International Journal of Accounting and Economics Studies, 12 (7) (2025) 109-115

International Journal of Accounting and Economics Studies

Website: www.sciencepubco.com/index.php/IJAES
https://doi.org/10.14419/7mqsm581
Research paper

Mediating Effect of Money Attitude on The Influence of Financial Literacy, Financial Behavior, Self-Efficacy on The Financial Health of The Sandwich Generation

Dr. Angelica R. Manalo *

Batangas State University, The National Engineering University, Philippines
**Corresponding author E-mail: angelica.manalo@g.batstate-u.edu.ph*

Received: September 16, 2025, Accepted: October 25, 2025, Published: November 4, 2025

Abstract

In the Philippines, where strong family connections and obligations across generations are prevalent, the "sandwich generation" faces the challenge of providing support to both aging parents and dependent children. This research investigated the relationships between financial literacy, financial behavior, self-efficacy, money attitudes, and financial health among 467 adults from the sandwich generation in Batangas Province. Utilizing a descriptive research design and structured questionnaires, the study characterized the respondents and examined the connections between essential financial and psychological variables. The results indicated that the majority of respondents were female, had completed college education, and belonged to the lower-middle-income category, exhibiting high levels of financial literacy (M = 3.28) and self-efficacy (M = 3.35), while displaying only moderate financial behavior and financial health. Regression analysis revealed that financial literacy had a significant impact on financial behavior ($R^2 = .545$) and self-efficacy ($R^2 = .492$), and together, financial literacy, behavior, and self-efficacy accounted for 57.2% of the variance in financial health. Among these factors, financial behavior had the most substantial influence (B = .445), highlighting the importance of applying knowledge through consistent financial practices. Mediation analyses showed that money attitudes partially mediated the relationships between financial literacy and financial behavior with financial health, but not the connection between self-efficacy and financial health. These findings emphasize the crucial role of behavior and attitudes, in addition to knowledge, in fostering financial resilience. The study concludes that while adults in the Filipino sandwich generation possess financial awareness and confidence, their financial well-being is still at risk due to caregiving demands. Therefore, interventions should incorporate financial education, behavioral support, and culturally appropriate assistance programs to enhance long-term financial health.

Keywords: *Money Attitude; Financial Literacy; Financial Behavior; Self-Efficacy, Financial Health; Sandwich Generation.*

1. Introduction

In the Philippines, the culture of close family ties remains a defining social structure, shaping both household dynamics and financial responsibilities. Within this cultural framework emerges the “sandwich generation,” a group of adults, often in their late twenties to forties, who simultaneously provide financial and emotional support to their aging parents and their dependent children. This dual responsibility, grounded in the values of “utang na loob” (debt of gratitude) and collective family solidarity, reflects the enduring strength of intergenerational obligations in Filipino society. However, it also intensifies financial pressures and complicates individual economic well-being. The situation of the sandwich generation is not only a matter of family duty but also of financial management. Their position requires them to make decisions about resource allocation amidst competing demands such as children’s education, parents’ medical needs, household expenses, and personal savings. How these individuals approach and cope with such challenges can be better understood by examining their money attitudes, financial literacy, financial behavior, self-efficacy, and overall financial health. Money attitude, which refers to one’s beliefs and values about money, influences spending, saving, and helping behaviors. Money attitude refers to an individual’s beliefs and values regarding money, including how it should be earned, spent, and saved (Furnham, 2014). In the Philippine context, money is often linked not only to personal well-being but also to the fulfillment of family obligations. A study among Gawad Kalinga women revealed tensions between saving for self versus extending financial help to kin, highlighting the moral dimension of money in Filipino communities (Flores, 2019). Financial literacy, or the ability to understand and use financial concepts, plays a critical role in ensuring effective resource management and long-term security. Financial literacy is defined as the knowledge and understanding of financial concepts that enable individuals to make informed money decisions (OECD, 2018). National surveys by the Bangko Sentral ng Pilipinas (2022) revealed that only a minority of Filipinos could correctly answer questions on inflation, interest, and risk diversification, placing the Philippines below the global average reported by S&P Global (2015). Despite this, financial literacy is consistently associated with improved savings, budgeting, and retirement planning (Atkinson & Messy, 2012). Financial behavior, expressed through budgeting, saving, borrowing, and investing practices, reflects how individuals translate knowledge and attitudes into action. Studies among Filipino millennials indicate that literacy, attitudes, and self-efficacy all significantly influence financial behaviors, including prudent spending and savings discipline

