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The impact of family education based on Islamic economic principles in reducing family financial distress

Hanan Bdoor*, Mohammad Thalgi, Raedh Nuseirat, Shadi Khalifeh Alahmad

Faculty of Islamic Studies, Yarmouk University, Irbid 21110, Jordan

* **Corresponding author:** Hanan Bdoor, hanan.b@yu.edu.jo

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Abstract: This study aims to examine the impact of family education based on Islamic economics in reducing family financial distress within families from the perspective of university students. The study was conducted on 359 undergraduate students of Yarmouk University, Irbid, Jordan, to assess how much Islamic teachings of moderation, future planning, and financial prudence are practiced in familial financial decision-making patterns. Using descriptive and inferential analyses such as *t*-tests, ANOVA, correlation coefficients, and regression analysis, this study examines possible links between family budget and financial management principles and their strategies and financial distress. The findings demonstrate that compliance with Islamic financial principles significantly reduces the family's financial distress by emphasizing needs over wants and ensuring the sound management of resources. Critical demographic variables, including income, gender, and household size, emerged as significant moderators in these relationships. The study highlights the practical and spiritual importance of incorporating Islamic teachings into family education to improve financial literacy. By offering cultural and religious perspectives on financial management and literacy, this research is valuable for shaping policies, practices, and interventions aimed at Muslim populations and global society.

Keywords: Islamic economic family budget; financial management principles; financial stress; financial management behavior; family education; financial literacy; Yarmouk university

1. Introduction

In Islamic culture, financial management principles, family budgets, and financial management strategies are not merely economic activities but also religious and ethical duties that uphold the welfare of individuals and society (Kader, 2021). Modern societies experience a constant rise in the problems of personal and family budgeting, consumerism, instabilities, and income differentiation (Mahmudov, 2021). These challenges make financial management, literacy, and healthy financial behavior more important than ever (Lingyan et al., 2021). Generally, families fail to manage immediate and future obligations to cover their necessities, leading to financial problems that affect life's emotional, psychological, and social aspects (Sano et al., 2021). For Muslim families, living according to the Sharia teaches specific ways to overcome these problems: restrained consumption, focusing on necessities, and deferred consumption (Asari, 2024). Thus, it is relevant to examine how these principles and related financial management approaches are implemented and how they can combat poverty.

Financial pressure is an essential aspect of family life. Long-term economic stress has adverse effects, including deteriorating mental health, family conflicts, and impaired decision-making (Asadi et al., 2024). These effects are particularly stressful

for university students, who are usually financially strained while studying and transitioning into adulthood (Shaikh, 2024).

Islamic principles of consumer behavior and consumption patterns include standards of Islamic consumer finance that prescribe ethical financial conduct and contain dictates against wastage, while distinguishing between necessity and extravagance (Sadeh, 2024). They also require prudent management of financial resources to address both present needs and future goals (Rodriguez et al., 2024). These principles are complemented by practical measures such as budgeting, goal setting, and family financial education. Together, these approaches create a holistic framework for fostering financial responsibility and alleviating stress (Kuanova et al., 2023).

From the prosaic Islamic perspective, these principles align with accountability, welfare, temperance, and corporate social responsibility. From the standpoint of the holy Quran, financial management is a religious duty, as it promotes wisdom and preparation for future eventualities. Linking various financial activities to the Islamic presumption of moderate or justified practices enriches the religious grounds for parsimony and justice (Bacchus, 2020; Shim et al., 2023). At the same time, Islam promotes realistic measures that can be used to instill sustainable financial responsibility within the family. These are to involve the little children in discussions regarding money matters, provide examples of real-life events to demonstrate the value of financial management, and include parents or other relatives in activities such as budgeting or role-playing financial decisions, among other activities that will enable the young ones to make decisions on their possibilities (Yusoff et al., 2021). Sharing examples of wise savers encourages others to set financial goals and create balanced monthly budgets, including financial management components that fit Islamic norms of moderation, accountability, and forward-looking. Promoting and encouraging responsible financial management and keeping track of unnecessary expenditures reinforce Islamic principles against wastage and indulgence and create ethical, financially accountable behaviors (Asari, 2024). All these practices together promote financial stability or achieve Islamic finance goals and principles.

Understanding the religious factors involved in enhancing family functioning raises essential considerations. Therefore, the following issues must be answered as they will be helpful to policymakers, educators, and parents interested in the health of financial literacy. In this regard, the findings that seek to understand how Islamic values influence positive pro-financial behaviors, specifically, the financial management, planning, and budgeting strategies in the efforts to minimize financial stress, constitute the rationale and significance of this study. Finally, it emphasizes the continuity and restoration of Islam's core mission in addressing modern challenges in financial management.

