Determinants of family well-being in densely populated Kampung Settlements: The roles of family characteristics, crowding, functioning, and resilience

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Abstract. Families in densely populated settlements experience high density, crowding, and diverse patterns of family functioning that shape well-being and resilience. This study examines the effects of family characteristics, density, crowding, economic pressure, family functioning, and resilience on family well-being in densely populated areas. Using a cross-sectional design, the study involved 120 families in Ciherang Village, Bogor District, West Java, Indonesia, selected through simple random sampling. Data analysis included descriptive and inferential analyses. Sample families were characterized by: (1) husbands and wives having less than nine years of formal education, (2) most husbands working as laborers and most wives as housewives, and (3) nearly two-thirds of families being classified as poor (living at the poverty line). Structural equation modeling results indicate that family well-being in densely populated settlements is influenced by family characteristics related to time function and family functioning. Meanwhile, family resilience indirectly affects family well-being through family functioning. Another important finding is that family characteristics related to time function significantly affect family functioning, density, resilience, and well-being, while socioeconomic characteristics influence density, crowding, and family well-being. These findings highlight the importance of strengthening family resilience and functioning as key factors influencing the well-being of families there.

1 Introduction

Indonesia is the fourth most populous country in the world. Based on population projections [1], Indonesia's population in 2024 reached 281.6 million people with a population density of 149 people per km². West Java, as the province with the largest population, also has the second-highest population density after DKI Jakarta, amounting to 1,359 people per km². The largest population is found in Bogor Regency, with 5,621,021 residents, accounting for 11.29 percent of the total population in West Java [2]. Rapid population growth combined with urbanization has driven the expansion of densely populated settlements, such areas are

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characterized by high population concentration, limited land availability, inadequate housing, poor sanitation, and air pollution, which create persistent physical and social pressures that affect residents' life satisfaction and family well-being [3]. Based on these conditions, it is important to develop a family friendly environment referred to as a Family-Friendly Kampong, particularly in densely populated settlements [4].

Densely populated settlements are marked by high housing density and crowding. Density refers to the limitation of space as measured by the number of individuals relative to the available area, whila crowding reflects individuals' subjective perceptions and experiences of that density [5]. Research on well-being in densely populated settlements reveals that families in moderately dense areas tend to have higher objective well-being yet lower subjective well-being compared to those in extremely dense areas. They also exhibit higher physical well-being but lower social and psychological well-being than families living in the most overcrowded regions.

Family well-being is generally understood in two forms: objective well-being and subjective well-being. Subjective family well-being refers to the family's satisfaction with the fulfillment of basic and developmental needs across physical-economic, social, and psychological aspects. Meanwhile, objective well-being can be quantitatively measured by comparing per capita income with the poverty line, thus considering economic, social, and other relevant variables [6]. Family resilience becomes an essential resource in dense settlements, enabling families to cope with sress, economic pressure and conflict through adaptive strategies and internal strengths [6].

Research on density, crowding, economic pressure, functioning, resilience, and family well-being in densely populated Indonesian settlements have examined separately. Research that simultaneously explores this remains limited, thus necessitating this study. Broadly, this research aims to analyze the influence of density, crowding, economic pressure, family functioning, and family resilience on family well-being in densely populated settlements.

2 Research methods

2.1 Research design, population, and sample

This study employed a cross-sectional and quantitative design. Data were collected through face-to-face interviews using structured questionnaires. The sampling technique used was simple random sampling, with inclusion criteria being wives from intact families residing in densely populated areas in Ciherang Village, Bogor District, West Java, Indonesia. Data collection was conducted between November and December 2024, yielding 120 respondents who met the criteria.