(Miranda & Kim, 2019). However, the sandwich generation often prioritizes immediate obligations (children's schooling, parents' healthcare) over long-term financial behavior like retirement saving, which increases vulnerability. Moreover, BSP (2022) data show that borrowing rates are highest among 30–59-year-olds—the core of the sandwich generation—suggesting greater reliance on credit to meet obligations. Self-efficacy—the confidence in one's capacity to manage financial challenges—further shapes resilience in meeting obligations to both parents and children. Financial self-efficacy (FSE) refers to the confidence in one's ability to manage finances effectively, even under pressure (Lown, 2011). Local studies in Mindanao (Santiago, 2019; Dizon, 2021) confirm that FSE positively predicts budgeting, saving, and debt management behaviors. In addition, research shows that financial education programs enhance FSE, which in turn improves financial attitudes and behaviors (Garcia, 2020). For the sandwich generation, high self-efficacy is essential to cope with competing demands and to remain resilient in the face of financial shocks, such as sudden medical expenses for elderly parents. Finally, financial health, encompassing stability, preparedness, and freedom from financial distress, provides a holistic picture of the economic well-being of the sandwich generation. In the Philippine context, health expenditures remain one of the largest out-of-pocket burdens, particularly for the elderly (PIDS, 2022). This directly impacts sandwich generation households, whose financial health depends on their ability to manage medical, educational, and household expenses simultaneously. Nonetheless, without deliberate planning, sandwich generation adults risk perpetuating financial vulnerability into their own old age.

In the Philippine context, where social safety nets remain limited and retirement preparedness among older adults is often inadequate, the burden of care falls heavily on this generation. Consequently, the way they think about, manage, and act upon financial matters has profound implications not only for their present stability but also for their long-term economic security. This study, therefore, seeks to investigate the interrelationship between the sandwich generation's money attitudes, financial literacy, financial behavior, self-efficacy, and financial health. By situating these constructs within the cultural context of close family ties, the research aims to deepen understanding of how Filipino adults in the sandwich generation navigate financial strain and resilience. The findings are expected to provide insights for designing financial education programs, policy interventions, and family-centered strategies that promote both cultural obligations and sustainable financial well-being.

2. Theoretical Framework

This framework, adapted from Sabri, M. F., Wijekoon, R., Abd Rahim, H., & Burhan, N. A. S. (2022). Financial literacy, financial behavior, self-efficacy, and financial health among Malaysian households: The mediating role of money attitudes, illustrates how psychological and financial factors interact to influence an individual's overall financial health.

Financial literacy, financial behavior, and self-efficacy serve as the primary predictors of financial health, while money attitude functions as a mediating variable linking these con-structs to financial well-being. The framework shows that financially knowledgeable and behaviorally disciplined individuals tend to develop healthier money attitudes, which, in turn, enhance financial stability and reduce financial vulnerability. Conversely, low literacy and poor money attitudes heighten vulnerability, resulting in weaker financial health. This model guided the conceptualization of the present study on the sandwich generation.

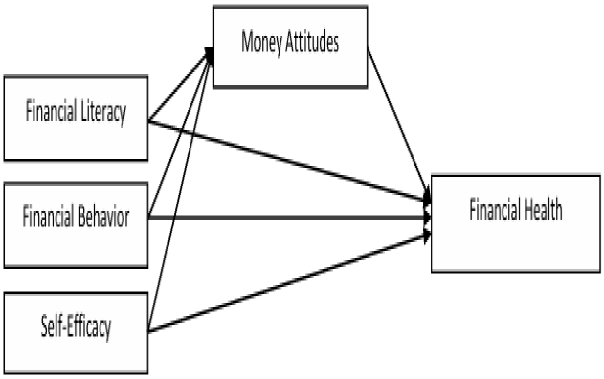

Fig. 1: Theoretical Framework.

According to the study of Sabri, M.F., et.al., financial health, which refers to the stability and strength of one's financial situation, is the outcome and is reflected through steady income, controlled spending, savings, and low debt. Several predictors contribute to financial health, including financial knowledge, financial behavior, and self-efficacy. Financial knowledge, or literacy, refers to the ability to understand financial concepts and practices such as budgeting, saving, and investing, and it has been shown to positively affect financial behavior as well as money attitudes. Financial behavior, defined as the management and use of financial resources toward personal goals, directly improves financial health and also shapes money attitudes. Self-efficacy, or the belief in one's ability to carry out necessary financial actions, influences financial health indirectly by strengthening positive money attitudes. In addition, at the center of the framework is the money attitude, which represents people's beliefs, feelings, and orientations toward money. Money attitude has been identified as a major determinant of financial health, and it serves as a mediator between financial knowledge, financial behavior, self-efficacy, and financial health. This means that financially knowledgeable individuals, behave responsibly with money, and have confidence in their financial abilities tend to develop healthier money attitudes, which in turn improve their financial health. Additionally, financial vulnerability, defined as being at risk of financial hardship such as excessive debt or insufficient savings, negatively impacts financial health. However, financial literacy, positive financial behaviors, and high self-efficacy reduce financial vulnerability, while money attitudes also mediate these relationships.

