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RESEARCH ARTICLE

# Measuring Family Harmony of the Low-Socioeconomic Status Family: A Scoping Review

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**Abstract**
Family harmony is a critical component of individual and societal well-being, yet families with low socioeconomic status (SES) often face structural challenges–such as financial hardship, limited access to education and healthcare, and chronic psychosocial stress–that disrupt relational stability. This scoping review aims to synthesize existing research on how family harmony is conceptualized and measured in low-SES contexts. Using the PRISMA framework, twenty peer-reviewed articles published between 2019 and 2024 were selected from four major academic databases. The review identifies four key indicators commonly used to assess family harmony in low-SES households: health, family dynamics, education, and communication. Despite the presence of these indicators, the findings highlight a lack of standardized and context-sensitive measurement instruments that reflect the lived realities of economically disadvantaged families. This review contributes to theoretical development by reinforcing the relevance of systems-based frameworks in understanding how external socioeconomic stressors influence internal family functioning. Practically, the findings offer guidance for developing culturally grounded assessment tools and designing targeted social interventions such as parenting education, economic empowerment programs, and digital platforms to strengthen family cohesion in vulnerable communities.

**Keywords:** Family Harmony, Low Socioeconomic Status, Measurement Indicators, Social Intervention, Family Systems Theory

## INTRODUCTION

Family is a small entity in society that has a crucial role in creating a harmonious, safe, peaceful and prosperous life, where love and affection between its members become the main foundation (Manik, 2024). Building a family life means creating a new unit between husband and wife through the bond of marriage, which requires them to combine two different personalities, and build a close and harmonious relationship (Hilal, 2023). This makes them collaborate to fulfil the physical and spiritual needs of each family member, as well as educate and raise the children they have (Oktarial et al., 2022).

A harmonious family is a family unit that successfully builds and maintains healthy, balanced, and mutually supportive relationships among its members. A harmonious family is the smallest unit in society that ideally becomes a source of love, support, and growth for each of its members (Mujennih et al., 2024). The characteristics of a harmonious family include strong emotional bonds, good communication, mutual respect, emotional support, and togetherness in facing various challenges and differences (Hilal, 2023).

In a harmonious family environment, the atmosphere of the home is filled with serenity, love, sacrifice, and co-operation, where each member complements and helps each other (Masri, 2024). Each individual in this family supports each other and places each other's needs and happiness as a priority (Rahmayanty et al., 2023). There is mutual appreciation and respect between spouses, parents and children, and between siblings, so that each member feels valued, heard, and respected in every aspect of their lives (Hilal, 2023).

In low-SES families, economic challenges such as unstable income and limited employment opportunities often lead to chronic stress and tension within the family unit. These pressures affect communication patterns, parenting consistency, and emotional closeness, thereby disrupting family harmony. Research conducted by Nurkhasyanah (2025) shows that the economic condition of the family has a major influence on various aspects of the welfare of its members. Families with economic instability can increase levels of stress, anxiety, and conflict within the family which negatively affects the mental health of parents and children.

Families in the low socioeconomic status category often experience limitations in terms of financial resources,

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including income, assets and access to adequate social services. According to data from the Badan Pusat Statistik [BPS] (2023), more than 25.9 million individuals live below the poverty line, highlighting the urgency of understanding family dynamics in low-income households. Families in the low socioeconomic category often face complex challenges in fulfilling their basic daily needs (Firdaus et al., 2024). Constant financial constraints force them to make difficult decisions, such as sacrificing the need for health, education, or even nutritious food intake. This situation not only affects the material aspects, but also creates significant psychological stress for each family member. This situation can lead to various challenges that impact the dynamics and harmony within the family environment (Islam & Sugitanata, 2023). This shows that the economic condition of the family has a major influence on the fulfillment of children's basic needs, such as physiological needs, security, social relationships, appreciation, and self-actualization. Financial security has been shown to play an important role in creating a sense of security and supporting children's physical, emotional and social development.

Some common problems include prolonged financial pressure, housing insecurity, and limited access to education and healthcare. All of these factors have the potential to trigger conflict, increase stress levels and inhibit good communication between family members. This can disrupt family harmony and negatively impact the emotional and social well-being of each individual within it. However, it is important to note that each family has different characteristics, and their ability to deal with these challenges varies (Muzayim et al., 2024). Many families with low socioeconomic status manage to maintain harmony through social support, internal strengths, and the application of effective coping strategies (Oktarial et al., 2022).

