



## **Financially Sustainable Families: Integrated Social Work Praxis**

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### **Authors' contributions**

*This work was carried out in collaboration among all authors. Author BSS designed the study, performed the statistical analysis, wrote the protocol, and wrote the first draft of the manuscript. Authors KS and CR managed the analyses of the study. Author BR managed the literature searches. All authors read and approved the final manuscript.*

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### **ABSTRACT**

Financial life of a family is very crucial. However less importance is given for financial literacy among structural rural poor, hence the interventional study was taken up to address the gap with Social Work Intervention. The researcher proposed In-Basket technique (one of the technique practiced in Participatory Rural Appraisal (PRA)) to spread financial literacy. The Present study was interventional in nature hence, Single Subject Research design (AB Model) was adopted to assess baseline and intervention phases of level of financial anxiety among families. Three structural poor families were chosen for study in Kunte village, Nelamangala block, Bengaluru rural District, Baseline assessment was done by using structured Financial Anxiety Assessment scale, Intervention was done by using In-basket technique. Considerable changes found after intervention in the level of financial anxiety of the family members.

**Keywords:** *Financial anxiety; in-basket; financial literacy; family.*

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## 1. INTRODUCTION

As we all know, families are the primary institution of our society. If we establish healthy families through the intervention of social work; we may also contribute to creating a sustainable society. India remains one of the world's fastest-growing economies, but its sustainability seems doubtful as government borrowings rising faster than domestic savings, [1].

In- basket technique was formulated by Robert Chambers as a technique of Participatory Rural Appraisal to practice with financially distressed families of rural areas, but the in-basket technique was not immensely used in India while doing rural development activities, [2]. Hence, to identify the significance of in-basket technique, for facilitating family budget and spreading financial literacy among family members the present study was initiated.

Rural household financial decisions discouraged by many factors which may be household head, area of the dwelling, availability of resources. We could find heterogeneity in assets and liability allocation in different places of India. Additionally, households invest in stocks of gold and immovable properties rather than liquid investment and pension plans. Thirdly, people rely upon an unstable credit system to borrow loans and in savings, There is less investment in the insurance policies.

Understanding the financial decision of rural households is very tough. The goal of universal access to banking services driven by a state-led initiative has enabled households in India to enjoy two significant opportunities. It helps households to build a structured credit history, which in effect would improve their capacity for future exposure at lower interest rates, [3].

Another important financial instrument also used by households shows that there is considerable geographical heterogeneity in the take-up of life and non-life insurance products in India. While some states (for example, Maharashtra, Karnataka and Tamilnadu) have higher life insurance participation levels, states like Madhya Pradesh and Chattisgarh have very poor life insurance penetration rates. Similarly, non-life insurance products cover common shocks such as accidents and poor rainfall, [4].

### 1.1 Household Risk Management: Debt vs. Insurance

We are now shifting to understand the root of financial instability for Indian households and how they use alternative ways to cope with unexpected risk realizations.

Describe the origins of the main financial weakness of Indian households We note that incidents that have the greatest financial impact on the family during the two years leading up to the survey date are crop or livestock losses due to bad weather, hospitalization-related medical emergencies and damage to property, farm equipment or other business resources due to natural disasters. Around the same time, these incidents compensate for significant financial losses in more than 60 percent of cases.

The next three reasons for financial vulnerability include a decrease in the household's income-generating potential due to work loss, a rise in agricultural product costs, or a deterioration in overall market conditions. Cumulatively, they account for about 25 percent of households' major financial losses.

Furthermore, life events such as theft/burglary, family breakup, or the death of the main income earner are also important sources of financial risk and can affect a large portion of the population. Their overall financial effect tends to be much lower than the other sources listed above, [5].