3. Conceptual Framework

This diagram presents the conceptual model tested in the study. Financial literacy, financial behavior, and self-efficacy act as independent variables that influence financial health directly and indirectly through money attitude. The arrows leading to money attitude represent mediated paths, while the arrows leading directly to financial health represent direct effects.

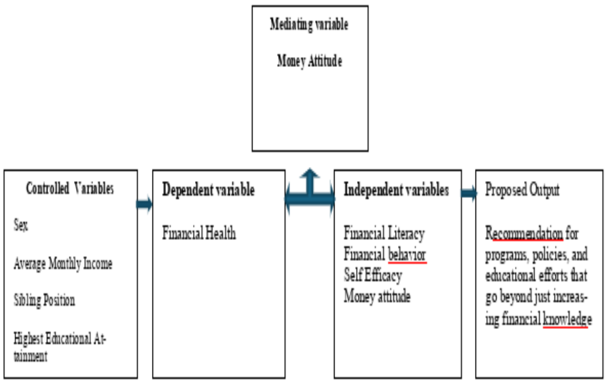

Fig. 2: Conceptual Framework.

The study employs a conceptual paradigm of mediation, where financial health is the dependent variable influenced by financial literacy, financial behavior, and self-efficacy as independent variables. Within this framework, money attitude functions as the mediating variable that explains how knowledge, behaviors, and self-confidence are translated into actual financial outcomes. Controlled variables such as sex, average monthly income, sibling position, and highest educational attainment provide contextual understanding of the demographic and socio-economic background of the sandwich generation. This paradigm recognizes that financial health is not shaped by literacy, behavior, or self-efficacy in isolation, but is instead filtered through psychological orientations toward money.

The findings of this study can be framed within both behavioral economics and the life-cycle hypothesis of saving and consumption. From a behavioral economics standpoint (Thaler, 1994), individuals' money attitudes reflect underlying cognitive biases and heuristics such as mental accounting, present bias, and self-control that influence how financial knowledge is converted into behavior. The observed partial mediation of financial literacy and behavior through money attitude aligns with this perspective, suggesting that even when individuals possess adequate financial knowledge, their psychological perceptions of money determine whether such knowledge leads to sound financial practices. Moreover, the life-cycle hypothesis (Modigliani & Brumberg, 1954) provides a broader economic context for the sandwich generation's financial experiences. This framework posits that individuals plan consumption and saving over their lifetime to smooth utility; however, midlife caregiving obligations disrupt this path by creating competing financial demands between dependent children and aging parents. Consequently, financial behavior and attitude become critical mechanisms for maintaining stability amid these intergenerational obligations. Situating the findings within these economic theories strengthens the study's explanatory power and connects micro-level psychological constructs to macro-level financial decision-making principles.

4. Research Method

This study employed a descriptive research design to obtain relevant data within a period of three (3) months. The participants of the study were composed of 467 members of the sandwich generation residing in Batangas Province. The respondents were selected based on the following criteria: (a) they belong to the "sandwich generation," defined as individuals who simultaneously provide care or support for their aging parents while also supporting their own children; (b) they are permanent residents of Batangas Province; (c) they are within the age range of 30 to 60 years, as this stage is typically associated with sandwich generation responsibilities; and (d) they expressed willingness and availability to participate in the study during the specified three-month data collection period. The sample size of 467, although not determined through a priori computation, was deemed sufficient for inferential analysis because it is large enough to reduce the margin of error, increase the reliability of descriptive estimates, and provide reasonable statistical power to detect small to moderate effects. The selection of respondents was primarily facilitated through referrals, whereby prospective participants were identified and endorsed by community leaders, peers, or fellow members of the sandwich generation. This approach was considered practical and effective in reaching the target population, given that sandwich generation members are often dispersed and not formally listed in registries. Furthermore, the data-gathering process was guided by the following parameters: (a) respondents were approached through established community networks and local organizations to ensure credibility and inclusiveness; (b) only those who provided in-formed consent were formally included in the study; (c) both male and female participants were considered to reflect gender representation; (d) only one eligible representative per household was included to avoid duplication of responses; and (e) data were collected through the administration of structured questionnaires and/or interviews, thereby ensuring consistency and reliability of the information obtained.