2.2 Measurement of variables

Family characteristics consisted of socioeconomic characteristic (length of education and income) and time-related characteristics reflecting age and length of stay. Housing density was measured comparing household size with dwelling floor area that follows the Indonesian Ministry of Health Regulation No. 2/2023, which states that ideal housing density is 9 m² per person, while crowding measured using an instrument developed by author, consisting of 14 items (seven spatial and seven social aspects) scored on a 5-point Likert scale (1 = strongly disagree to 5 = strongly agree), with a Cronbach's alpha of 0.831. Economic pressure refers to limited economic resources and financial management that hinder the fulfilment of family needs and generate stress. Measurement was based on the TEKEN-GA instrument [6], consisting of objective and subjective components. The objective component included nine

indicators (e.g., income, savings, job stability, loan burden, debt ratio, housing costs, medical burden), while the subjective component consisted of 10 items assessing perceived financial difficulty on a 7-point scale. Cronbach's alpha values were 0.541 (objective) and 0.877 (subjective). Family functioning represents the operationalization of family resilience and consists of internal and external functions [6]. Measurement used the FUNGSI-GA instrument, covering 30 items across four subdimensions: instrumental (5 items), contribution & protection (5 items), expressive (10 items), and system maintenance (10 items). Responses were scored on a semantic differential scale from 1 (very low) to 7 (very high). Reliability was excellent (Cronbach's alpha = 0.912). Family resilience is defined as the family's ability to recover from adversity and maintain well-being by optimizing internal resources. Measurement used the RESILIENSI-GA instrument [6], consisting of 30 items across three dimensions: (1) values, beliefs, and rules; (2) organizational capacity; and (3) family atmosphere. Items were rated using a 7-point Likert scale. Cronbach's alpha values were 0.853, 0.860, and 0.885, respectively. Family well-being represents the outcome of sustained resilience. The SEJAHTERA-GA instrument [6] was used to measure subjective and objective well-being. Subjective well-being consisted of three dimensions (physical-economic, social, psychological) with 30 items rated on a 7-point semantic scale. Objective well-being was assessed through 10 yes/no items covering the same aspects. Reliability coefficients were 0.936 (subjective) and 0.544 (objective).

2.3 Data analysis

Data analysis was conducted using both descriptive and inferential approaches. The collected data were processed using Microsoft Excel, the Statistical Package for Social Sciences (SPSS) version 25, and Smart Partial Least Squares (Smart PLS). Inferential analysis was performed to examine direct and indirect effects among variables using Structural Equation Modelling (SEM).

3 Results

3.1 Family characteristics and research variable index

The family characteristics in this study include age, years of education, family size, length of residence, and per capita income. The average age of husbands (46.24 years) and wives (41.58 years) in the sample families falls into the middle adulthood category. Meanwhile, the average age of the first child is 19.46 years. The average years of education for husbands (8.84 years) and wives (8.27 years) indicate that, on average, families did not complete 12 years of formal education, which is equivalent to the second year of junior high school. Nearly all husbands (95.8%) are employed, with the majority working as laborers, while 80.5 percent of wives are housewives. The largest proportion of families falls into the small family category (≤4 people), with an average length of residence of 20.95 years. The family's monthly per capita income ranges from Rp83,333 to Rp8,000,000, with an average of Rp653,537.23. Based on the poverty line in Bogor Regency 2024 at ≤ Rp513,512, 63.3 percent of the sample families are categorized as poor. Meanwhile, by using 1.5 times the BPS poverty line as a benchmark, it is found that 84.5 percent of families have incomes below 1.5 times the poverty line, and 15.8 percent of the sample families have per capita incomes exceeding 1.5 times the poverty line.

A summary of the research variable indexes is presented in Figure 1. The data shows that the variable indexes range from a low of 0.35 (for crowding) to a high of 0.75 (family resilience). Further explanation will be discussed in each research variable discussion.

Fig. 1. The average value of the crowding index, economic pressure, functioning, well-being, and family resilience in densely populated kampung settlements.

3.2 Family economic pressure

Economic pressure is defined as the difficulties or inability perceived by a family in meeting daily needs, which can lead to stress or pressure. In this study, economic pressure is divided into two types: objective and subjective economic pressure. An average score of 0.47 for objective economic pressure and 0.53 for subjective economic pressure (Figure 1). Based on the responses, it was found that the sample families have savings for less than 6 months of family needs (90.83%), income that is less than their expenses (81.25%), and an unstable employment status for the main breadwinner (76.25%). Moreover, job loss and financial fluctuations also contribute to heightened economic pressure within families [7]. Subjectively, the sample families expressed difficulties particularly in the areas of family recreation costs (60.71%) and educational services (60.60%).