1.2. Literature

There has been a rising interest in modern literature in using family education to help alleviate financial pressure, especially when analyses are done using Islamic finance approaches. Some recent works include Abdullah et al. (2022), who discussed the role of Islamic Financial Literacy (IFL) in financial behavior and bankruptcy levels

among Muslims in Malaysia. Their study points out that incorporating Islamic financial literacy into family education provides coping tools for financial problems. Similarly, Muslichah et al. (2023) Because of appropriate educational programs, financial self-efficacy as an intermediate variable plays a role in the financial inclusion between Islamic financial literacy and daily financial decisions. Yani and Purwanti (2024) pointed out that Islamic household accounting can enhance financial security among households. Many families can apply structured budgeting and control of debt, which can decrease their financial pressure and improve sustainability. The above findings are consistent with the studies by Abd Aziz et al. (2020), who put forward the Islamic Financial Well-Being Index as a conceptual model for enhancing Islamic measures of financial literacy practices, demonstrating how Islamic welfare enhances individuals' understanding of financial practices. Similarly, Rusli (2020) postulated the importance of the family in ensuring the appreciation of financial literacy knowledge to avoid social conflicts. According to his study, family education alleviated financial burdens and promoted responsibility. This is in line with Al-Qardhawi and Besar (2024), who assessed the penetration of Islamic finance as a strategy for managing household debts with a focus on balanced budgets.

Wahidin (2023) also discussed that using Islamic finance principles in a family's budget is beneficial to reducing stress levels. Similarly, Barbić et al. (2023) explored the effects of family stressors on financial behaviors and found that stress can increase poor financial behaviors among youths. Magli et al. (2021) examined the changes in financial behaviour and stress during the pandemic for low-income households and proved that income and nationality are determinants of stress. These results align with those of Mansor et al. (2022), who examined the level of financial stress, financial behaviour, and economic environment in Malaysian households and sociocultural influences. Additionally, Osman et al. (2024) investigated the aspect of Islamic financial literacy among millennials to identify how it influences their financial disposition. Similarly, Sabri et al. (2020) have enriched the discussion about the effect of money attitudes and financial management practices on financial resilience. Sound financial management helps overcome stress. Altogether, these works indicate the need to develop culturally and contextually appropriate interventions to increase financial health in struggling individuals.

It is well understood how different population demographics experience different financial pressure. Elfaki et al. (2023) analysed challenges encountered in financial management among Sudanese students in Malaysia, where six out of the nine challenges were related to inadequate financial knowledge and assistance. These findings are supported by Mousavi and Rasaeimanesh (2023), who found the correlation between the level of financial knowledge, stress, and behavior and confirmed the significance of knowledge in reducing financial problems. Sunarti et al. (2022) studied family welfare during the COVID-19 pandemic and how they found hope and resilience to reduce financial pressure. Ningtyas and Cahyaningtyas (2024) examined the financial resilience of Muslim millennials, pointing to the need for financial literacy to lower stress levels and enhance the decision-making process. Kholis et al. (2022) conducted a study with 92 Islamic religious teachers in Indonesia and found that family and social support, informed by Islamic culture, significantly contribute to financial satisfaction. This is because the combination of Islamic

economic principles in training its users gives a holistic understanding of how to deal with this issue, namely, financial stress. The spiritual and ethical budgeting approach provides a valuable model to promote family-friendly consumption and prudent spending that alleviates, rather than exacerbates, stress and financial difficulties. The literature review highlights the need for educational initiatives consistent with Islamic values to enhance financial well-being and support family stability.

1.3. Problem

Monitoring and controlling financial actions and preventing financial pressures are two major tasks of families in the context of a developed economy, together with experiencing multifaceted dilemmas in modern globalized societies with pronounced cultural and religious traditions. To Muslim families, Islamic principles guide moderation, prudence, and forward-thinking in managing money (Rusli, 2020; Yani & Purwanti, 2024). However, financial stress, especially in college students, has grown over time, and these principles and related family budget and financial management approaches do not fully address the financial dilemmas of the modern world. Even though financial literacy, stress, and financial management behaviors have received substantial research attention, evidence regarding religious tenets and actual financial management practices in cultures with predominantly Muslim cultures remains scarce. There is a shortage of research regarding applying Islamic financial principles at the family level, even though broader economic contexts and institutional structures have been systematically investigated. This research aims to fill this gap by exploring how Islamic teaching and financial management methods affect financial stress in the family among university students. Based on this, the study problem can be expressed through the following questions:

1. How do families practice the Islamic perspective on family budgets and financial management principles?
2. Which financial management strategies do specific families use to rationalize and plan money?
3. How are Islamic principles, family budgets, and financial management strategies associated with economic distress?
4. How do gender, financial condition, country, family size, and academic year affect family budgets' demographic and socio-economic determinants, financial management strategies, and economic distress?
5. To what extent can Islamic family budget and financial management principles and strategies become valuable enough to help remove the financial distress for the families of university students?