5. Results and Discussions

Table 1: Demographic Profiling

Variables	Category	Frequency	Percentage
Sex	Female	320	68.5
Average Monthly Income	Php11,000-Php25,000.00	300	64.2
Sibling Position	Middle Born	206	44.1
Highest Educational Attainment	College Graduate	328	70.2

The findings of the study revealed that the majority of the respondents belonging to the sandwich generation are female (68.5%). This aligns with existing literature, which emphasizes that women are more often expected to take on caregiving responsibilities for both children and aging parents due to traditional gender roles (Pinquart & Sörensen, 2006). Women in the sandwich generation tend to experience higher levels of role strain, as they balance employment, household responsibilities, and intergenerational caregiving (Neal & Hammer, 2017). In terms of economic status, most respondents reported an average monthly income of Php 11,000–Php 25,000 (64.2%), indicating that they belong to the lower-middle-income group. The study also found that the middle-born child (44.1%) often assumes the caregiving role. While literature is less extensive on birth order in caregiving dynamics, some studies suggest that middle-born children often serve as mediators and supporters in family systems, which may predispose them to caregiving responsibilities (Salmon & Daly, 2014). Furthermore, a large proportion of the respondents were college graduates (70.2%), suggesting that they have relatively high educational attainment. However, despite their education, many still experience financial limitations. This reflects the mismatch highlighted by Williams et al. (2016), who noted that higher education does not always guarantee financial security, particularly for sandwich generation caregivers who face unique financial and emotional challenges.

Table 2: Respondents' Financial Literacy, Financial Behavior, Self-efficacy, Money Attitude, and Financial Health

Variable	Composite Mean	Verbal Interpretation
Financial Literacy	3.28	High
Financial Behavior	3.28	Good
Self-efficacy	3.35	High
Money Attitude	3.37	Good
Financial heath	3.22	Good

The results of the study indicate that the respondents demonstrated a high level of financial literacy (M = 3.28). This finding aligns with the assertion of Lusardi and Mitchell (2014), who argue that financial literacy is a key determinant of sound financial decision-making and long-term financial well-being. A high level of financial literacy among members of the sandwich generation suggests that they are generally knowledgeable in managing resources, budgeting, and understanding financial products. However, despite their literacy, their financial behavior was rated as only good (M = 3.28), implying that knowledge does not always translate into consistent positive financial practices. This supports the findings of Robb and Woodyard (2011), who noted that while financial literacy is essential, behavioral factors, psychological influences, and external pressures often determine actual financial outcomes. Similarly, respondents scored high in self-efficacy (M = 3.35), reflecting their confidence in handling financial responsibilities. Bandura (1997) emphasized that self-efficacy is crucial in shaping individuals' persistence and resilience in achieving their goals. In the financial domain, high self-efficacy often correlates with better money management and reduced financial stress (Farrell et al., 2016). In terms of money attitude (M = 3.37, good), the results suggest that respondents possess a balanced perspective toward money, neither excessively materialistic nor neglectful, which is consistent with studies showing that positive money attitudes are associated with healthier financial behaviors (Tang, 1992). Lastly, the respondents reported good financial health (M = 3.22), indicating relative stability but also suggesting room for improvement. Joo (2008) explained that financial health is a holistic measure reflecting both objective financial conditions and subjective perceptions of financial well-being, which can be strained in the sandwich generation due to competing financial obligations.

Table 3: Influence of Financial Literacy on the Financial Behavior of the Sandwich Generation

Variable	B	Std. Error	t-value	p-value	Decision on H_o	Interpretation
Constant	.839	.105	8.021	<.001	Reject	Significant
Financial behavior	.739	.031	23.588	<.001	Accept	Significant

Model Summary: R = .738[a] ; R^2 =.545

Regression Model: F= 556.415; p= 0.000[b]

The regression analysis revealed that financial literacy has a significant influence on the financial behavior of the sandwich generation. The model summary shows a strong positive relationship between the two variables (R = .738), with financial literacy explaining 54.5% of the variance (R^2 = .545) in financial behavior. This indicates that over half of the respondents' financial behaviors can be attributed to their level of financial literacy, while the remaining variance may be explained by other factors such as income, family responsibilities, and psychological influences. The regression coefficient (B = .739) was positive and highly significant (t = 23.588, p < .001), suggesting that higher financial literacy leads to better financial behavior. These findings support the work of Lusardi and Mitchell (2014), who argue that financial literacy equips individuals with the necessary skills to make informed decisions, avoid financial pitfalls, and adopt responsible financial practices

Table 4: Influence of Financial Literacy on the Self-Efficacy of Sandwich Generation

Variable	B	Std. Error	t-value	p-value	Decision on H_o	Interpretation
Constant	1.064	.109	9.794	<.001	Reject	Significant
Self-efficacy	.691	.033	21.220	<.001	Accept	Significant

Model Summary: R = .701[a] ; R^2 =.492.