### 1.2 Household Behaviour: A Detailed Analysis

Here, we note that help from family and friends is generally seen as benign. It may indeed be associated with low costs, but we note that payments on such loans are generally non-pecuniary and involve family members providing service, which often goes unreported and therefore leads to an underestimation of true costs. They are often seen as easy to renegotiate, though these loans may be followed by the social quid pro quo. On the positive side, such loans possibly contain less asymmetric information. They can be issued at relatively low ticket sizes and accompanied by non-monetary assistance. However, we warn that this type of informal loan can put considerable pressure on family structures and also lead to psychological burdens that cannot be over looked, [6].

Utilization of the short-term loan was used for more consumption purpose, "Mahajan and

Ramola [7]" most of the rural household in the villages of Raichur district in Karnataka State utilized the long-term loan amount for productive purposes but short term loans they spent for construction of houses, bearing marriages expenses, purchase of clothes, consumer durables and such other purposes. The above discussion put light on the utilization of short-term loans in the Raichur district of Karnataka. Short-term loans they utilize for the construction of houses, marriages and festivities celebrations whereas long-term loans were used for productive purposes.

### 1.3 Indian Household Financial Decision

We take advantage of the micro-level data from the All-India Debt and Investment Survey (AIDIS) survey to further uncover the overall contribution of State-level variation to household decisions. They use life insurance as a benchmark for total insurance market penetration. We believe that other insurance products are not less accessible as households could access life insurance. We first show that the overall effect of substitution is very strong: participation in the insurance market is associated with a 20 percent lower likelihood of a non-institutional source taking up a loan. Differences at the state level account for 3 percent of this effect, but a large fraction of this variation has to do with the overall wealth. This is in line with the fact that people find insurance to be cheap. Richer households are more likely to afford insurance premiums and will need less dependence on non-institutional debt. Demographic characteristics such as age and education play a relatively minor role and the rest of the effect (7 percent) is unexplained by demographic and social characteristics observed, [8].

Poor have high debt seeking attitude to bear festivities expenditure it was proved from the article of The Times of India (2012) The big-fat Indian wedding is the time of the wedding season. This is not something that is limited to the rich and famous; in relative terms, big weddings are common in the social sphere. From intricate designs to imported flowers, all is a fair game-maybe a stagnating economy. According to wedding planners, the cost here is 25-30 % higher. Along with all this comes the annual demonstration of people getting on their high horses and decrying such extravagance [9]. Marriages are highly consumable events in India whatever class people maybe they use to spend money on it. Those who unable to spend more

on marriage occasion they use to borrow loans from financial institutions and they will fall into a debt trap. Repayment of these kinds of debt (unproductive debt) is very difficult.

From the above studies, it was found that due lack of financial literacy people could not able to take appropriate financial decisions. Hence, family Social Work will be one of the models, helping to develop financial literacy among families.

### 1.4 Family Social Work

A family social worker helps families, and individuals get through difficult times or get additional support. They help by letting people know that there are special services available to them, and will then go ahead and make plans for people to utilize them. It is a rewarding career, as there is the satisfaction of seeing individuals or families get back on the right track and restore harmony in their lives [10].

In western countries family, Social Worker does their work with clients and their family. In the Indian context, we could not see the private practice of Social Case Work, hence while doing integrated Social Work Practice in the community, Professional Social Worker tend to practice with families especially in their financial life. Because it was evident from the many studies, rural families have a fewer saving habit and not keeping accounts. Small Farmers usually get money once or twice a year whenever they get money with the temptation lavishly spend for nonproductive sources, the temptations of money lead to financial vulnerability and financial anxiety.

### 1.5 The Rationale of the Study

Poverty and vulnerability are two faces of the same coin. Financial vulnerability is dynamic in nature. Vulnerability fluctuates based on financial shocks. Small financial shocks accumulate into financial vulnerability; prolonged financial vulnerability will lead to poverty. Especially stochastic nature of the poor will not affect more by financial vulnerability but structural poor those who are suffering from asset and income poverty they are prone to have more financial vulnerability due to financial shocks and anxiety. In the Present scenario, families are more unstable because of pandemics, dynamics of livelihood vulnerability, financial vulnerability many more challenges encountered by the

Indian families, [11]. Young adults lack basic financial knowledge. Furthermore, financial literacy was low among demographic groups, such as women, minorities, and lower-income and less educated people. However, a high level of education was not guaranteed to Financial Literacy, [12]. Hence, there is a dire need for creating resilience and building families with financial sustainability. In this scenario, Social Work, intervention is more crucial to work with micro-level to bring structural changes in the mezzo and macro level of our society.

