniques employed by communities in Bangkok might have the potential to strengthen familial and communal bonds (Phetchana, 2015; Thammanawat, 2022). Intarakamhang and Macaskill (2022) also used ISFMT to describe Thai family's well-being. The finding reveals interaction between psychological capital and Individual and Family Self-Management behavior.

In conclusion, this study aims to explore the relationship and the predictor of family well-being of slum residents of Pathum Wan, Bangkok through individual self-family management behavior. There are psychological factors that contain psychological capital and outcome expectancy, and social factors that contain social capital and social norm. With the concern factor, the family well-being indicator for SDG 16 might be more successful.

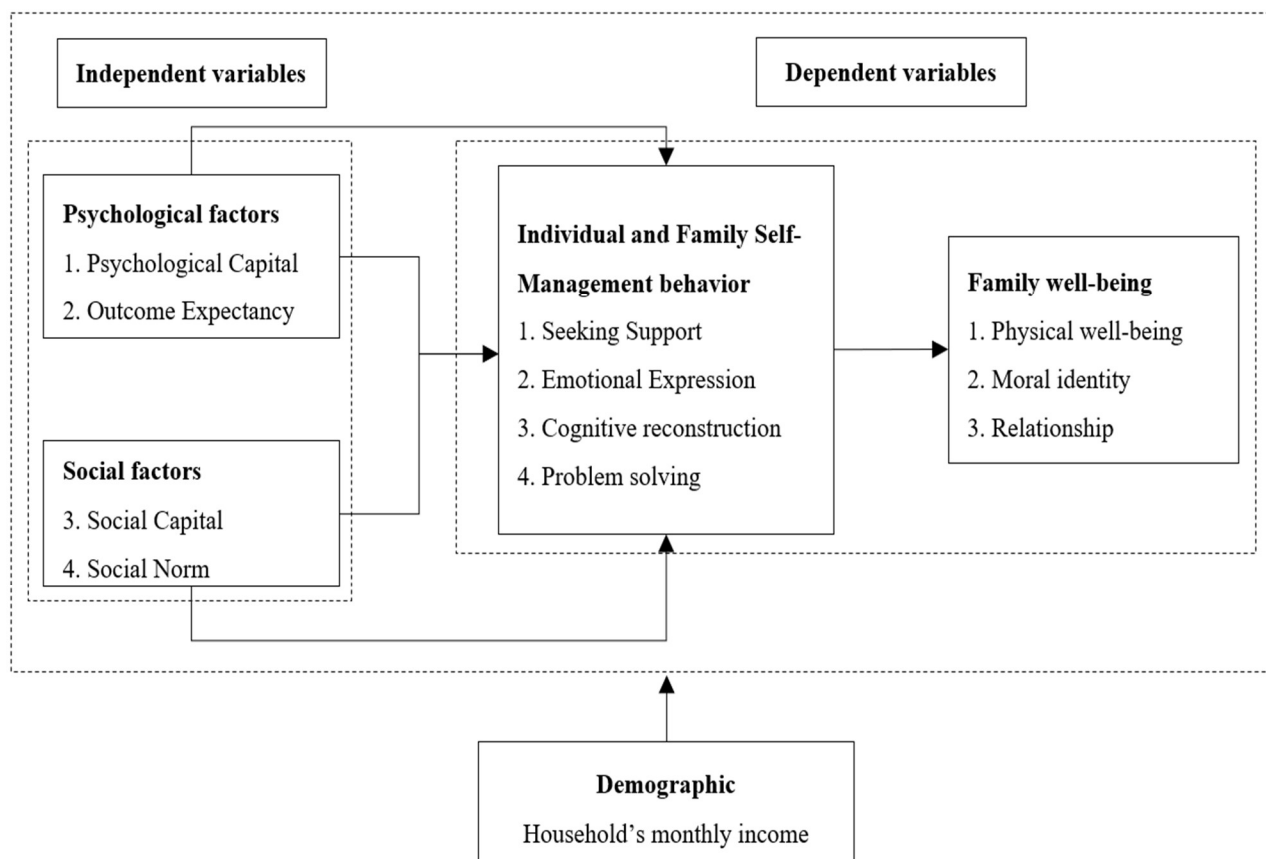
## 2. Objective of the Study

1) To identify the demographic data of slum residents such as educational background and family's income.