Regression Model: F= 450.296; p= 0.000[b]

The analysis reveals that financial literacy has a significant impact on the self-efficacy of the sandwich generation. The summary illustrates a strong correlation (R = .701) between these two factors, with financial literacy accounting for 49.2% of the variance (R^2 = .492) in self-efficacy. The regression coefficient was both positive and statistically significant (B = .691, t = 21.220, p < .001), indicating that individuals with greater financial literacy are likely to possess more confidence in their financial management abilities. This result aligns with Bandura's (1997) social cognitive theory, which asserts that knowledge and skills bolster self-efficacy, enabling individuals to perform effectively in challenging circumstances. For the sandwich generation, enhanced financial literacy provides the necessary tools to manage complex financial responsibilities involving dependent children and aging parents. Farrell, Fry, and Risse (2016) similarly discovered that financial literacy is a positive predictor of financial self-efficacy, especially among women, as it alleviates financial anxiety and boosts confidence in decision-making. Additionally, Lusardi and Mitchell (2014) highlighted that financial literacy improves financial behavior and reinforces individuals' belief in their ability to make wise financial decisions, directly enhancing financial self-efficacy. The notable regression results in this study further support the notion that financially literate individuals are better equipped to manage intergenerational responsibilities, maintain household budgets, and plan for long-term financial security.

Table 5: Influence of Financial Literacy, Financial Behavior, and Self-Efficacy on the Financial Health of the Sandwich Generation

Variable	B	Std. Error	t-value	p-value	Decision on H_O	Interpretation
Constant	.175	.125	1.402	.162	Failed to Reject	Significant
Financial literacy	.153	.053	2.910	.004	Reject	Significant
Financial behavior	.445	.059	7.609	<.001	Reject	Significant
Self-efficacy	.320	.056	5.685	<.001	Reject	Significant

Model Summary: R = .756[a] ; R^2 =.572

Regression Model: F= 206.085; p = 0.000[b]

The results of the regression analysis indicated that financial literacy, financial behavior, and self-efficacy have a significant impact on the financial well-being of the sandwich generation. The model exhibited a strong overall correlation (R = .756) and accounted for 57.2% of the variance (R^2 = .572) in financial health, suggesting that over half of the financial well-being of respondents can be linked to these three factors. The regression coefficients reveal that all three variables are positive and statistically significant predictors of financial health: financial literacy (B = .153, t = 2.910, p = .004), financial behavior (B = .445, t = 7.609, p < .001), and self-efficacy (B = .320, t = 5.685, p < .001). This implies that individuals who possess greater financial knowledge, demonstrate healthier financial behaviors, and have increased confidence in managing their finances are more likely to achieve good financial health. Among the three factors, financial behavior had the most substantial impact (B = .445), underscoring the vital importance of practical financial activities such as budgeting, saving, and debt management in determining one's financial well-being. This supports the conclusions drawn by Robb and Woodyard (2011), who highlighted that while financial literacy is crucial, it is the implementation of that knowledge through financial behavior that most directly influences financial outcomes. Self-efficacy (B = .320) also significantly contributed to this area, in line with Bandura’s (1997) theory that belief in one’s abilities fosters resilience and better decision-making in difficult situations. Farrell, Fry, and Risse (2016) similarly found that financial self-efficacy leads to improved financial management and lower stress levels, especially for those dealing with multiple responsibilities. In contrast, financial literacy (B = .153), while still significant, had a relatively lesser effect, supporting Lusardi and Mitchell’s (2014) assertion that knowledge lays the groundwork, but must be paired with behavior and confidence to result in positive financial health. Previous studies report mixed evidence on the impact of financial literacy on financial outcomes. While several large-scale analyses (e.g., Lusardi & Mitchell, 2014) show positive associations between literacy and retirement planning or savings, other studies find weak or context-dependent effects (Robb & Woodyard, 2011; Miranda & Kim, 2019). One resolution in the literature is that financial literacy matters primarily when it is translated into consistent financial behaviors or supported by conducive contexts (access to financial products, stable income).

Table 6: Mediation of Money Attitude on the Influence of Financial Literacy on Sandwich Generations’ Financial Health

Path	B	Std. Error	t-value	p-value	Decision on Ho	Interpretation
Total Effect						
MA à FH	.0703	.0399	17.6384	<.001	Reject	Significant
Direct Effect						
MA à FH	.0428	.0498	8.6149	<.001	Reject	Significant
Path	Sobel Test	Std. Error	t-value	p-value	Decision on Ho	Interpretation
Indirect Effect						
MA à FL à FH	.0275	.0482	.1811	.0367	Reject	Significant