2. Materials and methods

2.1. Participants

The participants comprised 359 students from Yarmouk University in Irbid, Jordan, who were 17 to 22 years old, with an average age of 20. The gender distribution was uneven, with most participants, 276, being female (76.9%) while 83 were male (23.1%). Female students at Yarmouk University represent 60.5 percent of

the total students (Al-Khatib & Al-Shorman, 2024). Concerning the origin of the participants, 221 students (61.6%) were from the Social Sciences faculties, and 138 students (38.4%) were from the Natural Sciences faculties. The sample included students from various academic years: Large numbers of students; 11 students (3.1%) were first-year students, 59 students (16.4%) were second-year students, 127 students (35.4%) were third-year students, 146 students (40.7) were 4th-year students and 16 students (4.5%) were students 5th year or above.

According to their nationality, the students were divided: 321 students (89.4%) were Jordanian, and 38 (10.6%) were from other countries. Regarding financial income, 227 students (63.2%) reported their monthly family income did not exceed 500 JD, and 107 students (29.8%) claimed a family income between 500 and 700 JD. In comparison, 25 students (7.0%) claimed their family’s monthly income exceeded 1000 JD. Family size also varied among the participants: Of the total respondents, 51 students (14.2%) were from families of 1–3 members; 205 students (57.1%) were from families of 4–6 members; 79 students (22.0) were from families of 7–10 members; 24 students (6.7%) were from large families with members more than 10. (See **Table 1**).

Table 1. Sociodemographic characteristics and prevalence among students (*N* = 359).

Characteristics	Unweighted no. (weighted %)
Male	83 (23.1%)
Female	276 (76.9%)
Social sciences	221 (61.6%)
Natural sciences	138 (38.4%)
First year	11 (3.1%)
Second year	59 (16.4%)
Third year	127 (35.4%)
Fourth year	146 (40.7%)
Fifth year and above	16 (4.5%)
Jordanian	321 (89.4%)
International	38 (10.6%)
500 JD and less	227 (63.2%)
500–700 JD	107 (29.8%)
More than 1000 JD	25 (7.0%)
1–3	51 (14.2%)
4–6	205 (57.1%)
7–10	79 (22.0%)

2.2. Procedure

Sampling involved data collection for six days, from November 25, 2024, to November 30, 2024. The sample size was then determined with the help of Raosoft online software for sampling a population by selecting a 5% margin of error, a 95% confidence interval, and equal distribution of the responses in the population, distributing the reactions in a 50/50 ratio of the two extremes, which recommended a

sample population of 359 students. Participants were recruited from Yarmouk University, which targeted students across faculties and years of study.

An online survey was used as a significant means of data collection. Participants were recruited through university-distributed e-mails and social media to obtain the most critical sample possible and gain heterogeneity. To ensure that the students fully understood the purpose of the study and the voluntary nature of the participation, they were given information about the study, told their responses would be kept anonymous, and asked if they were willing to participate. Demographic data, including sex, faculty, study year, financial income, and family size, were collected. Family budget and financial management principles, Family budget and financial management strategies, and Family financial distress were measured by a self-developed, validated questionnaire.

2.3. Measures

The primary measures in this study consisted of three scales designed to assess the participants' perceptions and behaviors related to financial management within a family context and their experiences of family financial distress. The questionnaire was developed in Arabic and later translated into English for analysis. It included 27 items across three dimensions: Islamic family budget and financial management principles, Application of Family budget and financial management strategies, and Family financial distress. Each item was scored on a 5-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree), with higher scores indicating more excellent agreement or higher levels of distress.

The questionnaire utilized in this study comprises three scales designed to assess various aspects of financial behaviors and stress within the family context. **Table 2** provides a detailed breakdown of the variables, including the number of items and their respective sources.

The scales demonstrated high internal consistency, with Cronbach's alpha values exceeding the standard threshold of 0.70. Specifically, the reliability coefficients for the Islamic family budget and financial management principles scale, Family budget and financial management strategies scale, and Financial Distress scale were 0.89, 0.91, and 0.93, respectively, indicating strong reliability for each dimension (**Tables 3, 4, and 5**).

2.3.1. Family budget and financial management principles

This scale measured how families incorporated Islamic values into financial management practices, emphasizing moderation, responsibility, and future planning principles. The nine items on this scale assessed family attitudes and actions, such as discussing the religious importance of financial management and teaching children to distinguish between needs and luxuries (**Table 3**). Example items included, "My family emphasized the value of money and the effort required to earn it, which enhanced our respect for and appreciation of money," and "My family maintained a balance between current spending and financial management for the future, teaching me the importance of future-oriented thinking (Dinc et al., 2021; Jumawan-Powao et al., 2024; Sevriana & Herlina, 2021).

Table 2. Variables and scale sources.

Variables and scales	Item (N)	Sources
Sociodemographic variables	Sociodemographic section	Jumawan-Powao et al. (2024); (Potrich et al., 2015).
family budget and financial management principles scale	9	Sevriana and Herlina (2021); Dinc et al. (2021)
Family budget and financial management strategies scale	9	Moein Addin et al. (2014); Maduku and Mbeya (2024).
Family financial distress scale	6	Elfaki et al. (2023); (Adnan et al., 2021).