2) To identify the predictor among psychological capital, outcome expectancy, social capital, and social norm with individual self-family management behavior as well as family well-being.

## 3. Conceptual Framework

The conceptual framework of this study is based on Individual and Family Self-Management Theory developed by Ryan and Sawin (2009) and the literature studies reviewed by the researcher. The relationship between the studied variables is shown in Figure 1.



**Figure 1.** Conceptual framework

## 4. Research Methodology

This study was performed using the cross-sectional quantitative method. The researcher sought permission from the graduated School of Srinakharinwirot University through a formal letter request. The protocol number was SWUEC-G-172/2566X. Prior to data collection, respondents were given a consent form to inform them of the study's objective, risks, and benefits. The data gathered was stored confidentially. Overall, the research methods could be described as follows.

### 4.1 Population and Sample

The respondents of the study were residents who lived in slums, Pathum Wan, Bangkok Thailand. Using non-probability sampling method. A randomly selected 1 participant per family who met the inclusion criteria was elected as a representative of 2,405 households. Therefore 260 participants from 7 slum communities. It was determined using Bujang and Baharum (2016) and Zawadzki et al. (2023) as sample calculation reference. The survey was presented in a hard copy to participants.

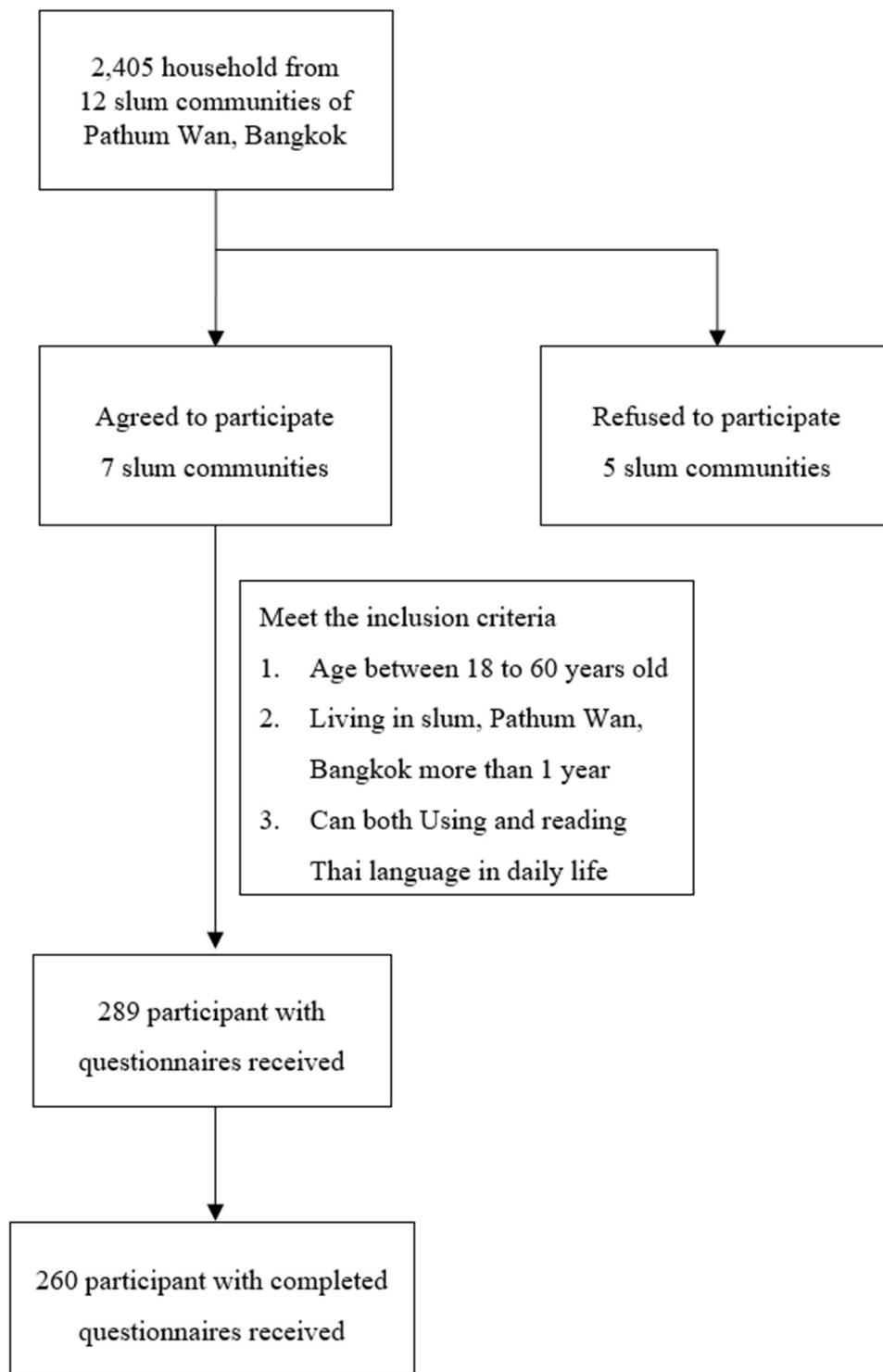
Inclusion criteria were as follows:

1. Having the age between 18 to 60 years old.
2. Living in slum, Pathum Wan, Bangkok for more than 1 year.
3. Being able to speak, write, and read Thai language in daily life.

Exclusion criterion was as follows:

1. Being a Slum resident, but living alone (a.k.a., no other family member in the household).

The sample selection process can be found in Figure 2.



**Figure 2.** Flowchart of the sample collection process.

## 4.2 Research Instrument

A survey questionnaire was utilized to the participant. The instrument used was conceptualized based on the literature. Participants indicated their level of agreement using a five-point Likert scale, ranging from “strongly agree” to “agree”, “neutral”, “disagree” and “strongly disagree”, which orderly scored five to one. The questionnaire is split into two sections.

1) The first part of the questionnaire covered the profile of the participant, including household's monthly income per month.

2) The second part contains questions about family well-being, individual and family self-management behavior, psychological capital, outcome expectancy, social capital, and social norm.

## 4.3 Validity and Reliability of the Instrument

The research instrument was tested for validity by five expert reviewers (Creswell, 2014) which IOC range above .65 (Herman et al., 2007). The reliability was tested through pilot testing. Corrected Item-Total Correlation values ranged from .26 to .84. The Cronbach's alpha of this study's instrument was .95 which was interpreted as reliable.

## 4.4 Data Analysis

Different statistical procedures were utilized to statistically examine to provide a sufficient understanding of the study objectives. First, in demographic data frequencies and percentages were employed with mean and standard deviation. Second, to compare the score between each level of family's monthly income, t-test analysis was employed. Lastly, to find the factors among psychological and social factors that predicted the individual and family self-management behavior, the Stepwise Linear regression analysis was employed. As well as between the individual and family self-management behavior and family well-being. The criteria for interpreting mean values for all variables were categorized as follow:



<i>M</i>	Level
4.01-5.00	Very high
3.01-4.00	High
2.01-3.00	Moderate
1.01-2.00	Low
0.00-1.00	Very low

#### 4.5 Hypothesis

*Hypothesis 1:* The mean of individual and family self-management behavior and family well-being have significant differences between the household's monthly income group.

*Hypothesis 2:* Psychological and social factors can predict individual and family self-management behavior.

*Hypothesis 3:* The individual and family self-management behavior can predict family well-being.

## 5. Findings

Table 1 revealed that the most participant in this study live in Phatthana Bon Kai communities (51.2 %) while 48.8 % live in the other slum communities located in Pathum Wan, Bangkok. Table 2 revealed that the score of resident living in slum, Pathum Wan, Bangkok and all the score of variables ranks in high level.