3.3 Density

Density represents a spatial constraint objectively measured based on the dwelling area relative to the number of occupants. The majority of sample households reside in non-dense housing, defined as ≥9 m² per person, with an average of 12.29 m² per person. Meanwhile, seven out of twenty households experience dense living conditions. The housing density among the sampled families ranges from 2.5 m² to 33.3 m² per person.

3.4 Crowding

Crowding is a subjective condition related to spatial constraints, measured through perceived experiences. It is assessed based on two aspects: the spatial aspect, which relates to the physical space, and the social aspect, which involves interactions among individuals within that space. Table 1 presents the distribution of perceived crowding index categories among sample families. The largest proportion of spatial crowding falls within the low category (61.7%), with the highest reported indicator being that the house feels insufficiently spacious

(61.17%) and the lowest indicator being difficulty moving within the house (43%). In terms of the social aspect, most families also perceive a low level of crowding (75%), with the highest indicator related to children becoming aggressive at home (50%) and the lowest to feeling disturbed when neighbors visit (39%). This finding suggests that neighborhood interactions are not significantly affected by cramped housing conditions.

Table 1. Distribution of samples based on category, minimum value, maximum value, mean, and standard deviation of the perceived crowding index.

Dimensions of Crowding	Category (%)				Min-Max	Average±SD
	Very low	Low	Moderate	High		
Spatial aspect	8.3	61.7	29.2	0.8	0.00–0.82	0.40±0.18
Social aspect	1.3	75	11.7	0	0.00–0.68	0.31±0.14
Total	10.8	72.5	16.7	0	0.00–0.70	0.35±0.17

Description: Very low category= 0-0.19, low= 0.20-0.49, moderate= 0.50-0.79, high= 0.80-1, Min=minimum index score, Max=maximum index score, SD=standard deviation

3.5 Family functioning

Family functioning refers to the family's actions in interacting, communicating, maintaining attachment, preserving relationships, and collaborating in decision-making and problem-solving. It comprises two main dimensions: internal and external functions. The internal function is assessed through expressive and system maintenance functions, while the external function is measured through instrumental and contribution–protection functions. Figure 2 presents the distribution of family functioning average of index across these four dimensions. In the instrumental function dimension, highest indicator referring to efforts to build and obtain social support (66.67%). In the contribution and protection function, the highest indicator reflecting family involvement in fostering neighborhood relations (74.17%). For the expressive function, the highest indicator relating to adequate care and attention to family members in need (90.95%). The system maintenance function shows that the highest indicator being motivation provided to family members to improve themselves (92.5%). Overall, family functioning among families has average score of 0.72 (Figure 1) and a range of 0.36 to 0.97, indicating that family functioning levels vary from low to high.

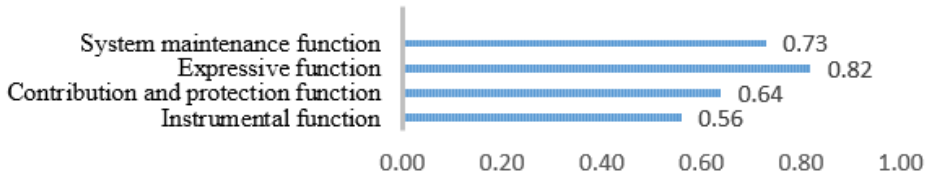

Fig. 2. The average index of family functioning dimensions

3.6 Family resilience

Family resilience refers to a family's ability to cope with challenges or difficulties. Family resilience consists of components including values, beliefs, and rules; family organizational capacity; and family atmosphere (Table 2). A total of 48.3 percent of the samples demonstrated resilience in values, beliefs, and rules categorized as moderate. The highest score (92.14%) among the ten indicators was found in the commitment to making religion the foundation for decision-making. More than half of the samples (65.0%) showed resilience in family organizational capacity categorized as moderate. The highest score (84.52%) among the ten indicators was found in persistence in striving to achieve desired goals or

outcomes. The largest percentage of family atmosphere resilience fell into the high category (54.2%). The highest score (92.86%) among the ten indicators was found in the willingness to make sacrifices for the family. Overall, 56.7 percent of the samples demonstrated family resilience categorized as moderate. According to Sunarti [6], family resilience should be built through identifying vulnerabilities, managing risks, and implementing preventive strategies to avoid crises.