Saharani and Putrikita (2022) research on family harmony has grown rapidly in recent years, with a focus on the various factors that influence it. One recent study highlighted the role of the sandwich generation of individuals who bear the financial burden for parents and children in maintaining family harmony. This research uses a qualitative approach with a case study, involving in-depth interviews and participatory observation, to understand how the roles and responsibilities of the sandwich generation influence family dynamics.

Ruswandi (2020) conducted a study exploring the connection between emotional maturity and family harmony among couples who married at a young age. The findings indicate a significant positive relationship between these two variables, suggesting that greater emotional maturity in couples contributes to a higher level of harmony within the family. This research highlights the crucial role of emotional development in fostering and maintaining a harmonious family environment.

However, when considering families with low socioeconomic status (SES), the challenges in achieving family harmony become more complex. Research shows that the level of family SES has a significant effect on children's religious behaviour, which is one indicator of family harmony. The study found that families with low SES tend to face more obstacles in shaping positive religious behaviour in their children, which in turn can affect overall family harmony. This indicates the need for specialised interventions and additional support for low SES families to achieve and maintain family harmony (Ruswandi, 2020).

Fauziah (2020) conducted research on the concept of family harmony across different cultural contexts, with a particular emphasis on families raising children with autism in Indonesia. The inclusion of studies involving families with autistic children within this review serves to highlight both common and unique stressors faced by low-SES families caring for special-needs children, thus expanding the contextual understanding of family harmony in such households. In contrast, more recent studies used for comparison focus on family harmony in a broader sense, specifically among families experiencing low socioeconomic status. The rationale for including both general low-SES family studies and specific cases (e.g., autism-related families) lies in capturing diverse expressions of harmony and coping mechanisms under economic hardship, providing a more holistic narrative. The fundamental difference between these two studies lies in the scope and target population studied. Fauziah (2020) focuses more on the internal dynamics of families with children with autism, the factors that influence harmony in this context, and the harmony model found in families with this special condition, which has not been widely studied in Indonesia. In contrast, recent research has been broader in scope by highlighting the harmony of low socioeconomic status families in general without specification of special conditions such as the presence of a child with autism. Thus, the research gap that emerges is the lack of deeper exploration of how low socioeconomic status interacts with specific factors in families with children with autism, especially in the Indonesian cultural context, and how the resulting harmony model can be contextualised for specific socioeconomic conditions. This suggests the need for further research that combines economic perspectives and conditions of families with children with special needs to understand the complexity of family harmony more holistically (Fauziah, 2020).

This study is grounded in the Family Stress Model (Conger et al., 1992), which posits that economic hardship affects family processes through increased parental stress, leading to disruptions in parenting practices and marital interactions. By applying this theoretical lens, the review aims to understand how economic adversity translates into strain or resilience within family dynamics.

To ensure conceptual clarity, this review consistently distinguishes between "family harmony" and "family dynamics." The term "family harmony" is used to describe the overall quality of familial relationships, reflected in emotional closeness, communication effectiveness, and resilience against stressors. In contrast, "family dynamics" refers to the interactional processes–such as conflict resolution, role negotiation, and coping strategies that influence whether harmony is sustained or disrupted. Establishing this distinction strengthens the interpretability of findings and avoids ambiguity in discussing how low socioeconomic status shapes relational outcomes.

The objective of this article is to analyze family harmony among low socioeconomic status households. This study aims to contribute to a more precise identification of the challenges faced by families with limited economic resources, including high stress levels, familial conflicts, and difficulties in fulfilling basic needs. Furthermore, the findings of this research are intended to serve as a valuable reference for policymakers in formulating effective poverty alleviation programs. The core research question addressed in this study is: how do various studies assess family harmony within low socioeconomic status families? This inquiry highlights the diverse methodologies and indicators utilized to evaluate the multifaceted concept of family harmony, particularly in the context of economic hardship.

## MATERIALS AND METHODS

This study utilized primary sources, specifically journal articles, obtained from databases such as Scopus, ScienceDirect, SINTA, and Garuda. The search for relevant literature was conducted using specific keywords, namely "Family Harmony," "Measurement," and "Low-Socioeconomic Status." The selection process adhered to the PRISMA-ScR guidelines, which provide a structured approach for conducting systematic reviews and meta-analysis extensions. The rationale for selecting a scoping review methodology lies in its suitability for mapping the extent, range, and nature of research activity in topics that are broad or complex. Given that the concept of family harmony in low socioeconomic contexts remains underexplored and multidimensional, a scoping review enables identification of existing measurement indicators and research gaps across diverse populations and approaches. National databases such as SINTA and Garuda were included alongside international databases to capture region-specific research especially studies conducted in Indonesia which may not yet be indexed globally but offer rich contextual relevance to the topic of low SES family dynamics.