### 1.6 Objectives of the Study

- To ascertain financial anxiety among household members.
- To intervene the In-Basket technique for raising financial literacy and reducing financial anxiety.
- To understand Social Work intervention to create resilience among the household.

## 2. MATERIALS AND METHODS

The present study was exploratory in nature hence, the exploratory research design was adopted case study method was used case studies were conducted from selected three households of Kunte village of Nelamangala block. The researcher has conducted a case study of three structural poor families, purposefully those three families were selected by identifying the financial vulnerability from the help of Vikasa organization. Households Financial Anxiety assessment scale, [13]. FAS psychometric tool was used to assess the degree to which an individual experiences financial anxiety administered to assess financial anxiety at the baseline. Once the intervention was done by using the In-basket technique, again financial anxiety assessment scale was administered to assess the impact of the In-basket technique in developing financial literacy and reduce financial anxiety among family members.

## 3. RESULTS AND DISCUSSION

The study was carried out during the month of February and March 2020, the families were selected from Kunte village because the village situated on the border of Nelamangala block, according to baseline survey of the village, the village is disconnected from development, majority of the respondents were undergoing poverty, and major caste of the village was

Scheduled Caste followed by the nomadic community and Other Backward categories. One more rationale behind selecting the village was they used to celebrate the Grama Devathe Festival every year by spending an average of 50000 INR on each household without having a proper income source. Also,, Vikasa NGO referred the village for study and intervention. Based on these findings the researcher administered an In-basket technique to intervene with three poor families to find out the effect of Social Work intervention on families in spreading financial literacy, building financial stability and creating resilience to coping more effectively with financial anxiety.

The research question of interest for this study was whether a comprehensive intervention for increasing household financial literacy would be effective by reducing financial anxiety levels. In choosing the household's head to participate in this multiple subject study, careful consideration would be given to identify a household that would be considered as:

Typical in terms of the practice demographics,  
Typical for the socio-economic condition,

Typical for different educational backgrounds anticipated to be compliant for the necessary outcome assessments and those who have given informed consent.

In the initial phase, Social Worker identified structural poor families in kunte village with the help of the Vikasa NGO of Nelamangala. After identifying three families researcher established rapport with the head and members of the family. It took two visits to establish rapport. Followed by the researcher administered financial anxiety assessment scale to assess the financial anxiety level of the families head after it was found that high financial anxiety exists, so intervention was planned to execute the researcher asked all family members to participate in the In-Basket exercise on one Sunday because all are available at the home.

### 3.1 Family 1

The researcher has collected socio-demographical information about the family from the household head. There were six members in the family. The family head depends on agriculture for livelihood. The family did not get ownership of the land; for 15 years they are

doing agriculture in the *Gomala* (Wasteland, cattle grazing land) dry land. They are depending upon rain-fed irrigation, in a year hardly 20 days of rain used to fall; with that dearth of water, they used to grow *Ragi* (Millet) sometimes they grow Jola. Per Annum hardly they get some grain for household consumption, the rest they will sell barely they get 10,000 INR from the agriculture. Due to the no ownership of the land, they can't take a loan from the formal sector. They used to depend upon the informal sector like money lenders and landlords. Along with the agricultural activities, they use to work as casual labourers with the landlords to repay the old debt taken for agriculture, festivals and social ceremonies. The family head and wife both are illiterate but their sons are literate up to matriculation one among two sons working in a nearby private factory to working as an unskilled labourers. The family has earned 45000 per Annum. Their expenditure was around 50,000 INR, their saving in self-help Group 3500 INR, and debt around 30000 INR from informal sources. Family expenses include consumption, festivities they used to celebrate *Maramma* (Village Deity) Festival every year by sacrificing the goat and offering a feast and alcohol for relatives and friends. These are all the big expenses incurred in the family.