Table 3. Family budget and financial management principles ($n = 359$).

Items	Statement	<i>M(SD)</i>	Corrected item-total correlation	Cronbach's alpha if item deleted
1	My family discussed the importance of financial management as a religious duty.	3.85 (1.17)	0.553	0.895
2	My family demonstrated financial discipline through budgeting and financial management.	3.92 (1.20)	0.592	0.892
3	My family emphasized the value of money and the effort required to earn it, which enhanced our respect for and appreciation of money.	4.26 (1.04)	0.571	0.893
4	My family guided me to differentiate between needs and luxuries in spending, helping me prioritize essential needs.	4.51 (0.84)	0.627	0.890
5	My family maintained a balance between spending on current needs and financial management for the future, which taught me the importance of future-oriented thinking.	4.22 (1.07)	0.663	0.887
6	My family practiced moderation in spending and avoided extravagance, encouraging me to save and manage money wisely.	4.22 (1.04)	0.678	0.886
7	My family taught us the difference between financial management for authentic needs and unnecessary hoarding, helping us understand the importance of using money properly.	4.25 (0.97)	0.694	0.885
8	My family emphasized the importance of work and earning money to acquire wealth, fostering values of diligence and financial responsibility.	4.09 (1.11)	0.602	0.891
9	My family linked financial habits, such as financial management, to Islamic teachings on moderation and justice, strengthening spiritual values in our financial practices.	4.05 (1.10)	0.647	0.888
	Total	4.15 (0.74)	1.00	0.87

Notes. *M* = means; *SD* = standard deviation.

2.3.2. Family budget and financial management strategies

This scale evaluated families' practical strategies to promote financial management and financial responsibility (**Table 4**). The nine items addressed actions like setting clear financial goals, involving children in budgeting activities, and linking financial habits to everyday experiences. Example items included, "My family encouraged me to save part of any money I received, helping me develop effective financial management habits" and "My family created a monthly budget that included a financial management component, making financial planning an integral part of our daily life (Maduku & Mbeya, 2024; Moein Addin et al., 2014).

Table 4. Family budget and financial management strategies scale (N = 359).

Items	Statement	M(SD)	Corrected item-total correlation	Cronbach's alpha if item deleted
1	My family involved us in financial and financial management discussions, positively influencing our understanding of financial responsibility.	3.85 (0.92)	0.662	0.897
2	My family used everyday events, such as rising prices or financial challenges, to highlight the importance of financial management, helping me connect financial practices to real-life situations.	3.94 (1.17)	0.646	0.911
3	My family engaged us in activities like mock shopping and budgeting, which helped us make financial decisions and learn through practical experiences.	3.94 (1.17)	0.675	0.912
4	My family shared examples of people who save wisely, which influenced my understanding of the importance of financial management and financial responsibility.	3.64 (1.35)	0.630	0.911
5	My family directly advised us to save part of any money we received, helping us develop effective financial management habits.	3.85 (1.26)	0.668	0.913
6	My family set clear financial goals and encouraged us to adhere to them, helping us balance spending and saving.	4.07 (1.10)	0.759	0.911
7	My family created a monthly budget with a saving component, making financial planning an integral part of our daily life.	3.86 (1.21)	0.683	0.906
8	My family rewarded us when we demonstrated responsible financial management habits, encouraging us to adopt these behaviors consistently.	3.70 (1.35)	0.660	0.910
9	My family controlled spending and income, teaching me the importance of financial management and reducing unnecessary expenses.	3.64 (1.34)	0.664	0.912
	Total	3.84 (0.91)	1.00	0.89

Notes. *M* = means; *SD* = standard deviation.

2.3.3. Family financial distress

This scale captured the financial pressures experienced by families and their impact on the household environment (**Table 5**). The nine items explored financial struggles, social pressures, and the emotional burden of economic challenges. Example items included, “My family finds it difficult to make long-term decisions, such as buying a house or investing, due to financial constraints,” and “Family financial distress sometimes causes tension in my family, especially when discussing money distribution or setting priorities (Adnan et al., 2021; Elfaki et al., 2023).

3. Results

3.1. Means of responses to the scale items

Table 3 shows the participants’ responses to the family budget and financial management principles (N = 359), which also revealed high support. The mean scores were between 3.85 and 4.51. The highest mean score (M = 4.51, SD = 0.84) was for the item explaining the distinction between wants and needs according to Islamic teachings. In contrast, the lowest mean score (M = 3.85, SD = 1.17) was for the item discussing financial management as an act of worship. The corrected item-total correlation values were 0.553 to 0.694, ensuring that all the items contributed significantly to the scale’s reliability. The overall Cronbach’s alpha for the scale was 0.889, demonstrating high internal consistency. If any item was deleted, Cronbach’s alpha values ranged from 0.885 to 0.895, further supporting the scale’s reliability. The items, ranging from

associating frugal spending with daily necessities to not equating financial management with hoarding, received the highest level of acceptance and confirmed perceived cultural and religious values. Additionally, the association of financial management with religion ($M = 4.05$, $SD = 1.10$) highlighted how religious norms positively influence financial practices. This suggests that integrating spiritual values into financial management can foster a supportive family environment that promotes effective financial behaviors.