Initially, the researcher identified the core topic as the primary focus of the literature search. Subsequently, a screening process was carried out by establishing well-defined inclusion criteria. Following this, articles were selected through an assessment of their titles and abstracts within the databases, ensuring that only relevant studies underwent a comprehensive review.

Articles included in this scoping review must be published between 2019 and 2024, with the type of publication being an article. In addition, the selected articles must be written in English and available in open access. Publications that are not included in this review are those published before 2019, not in the form of articles such as books, reports, or conference proceedings, and articles written in languages other than English or not available in open access.

This research utilized data encompassing various characteristics, including publication year, language, open-access status, research design, methodologies, and findings. The data extraction process was conducted by seven trained assessors who independently reviewed the selected articles, using a standardized coding framework to ensure consistency. Discrepancies between reviewers were discussed and resolved through consensus meetings, enhancing inter-rater reliability. No specific software (e.g., NVivo, ATLAS.ti) was used in the analysis; the review was conducted manually using spreadsheet matrices and shared documents. This approach allowed for collaborative validation while maintaining traceability of coding decisions.

Afterwards, the data was screened based on the inclusion criteria, and abstracts of articles relevant to the research objectives and questions were carefully read. Any disagreements among the reviewers were resolved through discussion to determine which articles were worthy of inclusion in the study. Once suitable articles were obtained, thorough analyses were conducted. The resulting PRISMA flow diagram is given in Figure 1.