After an assessment of basic information about the family, the researcher administered the financial anxiety assessment scale; it was found a high level of financial anxiety in the family head. To address financial anxiety and improve financial literacy In-Basket technique was used. One Sunday with the participation of all family members income, expenditure, savings, and loan details were procured. In addition to that awareness was given to family members regarding spending wisely and having checked and audit expenditure and income.

With the involvement of all family members, segregation of very important expenditure, moderate and least important expenditure was done. Based on the expenditure list family budget for next year was prepared researcher facilitated to family members to do that exercise finally important expenditure was given prime importance in the budget of the family, for moderate and less importance expenditure asked to cut down, because if they spend on the source which is not necessary to spend, indeed a shortage of income to cater other necessary needs. Subsequently, sensitization was rendered regarding investing in insurance to cope with unexpected financial shocks and sensitized

about investing in education, health, and nutrition to improve the quality of life.

After one month of In-basket technique intervention again financial anxiety assessment scale was administered, it was found drastically change in financial anxiety of family heads however financial anxiety came down.

### 3.2 Family 2

The second family was a nomadic tribe they too have fragmented land, they don't have ownership of the land too. They grow fewer grains because of less rain-fed agricultural land. The researcher met the family head to collect basic information about the family. He said they have an income of approximately 40000 INR per Annum; expenditure approximately crosses 50000 per annum, observed no saving, and 25000 debt balance from formal and informal sectors like money lender and Self Help Group. There are four members in the family, household head, wife of household head, mother of Household Head, daughter of the household head. The household head goes for the casual labourer and rainy season works in his agricultural land. They are all depending upon agriculture and casual labour wages.

Baseline assessment was done by administering financial anxiety scale with family head, it was found high financial anxiety exist among family heads, hence In-Basket technique was intervened, Income, expenditure, saving, and loan amount assessment was done with the participation of all family members. The researcher asked family members to decide important, moderate, and least crucial expenditures. Based on the household income, expenditure, saving and loan amount, household head daughter was educated up to the 2nd Pre University College (PUC) she did budgeting of the family for the whole year. The researcher asked the family member to stick to the budget made by them. Despite that, the researcher advised some income-generating activities, vocational training, and utilizing of the money for productive purposes rather than using for nonproductive purposes.

### 3.3 Family 3

The researcher has developed a rapport with one more family of Kunte village they are landless households they do skilled labour. In the family, there were eight members, household head, and

household wife, household head father, and mother, three children. The household head is the sole breadwinner and doing mason work, he used to earn 400 per day but regular work he will not get. Per annum he used to earn 55,000 INR, expenditure was around 70,000 INR, since his wife member of self-Help Group she saves 5,000 INR in SHG, more than saving they borrowed a loan from Self Help Group (SHG) they had a loan of 18,000 INR. Family head studied up to matriculation, wife up to 7th standard, family head father and mother were illiterates. Their children perceiving education from nearby government school, elder daughter 10th standard, second son, 8th standard, and third son 5th standard.

Their Major expenditure incurs consumption and celebrating *Maramma* festivity every year they used to rare sheep to sacrifice by purchasing when it was lamb. Apart from that, they used to give a share (amount) to celebrate village deity (*Maramma*) festival to village festival committee. Most of the amount they spend during village festival for offering feast, alcohol to friends and relatives also spend purchasing clothes for family members.

After assessing financial life of the family it was found that, due to lack of financial literacy without keeping audit for their income, expenditure, loan and savings the family members used to spend money by temptation.(one of the techniques of Participatory Rural Appraisal) Based on the findings, the family budget was prepared and sensitized family members about the importance of financial literacy and the significance of investment in health, education, and nutrition. In addition to that, asked them to save more amount and clear all debts, also informed them about how to stick to budget? How to align their expenditure with income? How to generate additional money to cater to excess expenses of the family? After the intervention researcher again administered financial anxiety assessment scale it was observed drastically declaim and improvement in financial literacy among family members. Further followup the families were referred to Vikasa NGO, Nelamangala.