Table 2. Distribution of samples based on category, minimum value, maximum value, mean, and standard deviation of the family resilience index.

Dimensions of Family Resilience	Category (%)			Min-Max	Average±SD
	Low	Moderate	High		
Values, Beliefs, and Rules	4.2	48.3	47.5	0.37-1.00	0.77±0.14
Organizational Capacity	6.7	65.0	28.3	0.42-1.00	0.70±0.14
Family Atmosphere	1.7	44.2	54.2	0.37-1.00	0.79±0.14
Total	1.7	56.7	41.7	0.40-1.00	0.75±0.13

Description: Low= 0.20-0.49, moderate= 0.50-0.79, high= 0.80-1, Min=minimum index score, Max=maximum index score, SD=standard deviation

3.7 Family well-being

A prosperous family is one that can meet its daily needs and achieve a decent, healthy, and productive life. Family well-being is divided into two dimensions: objective well-being and subjective well-being. Objective well-being refers to measurable conditions or indicators that can directly assess the level of family welfare. Meanwhile, subjective well-being represents the family's self-assessment of their life, measured through physical-economic, social, and psychological dimensions. The highest achievements of objective well-being were observed in the indicators of consuming protein at every meal and having all school-aged children enrolled in school (94.17%), while the lowest achievements were in consuming fruits at least once a day (24.17%) and having a healthy home (non-leaking roof or non-earthen floor), achieved by 35.83 percent of families. Overall, Table 3 shows that the largest percentage of objective family well-being falls within the high category (50.8%), with an average score of 0.76 categorized as moderate.

Subjective well-being was measured through three dimensions: physical-economic, social, and psychological. In the physical-economic dimension, more than half of the sample families (66.7%) were in the moderate category, with an average index score of 0.60 (Figure 1). The highest indicator achievement was satisfaction with the ability to afford healthcare services (77.74%), while the lowest was satisfaction with savings ownership (42.86%). In the social dimension, the largest percentage of families were in the moderate category (50.8%), with the highest indicator being satisfaction with relationships among family members (86.90%). In the psychological dimension, the highest indicator being satisfaction with their role and responsibilities as parents (90.24%). Table 3 shows that the largest percentage of families' subjective well-being falls within the moderate category (70.8%), with an average index score of 0.71 also categorized as moderate. In contrast, the physical-economic dimension was the lowest, particularly in household savings satisfaction. Families also reported lower satisfaction in social aspects, especially regarding external support and assistance.

Table 3. Distribution of samples based on category, minimum value, maximum value, mean, and standard deviation of the family well-being index.

Dimensions of Family Well-Being	Category (%)				Min-Max	Average±SD
	Very low	Low	Moderate	High		
Objective well-being	2.5	20	66.7	10.8	0.08–1	0.60±0.18
Subjective well-being	0	6.7	70.8	22.5	0.34–1	0.71±0.14
Physic-economic	2.5	20	66.7	10.8	0.08–1	0.60±0.18
Social	0	7.5	50.8	41.7	0.28–1	0.72±0.16
Psychologist	0	3.3	35.8	60.8	0.25–1	0.80±0.14

Description: Very low category= 0-0.19, low= 0.20-0.49, moderate= 0.50-0.79, high= 0.80-1, Min=minimum index score, Max=maximum index score, SD=standard deviation

3.8 The influence of family characteristics, density, crowding, economic pressure, family functioning, and resilience on family well-being in densely populated kampung settlements

3.8.1 Measurement Model Fit Test (Outer Model)

The evaluation of the measurement model (outer model) was conducted to assess the validity and reliability of the constructs. The instrument is considered valid when each indicator has a loading factor value greater than 0.5. Indicators under the contribution and protection dimensions of the family functioning variable showed loading factor values below 0.5, but they were retained to preserve the theoretical foundation of the instrument. All variables, including family characteristics, density, crowding, economic pressure, family functioning, family well-being, and family resilience had Composite Reliability values greater than 0.7, Cronbach's Alpha values above 0.6, and AVE (Average Variance Extracted) values exceeding 0.5. These results indicate that all constructs have acceptable levels of reliability and validity, allowing the analysis to proceed to the structural model evaluation stage.