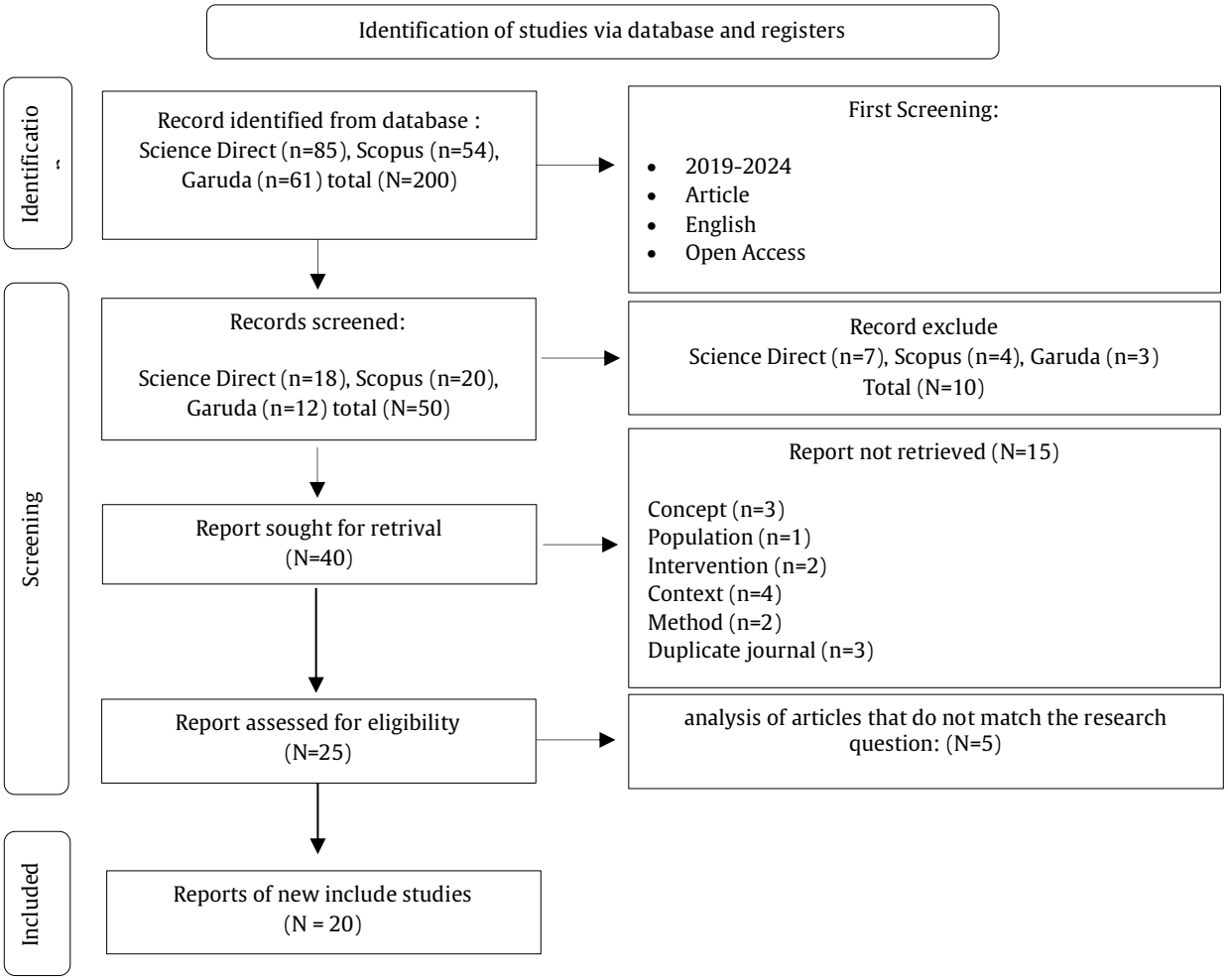



**Figure 1.** PRISMA Flow Diagram

## RESULTS OF STUDY

This research utilized 20 journal articles obtained from various databases that met the established inclusion criteria. All selected articles were published within the past five years, specifically between 2019 and 2024. This five-year range aligns with common standards in scoping reviews to ensure topical relevance while capturing recent empirical developments. The selection of articles within the five-year time span was also based on standard research practices commonly used in scoping reviews. This approach ensures that the research only uses sources that are still relevant to the current context, and allows for clearer comparisons between different studies conducted in the same period. Thus, the results of this study are not only more contextualised but can also make a more significant contribution to the development of policies or social interventions that support families with low socioeconomic status.

To understand the global representation of studies on low-SES families, the analysis identified regional origins of research.

Research has been conducted across various regions worldwide, with a total of 12 studies specifically carried out in Asia (Rahmani et al., 2024; Wulaningsih & Krisnatuti, 2020; Windarwati et al., 2020; Afifah, 2021; Azka et al., 2024; Arifina & Yusnadi, 2024; Yudiyasiwi & Anganthi, 2024; Setiana & Tondok; Sawitri et al., 2024; Zeng & Xu, 2024; Li et al., 2022; and Zhan & Wang, 2021). Additionally, four studies have been conducted in America (Schneider et al., 2024; Tamsah et al., 2023; Gautam et al., 2024; and Lubis et al., 2024), while Europe has also contributed four studies to the research landscape (Rozgonjuk et al., 2022; Lohndorf et al., 2021; Dinçer & Tunç, 2023).and Mahmudulhassan & Abuzar, 2024)

The findings presented in Table 1 illustrate the assessment of family harmony within low economic status households based on several key indicators. These indicators include health (Afifah, 2021; Rozgonjuk et al., 2022), family dynamics (Gautam et al., 2024; Li et al., 2022; Lohndorf et al., 2021; Lubis et al., 2024; Mahmudulhassan & Abuzar, 2024; Rahmani et al., 2024; Setiana & Tondok, 2024; Tamsah et al., 2023; Yudiyasiwi & Anganthi, 2024), education (Schneider et al., 2024; Windarwati et al., 2020; Wulaningsih & Krisnatuti, 2020; Zeng & Xu, 2024; Zhan & Wang, 2021), and communication (Arifina & Yusnadi, 2024; Azka et al., 2024; Sawitri et al., 2024). Each of these indicators represents a domain through which family harmony is operationalized in the literature, enabling a thematic synthesis of study contributions. In response to reviewer feedback, Table 1 was expanded with a new column summarizing each study′s specific contribution to the conceptual understanding or measurement of family harmony. This addition allows readers to better identify theoretical and methodological patterns across different geographical and disciplinary contexts.

These findings provide a comprehensive understanding of the factors shaping family relationships in economically disadvantaged households, highlighting the importance of multidimensional approaches in addressing family well-being across different socio-economic contexts. The results also indicate that while certain indicators such as health and communication are frequently measured, inconsistencies remain in how family harmony is conceptually defined and assessed, , particularly in low-SES contexts.

The table presents a comprehensive review of 20 journal articles that investigate the correlation between family harmony and various influencing factors including health, education, communication, and family dynamics across different geographical and cultural contexts. Studies addressing health (e.g., Afifah, 2021; Rozgonjuk et al., 2022; Wulaningsih & Krisnatuti, 2020) primarily examine psychological stress, anxiety, and the mental well-being of family members, especially during transitional phases or crises. In the education domain (e.g., Windarwati et al., 2020; Schneider et al., 2024; Zhan & Wang, 2021), researchers explore how school performance, cognitive capacity, and access to educational resources mediate family interactions and stability.