Note. LMI = low- and moderate-income. This table summarizes the level of anxiety felt by households. Answers to each question are rated 1 to 5: 1 indicates that respondents strongly disagreed with the statement, and 5 indicates that they strongly agreed. The lowest score a respondent could have is 10 and the highest is 50.

Based on the baseline survey of Kunte Village, structural poor three families were chosen for the Case study. The In-basket technique was used for intervention on three structurally poor families. From the above table it was evident that family 1 during the baseline had 36.00 levels of financial anxiety it reflects moderately high. After intervention it was reduced from 36.00 to 22.00 it indicates less financial anxiety exists in the household head. In family 2 during baseline total anxiety score was 34.00 it clearly shows a moderately high financial anxiety level, but after the intervention of the In-Basket technique financial anxiety level was came down to 23.00 it reflects moderate financial anxiety exists in the family head. Followed by, family 3 had 41.00 of total financial anxiety at an extremely high level but after the intervention, it was reduced drastically to 19.00 it indicates less financial anxiety in the household head.

It was evident from the intervention of the In-Basket technique with families that, financial literacy increases, subsequently financial anxiety comes down.

#### 4. DISCUSSIONS

Financial literacy plays a vital role in reducing financial anxiety; if we are conscious about our financial life it would reduce many non-returnable expenses. The second family was a nomadic tribe (now settled) they too have fragmented land, The financial diaries revealed that the poor households in both rural and urban areas faced immense difficulty in meeting hefty expenditures (for example, marriage, village festival expenses) and unforeseen lump sum expenditures (for example, medical emergencies). Medical needs, marriage expenses, or funeral requirements are sudden and hence there were no patterns or differences between rural and urban clients in borrowing. Their flow of income often falls short of the cash requirement and also savings are not enough to fall back on. So they resort to borrowing.

Small financial shocks due to spending on festivities it was evident from the study of "Allen and Gale (2004)" Defined financial fragility to the degree that "small shocks have disproportionately large impacts." This could be the case in an economy where the scale of the financial shocks is approaching zero. In their opinion, banks are risk-sharing organizations where there is a chance of lack of access to capital, [14]. Herewith small shocks denote

household financial effects will lead to determining countries GDP (Gross Domestic Product). If people would spend a small amount for celebrating, festivities may be called as small financial shocks these cumulative small shocks can create a big financial crisis among rural households.

Both urban and rural woman members saved with the Micro Finance Institution due to mandatory savings requirements. This they found useful because every Self Help Group (SHG) consisted of 12-15 members who contributed on an average of Rupees 50 per month. The entire corpus was saved with a bank under a savings account in the name of the group leader. After a year, the earned interest was distributed monthly on a rotational basis as an interest-bearing loan among the SHG group members. It was a small amount but helped them to meet their consumption needs on a rotational basis. We observed that relatively old and mature groups had substantial amounts of

accumulated savings, [15]. Income, spending, saving and loan borrowing attitude among families is lacking scientific rationale, due to lack of financial literacy among family members, to address this issue the present in-basket method will be an effective technique to spread financial literacy, cultivating financial attitude and behavior.

Marriot and Inden [16] explain an Indian is not an individual, as much as a dual individual". An individual's identity is made up of different transferable "elements" that they give and receive and others with their interactions. These substances then come together in a dynamic, negotiated, interactive manner to achieve a sense of self. Thus, personhood is defined in terms of one's relationships with the other. Individuals refer to an individual or distinct, Indians are different from a western individual, and they are driven by family, caste and other social institutions.