Table 5. Family financial distress.

Items	Statement	<i>M</i> (<i>SD</i>)	Corrected item-total correlation	Cronbach's alpha if item deleted
1	I noticed that debts impose a psychological burden on my family.	3.88 (1.39)	0.671	0.939
2	My family suffered from insufficient income to cover basic needs.	3.42 (1.49)	0.796	0.928
3	Financial situations sometimes caused tension in my family, especially during discussions about money distribution or setting priorities.	3.72 (1.32)	0.789	0.929
4	My family feels social pressure to meet societal expectations, leading to additional expenses that increase the financial burden.	3.41 (1.55)	0.756	0.932
5	Family financial distress affects my parents' work performance, as they sometimes complain about difficulty concentrating due to ongoing financial commitments.	3.45 (1.49)	0.803	0.927
6	My family's financial situation makes it difficult for them to make long-term decisions, such as buying a house or investing, which creates frustration.	3.55 (1.43)	0.806	0.927
	Total	3.57 (1.20)	1.00	0.91

Notes. *M* = means; *SD* = standard deviation.

The results for applying family budget and financial management strategies in the family ($N = 359$) reveal how families promote socialization to be financially prudent and save. Mean scores ranged from 3.64 to 4.07, indicating a moderate to high agreement with the statements presented. The highest mean was observed for practicing goal setting to encourage compliance, while the lowest was for sharing examples of wise savers and practicing constraint. Reliability analyses revealed corrected item-total correlations ranging from 0.630 to 0.759, confirming the substantial contribution of all items to the scale. The Cronbach's alpha value ranged from 0.897 to 0.913 if any item was deleted, indicating that the scale holds for reliability. Effective practices included involving family members in financial discussions, using familiar examples from financial habits, promoting saving, and advising on financial management. There was also a focus on practical things like preparing a budget and setting financial objectives, hence the practical, experiential learning on financial management habits. These findings foster an inclusive approach to instilling financial responsibility within the family curriculum.

This study's Family Financial Distress Scale results examine financial distress in families ($N = 359$), covering important areas. The statements' mean ranged from 3.41 to 3.88, clearly showing that the participants had moderate agreement on the theoretical and practical aspects. The psychological burden of debts on families had the highest mean score of 3.88 and 1.39 for *SD*, while social pressure for enhanced expenses received the lowest mean of 3.41 and 1.55 for *SD*. The corrected item-total

correlation coefficients ranged from 0.671 to 0.806, indicating satisfactory improvement of all the items. The reliability of the measures was supported by the Cronbach alpha, which ranged from 0.927 to 0.939 if the item was deleted. Family financial stressors include low income to meet the basic needs of a family, arguments over money, and the general financial pressure, which affects planning for the future and parents' performance at work. These results stress the endless impact of financial strain on the mental and behavioral contexts of the family, stressing the importance of approaches to reducing and mitigating financial strains and enhancing the quality of family lives.

3.2. The differences between the study categorical variables according to the four study scales.

The analysis explored differences in family budget and financial management principles, strategies, and financial distress across several demographic variables, including sex, faculty, study year, country of origin, economic income, and family size. Independent samples t-tests and one-way ANOVA tests were used to evaluate these differences (**Table 6**).

Table 6. Descriptive statistics and significance tests for study scales (*t*-tests and One-Way ANOVA, N = 359).

Variables	Family budget and financial management principles M (SD)	<i>p</i>	Family budget and financial management strategies M (SD)	<i>p</i>	Family financial distress M (SD)	<i>p</i>
Male	4.11 (0.84)	0.076	3.91 (0.96)	0.597	3.56 (1.26)	0.544
Female	4.17 (0.72)		3.83 (0.90)		3.57 (1.19)	
Social sciences	4.10 (0.73)	0.550	3.80 (0.93)	0.333	3.63 (1.17)	0.452
Natural sciences	4.23 (0.76)		3.93 (0.88)		3.49 (1.26)	
First year	4.44 (0.64)	0.163	3.93 (0.91)	0.533	3.71 (1.42)	0.626
Second year	4.31 (0.58)		3.98 (0.84)		3.36 (1.29)	
Third year	4.16 (0.81)		3.89 (0.99)		3.63 (1.17)	
Fourth year	4.06 (0.76)		3.76 (0.86)		3.61 (1.17)	
Fifth year and above	4.18 (0.73)		3.71 (1.08)		3.46 (1.38)	
Jordanian	4.13 (0.74)	0.380	3.84 (0.91)	0.966	3.69 (1.13)	0.041*
International	4.30 (0.81)		3.89 (0.98)		2.56 (1.34)	
≤500 JD	4.10 (0.78)	0.153	3.81 (0.94)	0.537	3.80 (1.07)	<0.001***
500–700 JD	4.22 (0.69)		3.88 (0.89)		3.35 (1.26)	
>1000 JD	4.36 (0.67)		4.02 (0.85)		2.47 (1.43)	
1–3	4.38 (0.62)	0.007**	4.11 (0.76)	0.027*	3.57 (1.27)	0.987
4–6	4.19 (0.69)		3.88 (0.91)		3.56 (1.21)	
7–10	3.99 (0.89)		3.66 (0.96)		3.62 (1.16)	
>10	3.89 (0.82)		3.63 (0.96)		3.56 (1.29)	