Studies on communication (e.g., Arifina & Yusnadi, 2024; Azka et al., 2024; Sawitri et al., 2024) emphasize verbal patterns, emotional expression, and the ability of families to resolve conflict effectively. The most widely represented theme, family dynamics (e.g., Li et al., 2022; Lohndorf et al., 2021; Dinçer & Tunç, 2023), examines role distribution, emotional support systems, and structural cohesion under socioeconomic strain.While these findings offer a multidimensional lens into the workings of low-SES households, some inconsistency remains in how "family harmony" is operationally defined and measured across studies, especially in cross-cultural comparisons.

Overall, the results highlight the pivotal role of family harmony in shaping both individual and societal well-being. Research conducted in Asia, Europe, and Australia illustrates that strong familial bonds are linked to improved mental health, academic performance, and social cohesion. Additionally, parental beliefs, household routines, and intra-family communication play central roles in maintaining emotional resilience. The review underscores the importance of integrating contextual, culturally adaptive, and multidomain approaches when designing policy and intervention strategies for vulnerable groups. These insights provide a strong foundation for policymakers, educators, and mental health professionals to tailor support that enhances holistic family well-being.

## DISCUSSION

### Measurement of Family Harmony in families with Low Economic Status

A harmonious family is a reflection of positive and meaningful interactions among its members. Relationships between individuals are the foundation upon which family harmony is built. Without quality interactions both within the family and externally harmony becomes difficult to achieve. A sense of warmth, mutual understanding, and affection fosters a cheerful and supportive environment (Marisa et al., 2021). From a theoretical standpoint, Family Systems Theory (Bowen, 1978) posits that the family functions as an emotional unit, where stress experienced by one member such as financial hardship can disrupt the entire system. In low-SES families, chronic economic strain often leads to role instability, emotional withdrawal, and communication breakdowns, all of which erode family harmony.

According to Rozgonjuk et al. (2022), the well-being of gamers may have been adversely affected during the COVID-19 pandemic. Although there was no significant increase in loneliness or family conflict, the stronger association between Gaming Disorder and psychological distress suggests that gaming may have served as a coping mechanism for deteriorating family relationships. This finding is particularly relevant for low-SES youth, who may lack access to structured recreational outlets and rely on

digital escapism, which in turn can mask deeper relational disconnection within the family. Schneider et al. (2024) examined how neighborhood-level SES factors influence children's cognitive development using resting-state EEG. The study found that maternal income and education were significantly associated with neural activity patterns linked to vocabulary and memory.

These findings align with Bronfenbrenner's Ecological Systems Theory (1979), which emphasizes how macrosystemic factors such as poverty and educational access shape family processes and child outcomes. In low-SES households, cognitive stressors may compound emotional strain, further challenging the family's ability to maintain harmony.

Research by Arifina and Yusnadi (2024) revealed that online gambling addiction among household heads–often driven by economic desperation led to diminished communication, prolonged conflict, and the erosion of parental roles. This study directly illustrates how financial instability in low-SES families can trigger maladaptive coping behaviors that destabilize the family system. The authors recommend multi-level interventions, including public education, counseling, and peer support.

These findings underscore the need for social programs that address both behavioral symptoms and structural causes. For example, economic empowerment initiatives, local gambling regulations, and community-based recovery networks can help restore family cohesion. Integrating these insights with systems-based theory reinforces the importance of holistic, family-centered interventions that target both internal dynamics and external stressors.

### Conceptual and Methodological Variations Based on Geographical Context.

The review also reveals important geographical patterns. Most of the studies originate from Asia, where researchers frequently examine relational and behavioral dynamics such as communication quality, parenting consistency, or the role of collectivist values in sustaining family cohesion under financial strain. In contrast, studies from Europe, America, and Australia often focus on individual cognitive or psychological outcomes, such as the role of parenting style, neurocognitive development, or mental health indicators. This suggests that the conceptualization of family harmony is shaped by cultural context: Asian studies tend to employ qualitative or relational approaches, while Western studies more often rely on psychometric tools, experimental methods, or neurocognitive assessments. Highlighting these variations helps situate findings within their cultural and methodological contexts, providing a richer comparative perspective.