**Table 1.** The demographic data of residents living in slum communities, Pathum Wan, Bangkok ( $n = 260$ ).

<i>Communities</i>	<i>N</i>	<i>Percent (%)</i>
1. <i>Phatthana Bon Kai</i>	133	51.2
2. <i>Wat Borom Niwas</i>	33	12.7
3. <i>Ban Khua Tai</i>	32	12.3
4. <i>Soi Polo</i>	23	8.8
5. <i>Soi Ruam Ruedi</i>	18	6.9
6. <i>Wat Chai Mongkhon</i>	11	4.2
7. <i>Wat Duang Khae</i>	10	3.8

**Table 2.** The variables' score of residents living in slum communities, Pathum Wan, Bangkok ( $n = 260$ ).

<i>Variables</i>	<i>M</i>	<i>SD</i>	<i>Level</i>
<b><i>Individual and Family Self-Management Behavior</i></b>	3.38	0.54	High
<i>Social Support</i>	3.12	0.74	High
<i>Emotional Expression</i>	3.45	0.73	High
<i>Cognitive Reconstruction</i>	3.34	0.60	High
<i>Problem Solving</i>	3.61	0.72	High
<b><i>Family well-being</i></b>	3.77	0.54	High
<i>Physical well-being</i>	3.76	0.64	High
<i>Moral identity</i>	3.83	0.63	High
<i>Relationship</i>	3.73	0.56	High
<b><i>Psychological Factors</i></b>			
<i>Psychological capital</i>	3.51	0.72	High
<i>Outcome expectancy</i>	3.54	0.72	High
<b><i>Social Factors</i></b>			
<i>Social capital</i>	3.11	0.70	High
<i>Social norm</i>	3.06	0.76	High

Table 3 showed that there is a mean difference between the household's monthly income group which has no significance in the individual self-family management behavior but has a significant in family well-being. Table 4 illustrated that there are Psychological Capital, Outcome Expectancy and Social Norm can predict overall individual and family self-management behavior. Finally, Table 5 indicated that the individual self-family management behavior in three dimensions; Emotional expression, Cognitive reconstruction, and Problem solving can predict overall family well-being.

**Table 3.** T-test analysis of residents living in slum communities, Pathum Wan, Bangkok. Categorized by household's monthly income.

Individual and Family Self- Management Behavior	Household's monthly income					Interpretation
	Income (Baht)	n	Mean $\pm$ SD	t	p-value	
	< 15,000	102	3.44 $\pm$ .59	1.35	.17	
	> 15,000	158	3.34 $\pm$ .59			
Family well-being	Household's monthly income					Interpretation
	Income (Baht)	n	Mean $\pm$ SD	t	p-value	
	< 15,000	102	3.90 $\pm$ .53	3.04	.003**	Significant
	> 15,000	158	3.69 $\pm$ .53			

**Note:** \*\*  $p < 0.01$ .

**Table 4.** Stepwise Linear regression analysis between predictors and Individual and Family Self-Management Behavior of residents living in slum communities, Pathum Wan, Bangkok.

IFSMB	Predictor	R <sup>2</sup>	$\beta$	t	p
Overall	PC, EX, NM	.682	.78, .43, .62	6.7, 3.7, 7.4	<.001***
Emotional Expression	PC, EX, NM	.549	.31, .03, .02	4.0, 2.6, 4.4	<.001***
Cognitive Reconstruction	PC, EX	.548	.15, .18	2.0, 2.3	<.001***
Problem Solving	PC, EX,	.542	.66, .15	8.9, 3.8	<.001***
Social Support	PC, EX, NM	.500	.24, .11, .30	3.2, 2.6, 8.8	<.001***

**Note:** \*\*\*  $p < 0.001$ .

1. PC = Psychological Capital

3. SC = Social Capital

2. EX = Outcome Expectancy

4. NM = Social Norm

**Table 5.** Stepwise Linear regression analysis between family well-being and Individual and Family Self-Management Behavior of resident living in slum communities, Pathum Wan, Bangkok.