The mediation analysis indicated that attitudes towards money significantly mediate the link between financial literacy and financial health within the sandwich generation. The overall effect of financial literacy on financial health via money attitude was significant (B = .0703, t = 17.6384, p < .001), and the direct effect also remained significant (B = .0428, t = 8.6149, p < .001), indicating a partial mediation. Additionally, the Sobel test validated the significance of the indirect pathway (B = .0275, t = .1811, p = .0367), suggesting that money attitude is crucial in reinforcing the connection between financial literacy and financial health. This indicates that while financial literacy directly enhances financial health, its impact is strengthened when individuals cultivate positive perspectives towards money. These results are consistent with Tang’s (1992) assertion that attitudes toward money influence how individuals interpret and utilize financial knowledge, ultimately affecting their financial well-being. A constructive money attitude—such as viewing money as a means for security and future planning instead of immediate satisfaction—motivates individuals to apply their financial knowledge more effectively in managing resources. This supports Furnham's (2014) argument that money attitudes serve as psychological mediators between financial knowledge and behavior, affecting outcomes related to saving, debt management, and financial stability. Furthermore, Robb and Woodyard (2011) noted that financial literacy on its own does not ensure favorable financial results unless it is paired with positive behavioral and attitudinal factors.

Table 7: Mediation of Money Attitude on the Influence of Financial Behavior on Sandwich Generations’ Financial Health

Path	B	Std. Error	t-value	p-value	Decision on Ho	Interpretation
Total Effect						
MA à FB	.799	.0357	22.4179	<.001	Reject	Significant
Direct Effect						
MA à FB	.6109	.0486	12.5615	<.001	Reject	Significant
Path	Sobel Test	Std. Error	t-value	p-value	Decision on Ho	Interpretation
Indirect Effect						
MA à FB à FH	.1888	.0489	.0944	.0285	Reject	Significant

The mediation analysis revealed that an individual’s perspective on money plays a significant role in mediating the connection between financial behavior and the financial well-being of the sandwich generation. The overall effect of financial behavior on financial health through money attitude was shown to be significant (B = .799, t = 22.4179, p < .001). When the direct effect was examined, it also remained significant (B = .6109, t = 12.5615, p < .001), implying that the mediation is partial rather than complete. The Sobel test validated the significance of the indirect path (B = .1888, t = .0944, p = .0285), indicating that money attitude enhances the relationship between financial behavior and financial health. This suggests that while effective financial practices directly benefit financial health, the impact is heightened when individuals maintain positive and balanced views toward money. The present study contributes to this evolving discussion by empirically demonstrating that money attitude serves as a mediating mechanism linking financial literacy and financial behavior to financial health within the Philippine sandwich-generation context. This synthesis clarifies that financial literacy is not merely a cognitive resource but a catalyst that functions effectively only when aligned with positive money attitudes and disciplined financial behaviors. Hence, this research advances theoretical understanding by integrating psychological and behavioral dimensions into traditional models of financial well-being. This finding aligns with Tang's (1992) assertion that attitudes towards money influence financial behaviors, ultimately affecting financial outcomes. Individuals who view money as a source of security, planning, and responsibility are more inclined to translate their financial behaviors (like budgeting, saving, and debt management) into improved financial health. Furnham (2014) also pointed out that attitudes toward money act as psychological filters that shape how financial decisions are understood, thus mediating the relationship between behavior and financial well-being. Moreover, research conducted by Dew and Xiao (2011) demonstrated that positive attitudes about money can predict better saving and spending habits, which subsequently lead to enhanced financial wellness.

Table 8: Mediation of Money Attitude on the Influence of Self-Efficacy on Sandwich Generations' Financial Health

Path	B	Std. Error	t-value	p-value	Decision on H_o	Interpretation
Total Effect						
MA à SE	.7765	.0380	20.4594	<.001	Reject	Significant
Direct Effect						
MA à SE	.5552	.0546	10.1692	<.001	Reject	Significant
Path	Sobel Test	Std. Error	t-value	p-value	Decision on H_o	Interpretation
Indirect Effect						
MA à SE à FH	.2213	.0666	.0894	.3482	Failed to Reject	Not Significant

Table 7 examines whether money attitude mediates the relationship between self-efficacy and financial health among the sandwich generation. The results show that both the total effect (B = 0.7765, $p < .001$) and the direct effect (B = 0.5552, $p < .001$) of self-efficacy on financial health are significant, indicating that individuals with higher financial self-efficacy tend to exhibit better overall financial health. However, the indirect effect of self-efficacy through money attitude was found to be not significant (B = 0.2213, SE = 0.0666, p = .3482) based on the Sobel test. This result implies that while self-efficacy directly influences financial health, its effect does not operate through money attitude. In other words, respondents' confidence in their financial abilities improves their financial outcomes independently of their attitudes toward money. This suggests that money attitude does not serve as a mediating instrument in the link between self-efficacy and financial health. Instead, self-efficacy may affect financial well-being through other pathways such as proactive financial decision-making, persistence in achieving financial goals, or better self-control in managing resources. This discovery aligns with Tang's (1992) argument that views on money affect financial behaviors, which ultimately influence financial outcomes. People who perceive money as a means of security, planning, and responsibility tend to effectively convert their financial behaviors (such as budgeting, saving, and managing debt) into improved financial health. Additionally, Furnham (2014) emphasized that attitudes towards money function as psychological filters that determine how financial choices are interpreted, thereby mediating the relationship between behavior and financial well-being. Furthermore, research by Dew and Xiao (2011) found that positive perspectives on money can forecast healthier saving and spending practices, leading to greater financial wellness.