Notes. *M* = means; *SD* = standard deviation; **p* < 0.05; ***p* < 0.01; ****p* < 0.001.

3.2.1. Sex

Male participants scored slightly lower on Family budget and financial management principles ($M = 4.11$, $SD = 0.84$) compared to females ($M = 4.17$, $SD = 0.72$), but the difference was not statistically significant ($p = 0.076$). Similarly, there was no significant difference between males and females in Family budget and financial management strategies ($M = 3.91$, $SD = 0.96$ vs. $M = 3.83$, $SD = 0.90$; $p = 0.597$) or Family financial distress ($M = 3.56$, $SD = 1.26$ vs. $M = 3.57$, $SD = 1.19$; $p = 0.544$).

3.2.2. Faculty

When comparing participants from the Social sciences and Natural sciences faculties, there were no significant differences in Family budget and financial management principles (Social sciences: $M = 4.10$, $SD = 0.73$; Natural sciences: $M = 4.23$, $SD = 0.76$; $p = 0.550$), Family budget and financial management strategies (Social sciences: $M = 3.80$, $SD = 0.93$; Natural sciences: $M = 3.93$, $SD = 0.88$; $p = 0.333$), or Family financial distress (Social sciences: $M = 3.63$, $SD = 1.17$; Natural sciences: $M = 3.49$, $SD = 1.26$; $p = 0.452$).

3.2.3. Study year

One-way ANOVA showed no significant differences in Principles, Family budget, and financial management strategies, or Family financial distress based on the year of study ($p > 0.05$ for all variables). However, there was a slight trend of declining mean scores for Family budget and financial management principles and Family budget and financial management strategies as students progressed to higher study years. For example, first-year students had the highest Family budget and financial management principles score ($M = 4.44$, $SD = 0.64$), while students in their fourth year had the lowest ($M = 4.06$, $SD = 0.76$).

3.2.4. Country of origin

There were no significant differences between Jordanian and international students in Family budget and financial management principles (Jordanian: $M = 4.13$, $SD = 0.74$; International: $M = 4.30$, $SD = 0.81$; $p = 0.380$) or Family budget and financial management strategies (Jordanian: $M = 3.84$, $SD = 0.91$; International: $M = 3.89$, $SD = 0.98$; $p = 0.966$). However, international students reported significantly lower Family financial distress ($M = 2.56$, $SD = 1.34$) than their Jordanian counterparts ($M = 3.69$, $SD = 1.13$; $p = 0.041$).

3.2.5. Financial income

Participants with higher financial incomes reported lower levels of Family financial distress. Those earning more than 1000 JD had significantly lower Family financial distress scores ($M = 2.47$, $SD = 1.43$) compared to participants earning 500 JD or less ($M = 3.80$, $SD = 1.07$; $p < 0.001$). No significant differences were found in Family budget and financial management principles or Strategies based on financial income ($p = 0.153$ and $p = 0.537$, respectively).

3.2.6. Family size

Family size showed significant effects on Family budget and financial management principles ($p = 0.007$) and Family budget and financial management

strategies ($p = 0.027$), but not on Family financial distress ($p = 0.987$). Participants from smaller families (1–3 members) scored higher in Family budget and financial management principles ($M = 4.38$, $SD = 0.62$) and Family budget and financial management strategies ($M = 4.11$, $SD = 0.76$) compared to those from more prominent families (more than ten members: Family budget and financial management principles, $M = 3.89$, $SD = 0.82$; Family budget and financial management strategies, $M = 3.63$, $SD = 0.96$).

3.3. The correlations between study scales.

The table presents the descriptive statistics (means and standard deviations) and Pearson correlation coefficients for three variables: Family budget and financial management principles, Family Budget and financial management strategies, and Family financial distress; we questioned 359 participants (**Table 7**). The participants' mean score for Family budget and financial management principles was 0.40 ($SD = 0.49$), the mean score for Family budget and financial management strategies was 0.29 ($SD = 0.45$), and the mean score for Family financial distress was 0.30 ($SD = 0.46$).

Table 7. Scores of each factor and Pearson correlation coefficients ($N = 359$).

	<i>M (SD)</i>	1	2	3
1. Family budget and financial management principles	0.40 (0.49)	1		
2. Family budget and financial management strategies	0.29 (0.45)	0.749**	1	
3. Family financial distress	0.30 (0.46)	0.072	0.240**	1

Notes. *M* = means; *SD* = standard deviation; ** $p < 0.01$.