### Complementarity of Theoretical Frameworks.

The theoretical foundations applied in this review are mutually reinforcing rather than contradictory. The Family Stress Model explains how economic hardship increases parental stress, which disrupts marital interactions and parenting consistency. Family Systems Theory positions these disruptions as systemic imbalances within the family unit, where strain on one member destabilizes the whole. Ecological Systems Theory widens the lens further by situating family processes within structural realities such as poverty, policy frameworks, and cultural norms. Taken together, these frameworks demonstrate that family harmony is shaped by a multi-layered interaction between individual stress responses, intra-family dynamics, and broader societal structures. This integrative theoretical perspective strengthens the explanatory power of the review and underscores the necessity of interventions that target both micro-level family functioning and macro-level socioeconomic challenges.

### Future Research Directions

Future studies should prioritize the development of culturally sensitive measurement tools that reflect the lived realities of low-SES families, including economic stress, caregiving burdens, and limited access to services. In-depth qualitative research is also needed to explore how families define and experience harmony in their own terms.Longitudinal research could examine how family harmony evolves in response to chronic poverty, policy changes, or trauma, offering insight into resilience mechanisms. Cross-cultural comparisons may reveal how collectivist or religious values mediate family cohesion under economic strain.Additionally, digital platforms–such as mobile apps for family communication or online counseling should be evaluated for their effectiveness in supporting family harmony in resource-limited settings.These innovations must be grounded in theoretical frameworks that account for systemic inequality and family interdependence.

## CONCLUSIONS AND RECOMMENDATIONS

This scoping review has deepened the theoretical understanding of how low socioeconomic status (SES) shapes family harmony by demonstrating that relational well-being is not only a product of interpersonal dynamics but also a reflection of structural conditions such as poverty, limited access to education, and economic insecurity. The review affirms that family harmony in low-SES households is a multidimensional construct encompassing emotional connection, communication quality, role stability, and coping strategies under chronic stress. The findings indicate that family harmony is often disrupted by economic stressors, which manifest in behavioral symptoms such as disordered gaming (Rozgonjuk et al., 2022) and online gambling addiction (Arifina & Yusnadi, 2024), both of which weaken communication and emotional bonds. Furthermore, cognitive and emotional development in children, as shown by Schneider et al. (2024), is closely tied to SES-related factors like maternal education and income, which in turn influence parenting behavior and household interaction patterns. Despite the significance of these relationships, there remains a lack of standardized, context-sensitive instruments to measure family harmony in low-SES settings, with existing studies showing substantial variation in definitions and indicators used.

Given these findings, this study underscores the urgency of developing measurement tools that are sensitive to the lived realities of low-income families, including financial strain, caregiving burdens, and limited access to services. It also emphasizes the need to design and evaluate intervention programs such as parenting education, economic empowerment initiatives, and community-based counseling that address both relational and structural challenges. In addition, local policies should regulate harmful behaviors, such as online gambling, while providing accessible rehabilitation and peer support systems. The review also highlights the potential of leveraging digital platforms to enhance family

communication and access to psychosocial support, particularly in underserved communities, as well as the importance of encouraging cross-sector collaboration between schools, health services, and social workers to detect early signs of family strain and deliver preventive interventions.

Theoretically, this review contributes to the development of integrative frameworks by reinforcing the relevance of Family Systems Theory and Ecological Systems Theory in capturing how external socioeconomic pressures influence internal family dynamics. By aligning empirical findings with practical strategies, this review not only enriches academic discourse but also advances the development of equity-driven policies and interventions that promote the well-being of families in marginalized populations.

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## DECLARATION

### Ethics approval and consent to participate

Not applied

### Consent for publication

Not applied

### Availability of Data and Material (ADM)

All data included and used in this study are available from the author, if there is a party or request can submit a request to the researcher with the reason and purpose of using the data clearly stated.

### Competing interests

The authors declare that they have no conflicts of interest

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### Authors' contributions

The first author (Astalia Rezky) was responsible for designing the research, data collection, data analysis, synthesizing the results, and drafting the manuscript. In addition, Astalia Rezky ensured that the research team's performance adhered to the set standards. The second and third authors (Dewi Marianty and Nailul Fauzia) were responsible for data processing and assisting in data analysis, as well as contributing to revising the manuscript and improving the description and narrative of the research findings.

### Use of Artificial Intelligence-Assisted Technology

Artificial Intelligence-Assisted Technology (AIAT), including tools such as Microsoft Copilot and Grammarly, was used solely for language editing, reference formatting, and structural refinement of the manuscript. All study design, data interpretation, and final conclusions were carried out independently by the authors. The use of AI tools was conducted in accordance with the journal's Publication Ethics guidelines.