**Table 1. Financial anxiety measure of three different families before and after intervention**

Financial anxiety measure	Baseline phase			Intervention phase		
	Family1	Family 2	Family3	Family1	Family2	Family3
I Prefer not to think about my personal finance	4.00	4.00	5.00	2.00	2.00	1.00
Thinking about personal finance make me guilty	3.00	4.00	4.00	2.00	1.00	2.00
I am worried about all of the debt that I have	4.00	4.00	5.00	3.00	3.00	2.00
Thinking about my personal finances can make me feel anxious	3.00	4.00	4.00	2.00	3.00	1.00
I get myself into situations where I do not know where I'm going to get the money to "bail" myself out	4.00	3.00	4.00	2.00	3.00	2.00
Discussing my finances can make my heart race or make me feel stressed	4.00	2.00	5.00	2.00	1.00	1.00
I do not make a big enough effort to understand my finances	3.00	2.00	3.00	2.00	2.00	3.00
I do not think I am doing as well as I could at my job because I worry about money	4.00	4.00	4.00	2.00	3.00	2.00
I find opening my bank statements unpleasant	3.00	3.00	3.00	3.00	3.00	3.00
I would rather someone else I trust keep my finances organized	4.00	4.00	4.00	2.00	2.00	2.00
Total anxiety score	36.00	34.00	41.00	22.00	23.00	19.00

Del and Young [17] use a self-reported financial distress measure and the probability that households would have unsecured debt reporting issues with repayments. Results reveal a clear link between the financial distress and other indicators of their subjective affordability measure. The unsecured debt-to-income ratio, in particular, appears to be the key determinant of financial distress. Additionally, while the proportion of households reporting debt problems did not change much between 1995 and 2000, their socio-economic characteristics have changed significantly. This drives the authors to a higher debt-to-income ratio with young households taking on a higher debt-to-income ratio, which in turn shocks them into more risk-opposed financial returns shocks.

In the study by Mines [18] he argues that Indians have individuality. However, this individuality is quite different from the western model of individuality. Indian individuality is more external or civic than the personal and significant condition of how others evaluate. What kind of person is he? How influential is he? Henceforth "civic individuality" is determined by the context within which the individual belongs: their caste, religion, and community.

#### **4.1 Proposed In-Basket Technique to Spread Financial Literacy among Families**

In-basket is a popularly used device in identifying households' financial state in Participatory Rural Appraisal (PRA). It can also be utilized in teaching decision-making skills.

Procedures of In-basket technique:

1. Establish rapport with household members by using communication.
2. Make them together in their house for assimilation exercise called as in the basket.
3. Then give them an orientation on the importance of financial management at the household's level (such as Income, expenditure, savings, and loans) which makes up the in-basket. They are asked to involve in these activities to give reliable information of a year.
4. Make them write the income of all members of the household and put it into one basket that basket will be called the income basket.

5. Make them write expenditure of all members of the household and put into one basket that basket will be called as expenditure basket of the household.
6. Ask them to write savings amounts and sources of savings and put them into another basket.
7. Ask them to write the loan amount and sources of loans taken and make them put them into another basket.

Once this exercise over, we will be having four baskets viz. Income, expenditure, savings, and loans taken by household members.

Once the exercise over, Social Worker ask any of literate household's member to list out those sources of income and amount in the separate sheet, followed by letting them write expenditure, savings, and loan borrowed sources and amount in separate sheets, then Social Worker asks them to find out the sum of different baskets.