6. Conclusions and Recommendations

The study highlights the demographic, financial, and psychological profile of the sandwich generation and the interplay among financial literacy, behavior, self-efficacy, money attitude, and financial health. Findings revealed that the majority of the respondents are women, middle-born children, and college graduates, yet many belong to the lower-middle-income group. This underscores the mismatch between educational attainment and financial stability, particularly as sandwich generation members simultaneously support children and aging parents. Respondents generally possess high financial literacy and self-efficacy, paired with good financial behavior and money attitudes. However, their financial health remains only moderately good, suggesting that knowledge and confidence do not automatically translate into strong financial outcomes when external pressures, such as limited income and multiple caregiving responsibilities. Regression analyses confirm that financial literacy significantly influences both financial behavior and self-efficacy, and together these three factors strongly predict financial health. Among them, financial behavior exerts the most substantial impact, affirming that applying financial knowledge through budgeting, saving, and responsible spending is critical to financial well-being. Mediation analyses further reveal that money attitude enhances the effects of financial literacy and financial behavior on financial health, emphasizing the psychological dimension of financial management. Positive and balanced perspectives toward money act as filters that strengthen the translation of knowledge and behaviors into better financial outcomes. Interestingly, money attitude did not significantly mediate the relationship between self-efficacy and financial health, suggesting that confidence in financial management operates independently of attitudes toward money. Overall, the findings underscore that while financial literacy provides the foundation, financial health among the sandwich generation is most strongly shaped by financial behavior and moderated by attitudes toward money. This indicates that policies, interventions, and financial education programs should not only focus on improving knowledge but also on cultivating positive money attitudes and encouraging consistent financial practices to help the sandwich generation achieve greater financial resilience and security.

The findings of the study highlight several practice strategies that may be adopted to strengthen the financial well-being of the sandwich generation. Since the majority of respondents were female caregivers (68.5%), it is evident that women shoulder a greater caregiving burden, which often results in higher levels of stress and role strain. To address this, gender-sensitive support programs such as counseling and stress management workshops should be made available, while also encouraging male family members to share caregiving responsibilities more equitably. In terms of economic status, most respondents earn between Php 11,000 and Php 25,000 (64.2%), placing them within the lower-middle-income bracket. Given these financial constraints, strategies such as financial planning workshops on budgeting, debt management, and low-risk investments are essential, along with stronger advocacy for government or employer-based financial support. Although respondents demonstrated a high level of financial literacy, their financial behavior was rated only as good, indicating that knowledge does not always translate into consistent action. Thus, behavioral interventions such as accountability groups, savings challenges, and the use of digital financial tracking tools should be promoted to reinforce positive money practices. High self-efficacy among respondents was also found to significantly predict better financial health, suggesting that confidence in managing finances reduces stress and enhances decision-making. This can be nurtured through mentoring programs, peer-sharing activities, and workshops that highlight success stories to build resilience and confidence in financial management.

In addition, based on the study's findings, several targeted policy interventions are proposed to support the financial health of the sandwich generation. First, the government, through the Department of Social Welfare and Development (DSWD) and the Department of Finance (DOF), may consider implementing caregiving subsidies or tax credits to reduce out-of-pocket expenses for families supporting both children and elderly dependents. Second, public–private partnerships involving the Bangko Sentral ng Pilipinas (BSP) and local financial institutions could launch low-cost or zero-maintenance savings products tailored to caregivers' needs and income cycles. Third, integrating matched savings programs or conditional cash transfers tied to financial education modules can incentivize long-term saving behavior. Further, local government units (LGUs) and community organizations can integrate financial counseling services into barangay health and family centers, providing accessible advice on budgeting, debt management, and caregiving expenses. By grounding these recommendations in the study's empirical results, the proposed strategies can enhance household resilience, promote financial inclusion, and improve the economic well-being of the sandwich generation

References

[1] Atkinson, A., & Messy, F. (2012). *Measuring financial literacy: Results of the OECD / International Network on Financial Education (INFE) pilot study.* OECD Publishing. https://doi.org/10.1787/5k9csfs90fr4-en.

[2] Bandura, A. (1997). *Self-efficacy: The exercise of control.* W. H. Freeman.

[3] Bangko Sentral ng Pilipinas. (2022). *BSP financial inclusion survey 2021.* https://www.bsp.gov.ph.

[4] Dew, J., & Xiao, J. J. (2011). The financial management behavior scale: Development and validation. *Journal of Financial Counseling and Planning, 22*(1), 43–59.