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## ADDITIONAL INFORMATION

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## Appendix

**Table 1** Journal Article Review Results

| Author(s) | Research Title | Indicator | Measurement | Area | Contribution to Understanding Family Harmony |
|---|---|---|---|---|---|
| Rozgonjuk et al., 2022 | Disordered Gaming, Loneliness, And Family Harmony In Gamers Before And During The COVID-19 Pandemic | Health | Sample from 2019, 2020, and 2021, matched using propensity score matching across socio-demographic characteristics. The total effective sample consists of 897 players (N = 299 per year). | Europe | Explores how digital behavior and social isolation interact with emotional well-being and perceived family closeness during crises. |
| Rahmani et al., 2024 | The Effect of Family Harmony on Family Business Succession | Family | The study population consists of 35 individuals. The study uses a saturated sampling technique where the population size equals the sample size. | Asia | Reveals link between emotional cohesion and decision-making stability in financially interdependent families |
| Wulaningsih & Krisnatuti, 2020 | Anxiety Level, Interaction, and Family Harmony of Family Launching Stage in Bogor Regency and Bogor City | Health | Respondents in this study are wives in the family launching stage, with 60 respondents from both the regency and city areas. Respondents were selected using purposive sampling. | Asia | Highlights emotional distress and harmony shifts during transitional phases of family development in low-income settings |
| Windarwati et al., 2020 | The Relationship between Family Harmony with Stress, Anxiety, and Depression in Adolescents | Education | This study uses a descriptive correlational design with a cross-sectional approach, examining 851 high school students aged 16-18 years, recruited using total sampling from five high schools in Malang City. | Asia | Demonstrates educational stress as a mediating factor impacting adolescent-family relationships and harmony |
| Azka et al., 2024 | Family Harmony and Da'wah: Preventing Juvenile Delinquency Through Da'wah Programs by the Paccinongan Youth Harmony Association | Communi-cation | A qualitative approach was used in this study, with data collection techniques including observation, in-depth interviews, and document analysis. | Asia | Emphasizes the role of local cultural-religious initiatives in restoring family communication and youth engagement |
| Arifina & Yusnadi, 2024 | The Effect of Online Gambling Addiction (Slot) on Family Harmony: A Case Study of Family Leaders in Bunga Tanjung Village | Communi-cation | This research is a qualitative case study on five household heads in Bunga Tanjung Village known for having online slot gambling addiction. | Asia | Illustrates how financial dependency and addictive behavior deteriorate communication and trust in low-income families |
| Yudiyasiwi & Anganthi, 2024 | The Role of Family Harmony, Emotion-Focused Coping, and Stressful Life Events on Non-Suicidal Self-Injury Behavior in Adolescents | Family | This study employs a quantitative correlational design with a sample of 304 vocational high school students in West Java, consisting of both males and females aged 13-19 years. Cluster random sampling was used. | Asia | Establishes statistical linkage between family cohesion and adolescent psychological resilience in low-SES settings |
| Afifah, 2021 | Analysis of the Impact of the COVID-19 Pandemic on Family Harmony: Case Studies on Families With and Without People with Special Needs | Health | The research method used is a case study on four families with different backgrounds, roles, and conditions (with and without special needs). | Asia | Offers comparative insights on how pandemic stress impacts harmony among families with and without children with special needs |