The interaction between Family budget and financial management principles and Family budget and financial management strategies also showed a weakly significant correlation in this study, with $p < 0.01$ and a Pearson correlation coefficient of 0.749, implying that the more family budget and financial management principles implemented, the more family budget and financial management strategies follow it. Nevertheless, the association between Family budgeting and financial management principles and Family financial distress was small and insignificant. Hence, there is no indication that the uptake of family budgeting and financial management principles in decision-making causes increased stress levels.

On the other hand, there was a very weak but statistically significant positive relationship between Family budget and financial management strategies and Family financial distress regime ($r = 0.240$, $p < 0.01$), indicating that the application of family budget and financial management strategies is small but is significantly linked to a higher level of Family financial distress. Therefore, this result implies that although family budget and financial management strategies might help resolve one or many dimensions of financial management, they can also be connected with specific stressors. These results emphasize the mutual connection between family budget and financial management principles and family budget and financial management strategies and the differences in connection with Family financial distress, which may help understand this mechanism in the studied area.

3.4. The regression in family financial distress

The regression analysis summary demonstrates the predictive power of the model for Family financial distress based on the independent variables: Sex, School, year of study, country, family size, financial condition, family budget and financial management principles, and family budget and financial management strategies (Table 8). From a broader perspective, applying the model to the sample population has displayed a good fit with an R-value of 0.799, which explains the good correlation between the independent variables and Family financial distress. Therefore, the R² value of 0.638 means that 63.8% of the variation in Family financial distress is accountable to the expectations in the model. When considering the number of predictors, the value of the Adjusted R² is relatively high at 0.63, and therefore, there is minimal over-simplification. The standard error of the estimate is 0.31507, representing the variation in actual observations from estimated family financial distress scores. The obtained R² Change of 0.638 means that the above predictors indeed have a significant impact on the model; the general statistical significance of the model is also beyond doubt ($F(7, 326) = 82.01, p < 0.001$). These results reiterate the robust relationship between the selected independent variables and Family financial distress and validate the utility of the presented model in capturing the forces that cause Family financial distress.

Table 8. Summary of regression analysis for the variables Family financial distress.

R	R ²	Adjusted R ²	Std. error of the estimate	R ² change	F change	df1	df2	Sig. F change
0.799	0.638	0.63	0.31507	0.638	82.01	7	326	0.000***

Notes. R²: R Square, ΔR²: R square change; *** $p < 0.001$. independent variables: gender, faculty, study year, country, family size, financial condition, family budget and financial management principles, family budget, and financial management strategies; dependent variable: family financial distress.

The regression illustrates the relationship between the independent variables and Family financial distress and supports the previously measured correlation (Table 9). Both analyses identified similar and different results in some ways. Pearson’s correlation coefficients indicated no significant correlation between family budget and financial management principles and Family financial distress ($r = 0.072, p > 0.05$). A two-tailed independent samples test was conducted, which justified an adverse effect of Family financial distress on the results ($B = -0.261, p = 0.027$). This means that though the overall correlation can be considered relatively low, family budget and financial management principles may still contribute to the qualitative improvement of the variable we have defined as Family financial distress when other factors that might influence the model are considered. On the other hand, the Pearson correlation test offers positive and significant probability values for Family budget and financial management strategies and Family financial distress; $r = 0.240, p < 0.01$, and the regression analysis, $B = 0.507, p < 0.001$. The regression results that point to a more significant time to change suggested that the use of Family budget and financial management strategies may bring stress, which might result from the challenge or pressure of applying the family budget and financial management strategies. Notably,

the regression model indicated that being Jordanian significantly predicted increased Family financial distress ($B = 0.909, t = 9.112, p < 0.001$). This means that only when controlling for other factors does nationality come into play; hence, we can now go to the following equation. After controlling for the model, gender, faculty, study year, and family size were not significantly associated with Family financial distress in either analysis, further supporting their lack of impact on the extent of financial distress.

Table 9. The regression on financial distress ($N = 334$).

Variables	<i>B</i>	<i>SE</i>	<i>Beta</i>	<i>t</i>	<i>p-value</i>
Gender (ref: female)					
Male	0.159	0.142	0.056	1.116	0.265
Faculty (ref: Natural Sciences)					
Social sciences	0.076	0.126	0.031	0.604	0.546
Study year (ref: (≥ 5))					
First	0.273	0.424	0.039	0.645	0.520
Second	-0.077	0.310	-0.024	-0.247	0.805
Third	0.233	0.289	0.092	0.804	0.422
Fourth	0.256	0.290	0.105	0.883	0.378
Country (ref: International)					
Jordanian	0.909	0.207	0.232	4.401	0.000***
Financial condition (ref: (≤ 500 JD))					
500 JD and less	1.072	0.240	0.429	4.464	0.000***
500–700 JD	0.632	0.249	0.240	2.535	0.012*
Family size (ref: (≥ 10))					
N = 1–3	0.140	0.274	0.041	0.511	0.610
N = 4–6	0.058	0.237	0.024	0.247	0.805
N = 7–10	0.122	0.256	0.042	0.475	0.635
Family budget and financial management principles	-0.261	0.118	-0.162	-2.214	0.027*
Family budget and financial management strategies	0.507	0.095	0.385	5.341	0.000***

Notes. Independent variables: Gender, faculty, study year, country, family size, financial condition, family budget and financial management principles, family budget, and financial management strategies; dependent variable: family financial distress.; β : Beta standardized coefficients, SE = Std. Error, * $p \leq 0.05$, *** $p \leq 0.001$.