3.8.2 Structural Model Fit Test (Inner Model)

The evaluation of the structural model (inner model) was performed after the outer model met the validity and reliability criteria. The R^2 value represents the proportion of variance in the dependent variable explained by the independent variables. The R^2 value of family well-being was 0.359, indicating that family characteristics, economic pressure, density, crowding, family functioning, and family resilience collectively explain 35.9% of the variance in family well-being, while the remaining 64.1% is influenced by other factors not included in the model.

Figure 3 illustrates the decomposition of direct and indirect effects of family characteristics, economic pressure, density, crowding, family functioning, and family resilience on family well-being. Family characteristics were divided into two dimensions: time-related characteristics (husband's age, wife's age, and length of stay) and socio-economic functional characteristics (husband's education, wife's education, and per capita family income).

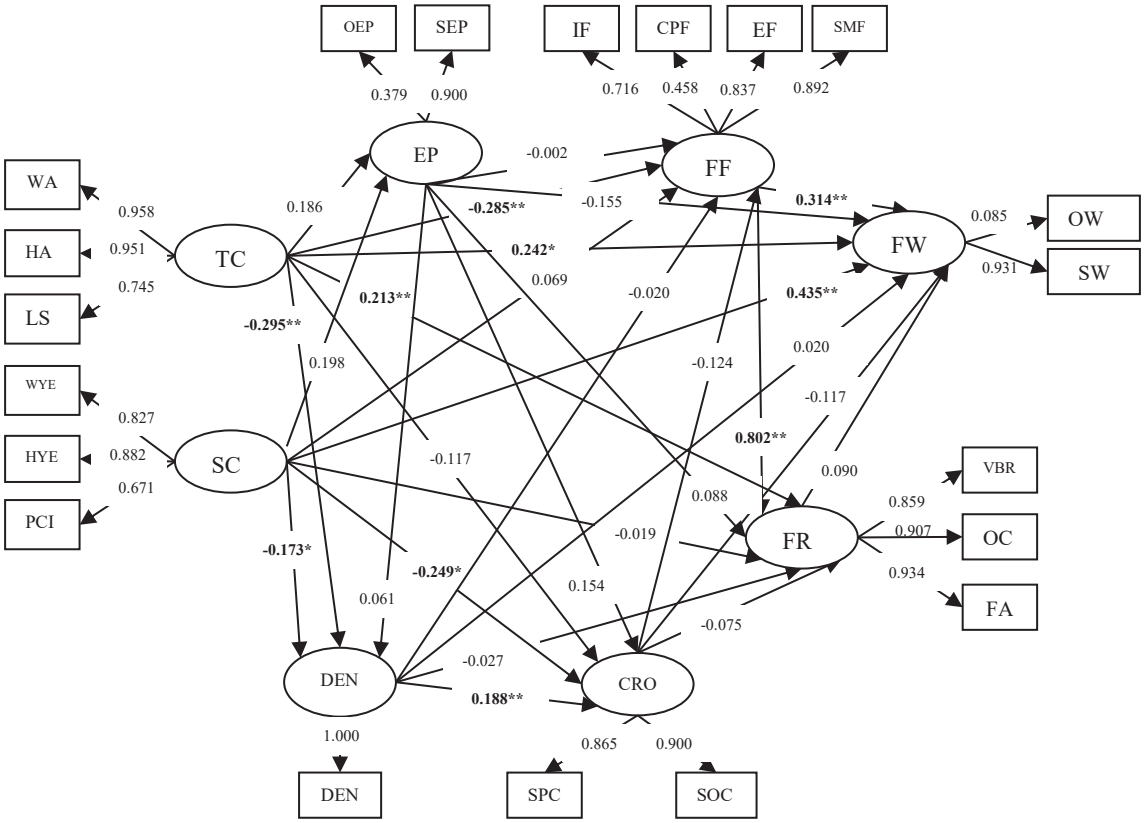

Fig. 3. Structural Equation Model factors that influence family wellbeing in the densely populated kampung settlement.