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| Lohndorf et al., 2021 | Socioeconomic Status, Parental Beliefs, and Parenting Practices as Predictors of Preschoolers' School Readiness and Executive Functions in Chile | Family | This study examines socioeconomic status (SES), ethnicity, maternal self-efficacy, cognitive stimulation by parents, and maternal supportive discipline as predictors of school readiness and executive functions in 70 low-SES families, primarily of Chilean or indigenous Mapuche background. | USA | Connects parenting beliefs and socioeconomic hardship with developmental outcomes and family relational strength |
| Schneider et al., 2024 | Socioeconomic Status (SES) and Cognitive Outcomes are Predicted by Resting-State EEG in School-Aged Children | Education | Multivariate pattern analysis (MVPA) of resting-state EEG data was conducted to identify neural frequencies at rest associated with different aspects of socioeconomic status (SES; maternal income and education) and cognitive outcomes (vocabulary, working memory) among school-aged children (8-15 years old). | USA | Presents neurodevelopmental evidence of SES-related disparities and their indirect effects on family interaction and support |
| Zeng & Xu, 2024 | Family Socioeconomic Status and Adolescent Depression in Urban and Rural China: A Trajectory Analysis | Education | Data from the China Family Panel Studies (CFPS) for 2012, 2016, and 2018 were used in this study. Participants included individuals aged 10-15 in the 2012 wave who also participated in the 2016 and 2018 waves (N = 1214). | Asia | Offers evidence of how sustained SES disadvantage affects adolescent mental health and family harmony trajectories |
| Li et al., 2022 | Family Socioeconomic Status and Children's Play Behaviors: The Mediating Role of Home Environment | Family | A total of 844 mothers of children aged three to six years (Nboys = 431) from various SES backgrounds (Nlow-SES = 123, Nmedium-SES = 322, Nhigh-SES = 399) reported their home environment situations and children's play behaviors using a self-developed questionnaire. | Asia | Reveals the moderating effect of the home environment in the relationship between SES and family interaction quality. |
| Tamsah et al., 2023 | Model Testing and Contribution of Antecedent Variables to Absolute Poverty: Low-Income Family Perspective in Indonesia | Family | The study population consists of all low-income families in South Sulawesi, particularly in six regencies: Makassar City, Jeneponto Regency, Selayar Islands Regency, Bone Regency, North Luwu Regency, and North Toraja Regency. | Asia | Demonstrates structural economic barriers and cultural norms influencing family cohesion and poverty resilience |
| Gautam et al., 2024 | Socioeconomic Inequalities in Child and Adolescent Mental Health in Australia: The Role of Parenting Style and Parents' Relationships | Family | This study used data from the Longitudinal Study of Australian Children (Waves 1-7), specifically focusing on families with intact biological parents, excluding households with single parents and blended families. | Australia | Highlights how parental conflict and parenting styles in low-SES households affect emotional adjustment in youth. |

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| Dinçer & Tunç, 2023 | Parental Competence, Parenting Stress, Family Harmony, and Perceived Available Support Among Mothers with Children Aged 3-6 Years | Family | Data were collected from 915 Turkish mothers with children aged 3-6 years. Exploratory factor analysis (EFA) and confirmatory factor analysis (CFA) were conducted to evaluate the internal structure of the instruments. EFA revealed a single-factor structure consisting of 13 items. | Europe | Provides psychometric validation linking parenting stress and available support systems to harmony indicators |
| Mahmudulhassan & Abuzar, 2024 | Harmony in the Family: Indicators of Marriage Success in Cultural and Religious Foundations in Bangladesh | Family | Research methods include surveys, interviews, and document analysis to understand the principles and indicators of successful marriage in cultural and Islamic religious contexts. | Asia | Contextualizes family harmony within Islamic-cultural frameworks, introducing culturally-bound indicators of spousal unity. |
| Setiana & Tondok, 2024 | Analysis of the Psychometric Properties of the Indonesian Version of the McMaster Family Assessment Device General Functioning Subscale (FAD GF-12) | Family | A purposive sampling method was used with 103 adolescent students aged 16-18 years, consisting of 75 females and 27 males. | Asia | Validates and localizes a standardized instrument for assessing family function in Indonesian youth from low-SES communities |
| Zhan & Wang, 2021 | The Development of the College Students' Experience of Family Harmony Questionnaire (CSEFHQ) | Education | Based on literature analysis and surveys, a questionnaire was developed assessing five dimensions: Family Atmosphere (harmonious vs. conflict), Responsibility for Household Chores (doing chores vs. refusing chores), Sharing Time (sharing vs. isolating oneself), Seeking Help (seeking help vs. avoidance), and Supporting Family Members (providing support vs. indifference). A total of 562 college students were selected for the pre-test and 696 for the formal test. | Asia | Introduces a multidimensional instrument to capture student-perceived family harmony, focused on behavioral and emotional markers. |
| Lubis et al., 2024 | Development of the Family Function Scale: Indonesia Version | Family | This study aims to validate the Indonesian version of the Family Assessment Inventory, translated from Mandarin. A total of 396 randomly selected participants from four high schools in Medan participated. | Asia | Offers a culturally adapted diagnostic tool for measuring family function in Indonesia, expanding local assessment frameworks |
| Sawitri et al., 2024 | Family Communication Patterns Towards Internalizing and Externalizing Problems in Adolescents | Communi-cation | Using simple random sampling, this comparative quantitative study involved 408 junior high school students from Muhammadiyah schools in East Java. Instruments used include the Strengths and Difficulties Questionnaire (SDQ) and the Revised Family Communication Pattern Instrument (FCP-R). | Asia | Examines how communication styles within low-income families relate to adolescents' behavioral outcomes, both internalizing and externalizing |

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