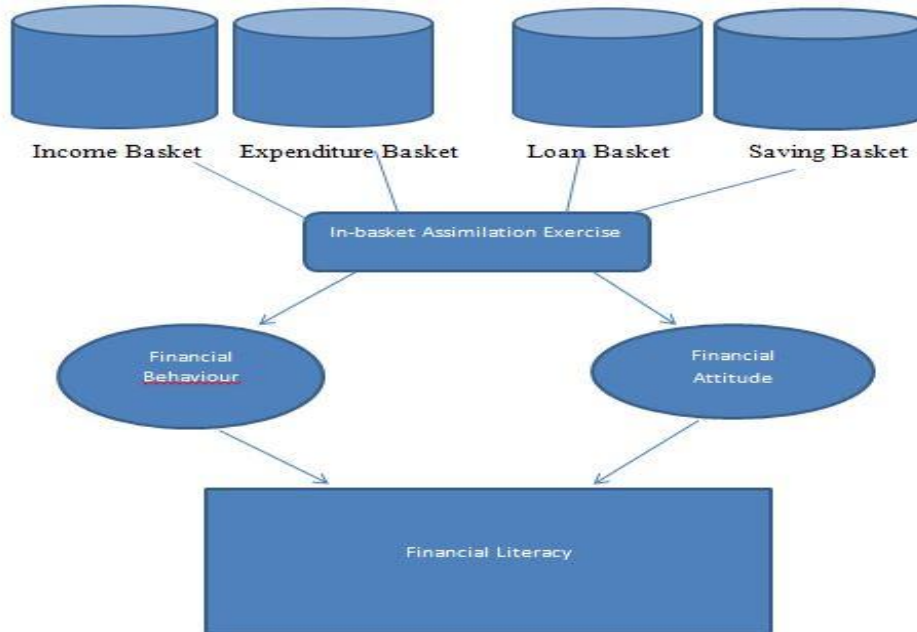
If found more loan borrowed than income, saving is less, spending on unyielding events, less income we need tell them to prioritize the expenditure based on needs very important expenditure, moderately important, less important. When they give poetized expenditure Social Worker should tell where they can reduce the expenditure for example household members can reduce spending on less important needs by doing so they can save some amount it will be useful during the financial vulnerable condition. Nonproductive expenditure can be addressed, and we can train household members on how we need to spend earned amount wisely and also train them to take some insurance to address financial shocks.

When this activity did, we need to make the budget of the household that should include the income of the household per annum and expenditure on very important and moderate important needs. After household budgeting, we need to train household members to stick to this budget to save a handsome amount to address financial shocks, and moreover, we must educate members to invest in children's education, health and nutrition.

Social Worker must reinforce appropriate decisions and processes and explain some alternatives to the trainee.

Abilities can be developed encompassed by the Social Worker.





**Fig. 1. In-basket flow chart to practice with families**

1. Social Worker must involve all household members in this activity.
2. Facilitate triangulation between household members on the financial state (income, expenditure, savings, and loan borrowed) of the household.
3. Facilitate to participate in all household members in expenditure prioritizing and household's budget-making activity.
4. Train them to keep a diary for maintaining accounts and stick to the budget.
5. Encouraging them to invest in insurance to cope with financial shocks.
6. Educate them about the importance of education, health, hygiene, and nutrition. Need for Social Work Intervention

The Social Worker's role is crucial in intervening In-Basket technique with families. All Social Work skills will be used to administer intervention, Social Worker needs to perform many roles such as facilitator, Liaison, Educator, an enabler. Micro-Social Work practice with an individual and family plays a vital role because if we want to bring structural change in society, we need to transform individuals and families. Due to many financial shocks from pandemics, loss of a job, loss of a breadwinner, accidents, health treatments, and a family should prepare to observe financial shock with financial literacy. That means they should save, invest in

insurance, education, health it will come to the rescue when the family in a deep financial crunch. Hence, Social Work role is crucial to inculcate financial literacy among Individuals and families to develop resilience to unexpected financial shocks.

## 5. CONCLUSION

The above intervention of the In-basket technique showed a decline in financial anxiety in three different families. Some variance could be seen in the financial anxiety level. However In-basket technique with different structurally poor households it made a notable impact among household head and members to get sensitivity about their finance and managing finance wisely and with consciousness.

It was observed with the intervention of the model rising of financial behavior and attitude. The above interventions were evidently indicated in-basket technique can be an effective model for increasing financial literacy and reducing financial anxiety among household members.

## 6. LIMITATIONS OF THE STUDY

One time intervention with three families have been done, hence results were restricted to the timeline.

Continuous interventions are required to get the best impacts on families' financial behaviour.

With time, resources constrain study was limited to three structurally poor households of the same village.

## CONSENT

As per international standard or university standard, respondents' written consent has been collected and preserved by the authors.

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## COMPETING INTERESTS

Authors have declared that no competing interests exist

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