Notes:

TC	: Time-related characteristics	FF	: Family function
WA	: Wife's age (years)	IF	: Instrumental function
HA	: Husband's age (years)	EF	: Expressive function
LS	: Length of stay (years)	CPF	: Contribution and protection function
SC	: Socio-economic functional	SMF	: System maintenance function
WYE	: Wife's schooling (years)	FR	: Family resilience
HYE	: Husband's schooling (years)	VBR	: Values, beliefs, and rules
PCI	: Per capita income	OC	: Organizational capacity
DEN	: Density	FA	: Family atmosphere
CRO	: Crowding	FW	: Family well-being
SPC	: Spatial crowding	OW	: Objective family well-being
SOC	: Social crowding	SW	: Subjective family well-being
EP	: Family economic pressure		
OEP	: Objective economic pressure		
SEP	: Subjective economic pressure		

The time-related characteristics showed significant negative effects on density (β = -0.295; $p < 0.01$) and family functioning (β = -0.285; $p < 0.01$), and significant positive effects on family resilience (β = 0.213; $p < 0.01$) and family well-being (β = 0.242; $p < 0.01$). This suggests that as the age of the husband and wife increases and the longer the family resides in a densely populated area, housing density decreases and family functioning tends to decline, while family resilience and well-being increase. Marliani [8] similarly found that maturity gained through age and marital duration contributes positively to family resilience.

Furthermore, socio-economic functional characteristics also had a significant positive effect on family well-being ($\beta = 0.191$; $p < 0.05$), indicating that higher levels of education and per capita income contribute to improved family well-being. Conversely, socio-economic functional characteristics showed significant negative effects on density ($\beta = -0.173$; $p < 0.05$) and crowding ($\beta = -0.249$; $p < 0.05$), implying that families with higher education and income levels are more capable of providing better living environments, thereby reducing both density and perceived crowding.

The results of the relationships among the main variables indicate that residential density has a significant positive effect on crowding ($\beta = 0.188$; $p < 0.01$), meaning that the denser the living condition, the higher the level of crowding perceived by the family. Family functioning also has a very strong positive effect on family resilience ($\beta = 0.802$; $p < 0.01$), indicating that families with well-functioning systems are better able to endure and adapt to life pressures. Furthermore, family functioning has a significant positive effect on family well-being ($\beta = 0.314$; $p < 0.01$), which implies that the better the roles and functions performed by family members, the higher the level of family well-being (Table 4).

Table 4. Direct and indirect effects of family characteristics, density, crowding, economic pressure, family functioning, and family resilience on family well-being index in densely populated kampung settlements

Path	*Direct*	*Indirect*	Total
Time-related characteristics → Family well-being	0.242*	-0.097	0.145
Time-related characteristics → Economic pressure	0.186	-	0.186
Time-related characteristics → Density	-0.295**	0.011	-0.283**
Time-related characteristics → Crowding	-0.117	-0.025	-0.142
Time-related characteristics → Family functioning	-0.285**	0.011	-0.262**
Time-related characteristics → Family resilience	0.213**	-0.176**	0.037
Socio-economic functional characteristics → Family well-being	0.435**	0.037	0.472**
Socio-economic functional characteristics → Economic pressure	0.198	-	0.198
Socio-economic functional characteristics → Density	-0.173*	0.012	-0.162
Socio-economic functional characteristics → Crowding	-0.249*	0.000	-0.249**
Socio-economic functional characteristics → Family functioning	0.069	0.033	0.102
Socio-economic functional characteristics → Family resilience	-0.019	0122	0.104
Economic pressure → Family well-being	-0.155	-0.021	-0.175
Economic pressure → Density	0.061	-	-0.061
Economic pressure → Crowding	0.154	0.011	0.165
Economic pressure → Family functioning	-0.002	-0.022	-0.024
Economic pressure → Family resilience	0.088	-0.033	0.055
Density → Family well-being	0.020	-0.042	-0.022
Density → Crowding	0.188**	-	0.188**
Density → Family functioning	-0.020	-0.023	-0.042
Density → Family resilience	-0.027	-0.048	-0.075
Crowding → Family well-being	-0.117	-0.055	-0.171
Crowding → Family functioning	-0.124	-	-0.124
Crowding → Family resilience	-0.075	-0.099	-0.175
Family functioning → Family well-being	0.314**	0.072	0.386**
Family functioning → Family resilience	0.802**	-	0.802**
Family resilience → Family well-being	0.090	-	0.090