[5] Dizon, M. (2021). Financial self-efficacy and financial behavior of Filipino adults in Davao City. *Philippine Journal of Psychology, 54*(2), 145–163.

[6] Farrell, L., Fry, T. R. L., & Risse, L. (2016). The significance of financial self-efficacy in explaining women's personal finance behavior. *Journal of Economic Psychology, 54*, 85–99. https://doi.org/10.1016/j.joep.2015.07.001.

[7] Flores, A. (2019). Money, kinship, and women's agency in Gawad Kalinga communities. *Philippine Sociological Review, 67*(1), 23–48.

[8] Furnham, A. (2014). *The new psychology of money.* Routledge/Taylor & Francis Group. https://doi.org/10.4324/9780203506011.

[9] Garcia, E. (2020). Financial education and its effect on financial self-efficacy among Filipino workers. *Asia-Pacific Social Science Review, 20*(3), 75–90.

[10] Joo, S. (2008). Personal financial wellness. In J. J. Xiao (Ed.), *Handbook of consumer finance research* (pp. 21–33). Springer. https://doi.org/10.1007/978-0-387-75734-6_2.

[11] Lown, J. M. (2011). Development and validation of a financial self-efficacy scale. *Journal of Financial Counseling and Planning, 22*(2), 54–63.

[12] Lusardi, A., & Mitchell, O. S. (2014). The economic importance of financial literacy: Theory and evidence. *Journal of Economic Literature, 52*(1), 5–44. https://doi.org/10.1257/jel.52.1.5.

[13] Miranda, M. J., & Kim, S. (2019). The impact of financial literacy, money attitude, and self-efficacy on the financial behaviors of Filipino millennials. *Asian Journal of Business and Accounting, 12*(1), 123–146.

[14] Modigliani, F., & Brumberg, R. H. (1954). Utility Analysis and the Consumption Function: An Interpretation of Cross-Section Data. In K. K. Kurihara (Ed.), Post-Keynesian Economics (pp. 388-436). New Brunswick, NJ: Rutgers University Press.

[15] Neal, M. B., & Hammer, L. B. (2017). *Working couples caring for children and aging parents: Effects on work and well-being.* Psychology Press. https://doi.org/10.4324/9781315083865.

[16] Organisation for Economic Co-operation and Development (OECD). (2018). *OECD/INFE toolkit for measuring financial literacy and financial inclusion.* OECD Publishing. https://www.oecd.org/financial/education/2018-INFE-FinLit-Measurement-Toolkit.pdf.

[17] Pew Research Center. (2013). *The sandwich generation: Rising financial burdens for middle-aged Americans.* https://www.pewresearch.org.

[18] Philippine Institute for Development Studies (PIDS). (2022). *Health care spending and out-of-pocket expenditures in the Philippines.* https://pids.gov.ph.

[19] Pinquart, M., & Sörensen, S. (2006). Gender differences in caregiver stressors, social resources, and health: An updated meta-analysis. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences, 61*(1), P33–P45. https://doi.org/10.1093/geronb/61.1.P33.

[20] Robb, C. A., & Woodyard, A. S. (2011). Financial knowledge and best practice behavior. *Journal of Financial Counseling and Planning, 22*(1), 60–70. https://doi.org/10.4148/jft.v3i1.1453.

[21] Sabri, M. F., Wijekoon, R., Abd Rahim, H., & Burhan, N. A. S. (2022). Financial literacy, financial behavior, self-efficacy, and financial health among Malaysian households: The mediating role of money attitudes. *International Journal of Academic Research in Business and Social Sciences, 12*(13), 114–125. https://doi.org/10.6007/IJARBSS/v12-i13/14150.

[22] Salmon, C. A., & Daly, M. (1998). Birth order and familial sentiment: Middleborns are different. *Evolution and Human Behavior, 19*(5), 299–312. https://doi.org/10.1016/S1090-5138(98)00022-1.

[23] Santiago, R. (2019). Financial self-efficacy as predictor of saving and budgeting practices of Filipino teachers. *Mindanao Journal of Educational Research, 15*(2), 89–104.

[24] S&P Global. (2015). *Financial literacy around the world: Insights from the Standard & Poor's ratings services global financial literacy survey.* https://gflec.org.

[25] Thaler, R. H (1994). Psychology and savings policies. American Economic Review, 84, 186-192.

[26] Tang, T. L. (1992). The meaning of money revisited. *Journal of Organizational Behavior, 13*(2), 197–202. https://doi.org/10.1002/job.4030130209.

[27] Williams, J. C., Berdahl, J. L., & Vandello, J. A. (2016). Beyond work-life "integration." *Annual Review of Psychology, 67*, 515–539. https://doi.org/10.1146/annurev-psych-122414-033710.