Family well-being	Individual and Family Self-Management Behavior	R <sup>2</sup>	$\beta$	t	p
Overall	PSM, CSM, ESM	.462	.34, .25, .18	5.1, 3.6, 2.7	<.001***
Physical well-being	PSM, ESM, CSM	.479	.35, .26, .16	6.2, 3.4, 2.2	<.001***
Moral identity	PSM, CSM	.367	.35, .28	5.8, 3.9	<.001***
Relationship	PSM, CSM	.241	.34, .13	5.0, 2.2	<.001***

**Note:** \*\*\*  $p < 0.001$ .

1. ESM = Emotional expression

3.. PSM = Problem solving

2. CSM = Cognitive reconstruction

## 6. Discussion and Recommendation

From the analysis, it was found that individual and family self-management behavior are related to household's monthly income. The findings align with studies on the needs of families living in slum communities, where the average household's monthly income is about 16,000 baht.

These families are less likely to desire higher education for their children compared to families in other types of communities in the same area due to lower household's monthly income (Sahachaisaeree, 2008). The analysis also indicates that family well-being is related to household's monthly income, consistent with the study by Wong et al. (2021) on family well-being in Hong Kong during the new virus outbreak. Families with lower household's monthly income were more affected by the outbreak, impacting family relationships, mental health, and physical health more than those with medium to high income. Explaining the individual and family self-management behavior of family members in slum communities in Pathum Wan, Bangkok, using the ISFM theory, it can be inferred that differences in household's monthly income might affect one's beliefs about family themselves. Financial security reduces stress and the likelihood of domestic violence, creating a safer home environment and less likely to engage in illegal activities.

There are three factors that can predict individual self-family management behavior, Psychological Capital, Outcome Expectancy, and Social Norm. This result also consistent with the study by Sabri et al. (2020) which used Self-efficacy Theory to explain self-management behavior, finding that the income of working-age Malaysians influences self-management behaviors related to well-being ( $r = .009$ ). Similarly to Mikus and Teoh (2022), who found that psychological capital significantly predicts self-management behavior among secondary school teachers.

From the regression analysis, it is revealed that individual and family self-management behavior can predict family well-being. To develop individual and family self-management behavior can apply social cognitive learning theory in case of showing a good role model as a prototype family in their communities. Also, attending a contest among the slum residents should enhance the appropriate behavior. Active listening also helps. To practice active listening, one should demonstrate interest through body language, and it is essential to avoid interrupting. Allowing the family members to complete their thoughts. Additionally, developing self-awareness is crucial, as it enables one to recognize and manage their own biases and distractions. These practices collectively help a deeper understanding and more meaningful interactions among family members.

To promote SDG 16, the policies should focus on education and awareness campaigns are essential. These campaigns should focus on promoting educational initiatives that teach conflict

resolution, empathy, and non-violence within family settings. Schools and community centers can serve as platforms for workshops on parenting skills and effective communication techniques, equipping families with the tools needed to manage conflicts constructively. Community-based mental health support systems are particularly effective in preventing domestic violence and enhancing overall family dynamics. Community engagement and support networks are vital in creating a sense of belonging and shared responsibility. Establishing strong community networks can offer families the support they need, providing safe spaces for interaction, experience-sharing, and resource access. Community centers can play a pivotal role in fostering these networks.

Lastly, comprehensive social policies are essential for supporting families. Governments should implement policies that ensure access to affordable loan, quality education, and social safety. These measures collectively contribute to the stability and well-being of families living in slum communities, Pathum Wan, Bangkok thereby promoting peaceful and inclusive societies with SDG 16.

## 7. Limitation and Future Research

### 7.1 Limitation of this study

- 1) This study arranges as cross-sectional research that may exclude the significant factors which might affect the family well-being. Including instability housing and the conflict between slum resident and the landlord. To study these factors should design as longitudinal study for further information about slum resident.
- 2) According to participant inconvenience and non-probability sampling, the sample in this study might have less accuracy due to the limitation.

## 7.2 Future research direction

- 1) Psychology capital is the interesting variables according to easily in evaluation, developing the program to increase family well-being in specific and varies environmental should include in future research.
- 2) Structural Equation Modeling (SEM) should be employed when utilizing the Individual and Family Self-Management theory, with the Individual and Family Self-Management Behavior acting as a mediator.

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