*Significant at the $p < 0.05$; **Significant at the $p < 0.01$

SEM results further demonstrated that density had a significant positive effect on crowding among families in densely populated settlements. This means that increased housing density leads to higher perceived crowding. This finding is consistent with research which stated that individuals perceiving high environmental density are more likely to experience crowding and dissatisfaction with their living conditions [9]. Meanwhile, the perceived crowding resulting from dense housing negatively affects subjective family well-being. This finding supports previous research showing that household crowding negatively affects mental well-being, which worsens as density increases over time [10].

The SEM results also showed that family functioning has a significant positive effect on family well-being among families in densely populated settlements. This finding is supported by research result [11, 12] which found that effective family functioning enhances subjective well-being. It emphasized that families capable of fulfilling their economic functions are more likely to achieve higher levels of well-being [6]. Family functioning also had a significant positive effect on family resilience. This finding aligns with research which identified family functioning such as particularly role performance, problem-solving, and behavioural control as a significant predictor of resilience in adolescents. Their study emphasized that well-functioning families foster stronger psychological endurance among members, enabling them to cope more effectively with life challenges [13].

This study, which collected data on density, crowding, family functioning, and subjective family well-being, has several limitations to consider for future research. First, the study did not include husbands as respondents; hence, their perceptions of crowding, family functioning, and subjective well-being were not captured. Second, the study was limited to one research area, making it difficult to generalize the findings to families in different locations with varying socio-environmental dynamics.

4 Conclusion and recommendation

4.1 Conclusion

The study revealed that the mean ages of husbands and wives fell within the middle adulthood category, while the mean age of the first child was categorized as early adulthood. The average years of family education were equivalent to the second year of junior high school. Most families were classified as small families (≤ 4 members). More than half of the families residing in densely populated areas were categorized as poor, with the majority of husbands working as laborers.

SEM analysis revealed that family well-being was positively and directly influenced by time-related family characteristics (husband's and wife's ages, length of residence), socioeconomic characteristics (education levels of both spouses, family per capita income), and family functioning. Time-related characteristics had a negative and significant effect on housing density and family functioning, but a positive and significant effect on family resilience. Socioeconomic characteristics exerted negative and significant direct effects on both housing density and crowding. Furthermore, housing density had a positive and significant effect on crowding, and family functioning had a positive and significant effect on family resilience.

4.2 Recommendation

Based on the study findings, family well-being was influenced by family functioning. Families can enhance their well-being by being more proactive in strengthening their functioning through improved economic roles, efficient household management, and positive

communication among family members. The results also indicated that husbands and wives age and education significantly affect both family well-being and resilience. Therefore, it is essential for families to continuously develop their capacities, not only through formal education but also by acquiring practical skills to adapt effectively to economic pressures and spatial limitations.

Government support is crucial in this regard. Policies and programs that focus on family counseling, education, and training should emphasize the importance of family functioning and provide better access to education and healthcare services for families living in densely populated areas. Future researchers are encouraged to expand the scope and sample size of similar studies to ensure greater representativeness of the findings. Further research should also explore psychosocial and cultural aspects that may influence the dynamics of family functioning, resilience, and well-being.

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