Testing of the regression analysis revealed that all the financial condition categories were significant; participants earning 500 JD or less had the following regression coefficient of 1.072 ($t = 8.936, p < 0.001$), and those earning between 500–700 JD had a regression coefficient of 0.632 ($t = 2.527, p = 0.012$). Such figures, not explicitly emphasized in the correlation (Table 7), indicate that a detailed regression analysis is necessary to discover the peculiarities of financial trends. In summary, the regression analysis results strengthen the correlation results obtained and present more detailed information. It is also interesting to notice that non-parametric results show that while financial conditions strongly affect the increase of Family financial distress, Family budget and financial management family budget and financial management

principles, which are expected to decrease it, are not relevant for that purpose. Demographic factors, like being Jordanian, stand out as a strong predictor, which was not prominent in conventional regressions, giving a broader perspective of what influences family financial distress.

4. Discussion

The regression analysis presented here shows additional details regarding the correlation between the independent variables and the level of family financial stress. This study also revealed a significant distinction between correlation and regression, which focused on the need to use the regression approach for a better analysis of financial data. These outcomes are consistent with the general theoretical loss aversion concerning financial behavior, family management, and stress. This means that the solutions introduced by Islamic finance also stress systematic methods to address financial distress (Wahidin, 2023). Additionally, the results from other cultural contexts align with those presented. Family businesses in the Western world focus on religious means to reduce financial pressure, according to the loss aversion theory (Lee & Fung, 2023; Lei et al., 2024; Sorenson & Milbrandt, 2023). The culturally diverse results above support regression in accounting for global financial behaviors.

In other words, the Pearson correlation findings revealed no association between family budget and financial management principles and family financial strain ($r = 0.072$, $p > 0.05$). However, ordinary least squares regression analysis revealed an inverse relationship between family financial management and distress after controlling for other variables, such that the more the former, the less the latter ($B = -0.261$, $p = 0.027$). This supports the work given by (Wahidin, 2023), wherein the author stated that applying Islamic finance and finance to managing the family's budget enhances family financial performance and reduces stress.

Surprisingly, family budget and financial management strategies also have a positive relationship with family financial stress measured ($r = 0.240$ *, $p < 0.01$) and confirmed further with a high regression coefficient ($B = 0.507$, $p < 0.001$). This implies that although strategies offer cues on commanding funds, their execution brings stress. This complexity aligns with the observation made by Barbić et al. (2023) that asserts that financial stressors may even rise when youth try to execute well-defined and healthy financial practices under high-stress contexts.

These findings suggest that while the overall objective of financial management is the minimization of financial stress, its practical application may generate short-term detrimental consequences or necessitate behavioral modification. Studying stress and financial behavior is not a simple process, and it has become more evident in families. According to Wahidin (2023), while sound financial management conforms to the tenets of Islamic banking, erroneous strategic orientation can deepen stress. Sabri et al. (2020) show that well-intended financial behaviors can result in more significant financial stress. Continuing on this topic, Magli et al. (2021) also elaborate on the potential negative implications of overly formalized saving mechanisms in generating further stress on low-income families. Similarly, Anthony et al. (2021) examine the idea of financial socialization, claiming that responsible family financial

management is not a simple process. The results can be used as an argument for practical and realistic strategies for financial strain reduction.

That is why nationality appeared as one of the most significant predictors affecting family financial situations. The variables that stood out as significant predictors of economic distress were Jordanian ($B = 0.909$, $t = 9.112$, $p < 0.001$); these results suggest that culture and national identity affect economic outcomes. This aligns with Mansor et al. (2022), who noted that financial stress changes in different socio-cultural aspects.

These were income levels that revealed that participants with an income \leq of 500 JD were the most financially stressed ($B = 1.072$, $t = 8.936$, $p < 0.001$). This agrees with Sabri et al. (2020), who pointed out that low income increases financial stress and reduces employee FI. In addition, income was found to have a negative relationship with family financial distress, $z = -8.25$, $p < 0.01$, and the results confirmed that financial stability is critical for reducing stress. Regarding other demographic variables such as gender, faculty, year of study, and family size, the results did not yield any significant difference in family financial stress. Nevertheless, an important difference was noted between Jordanian and International students ($p = 0.041$). The findings relate to those of Magli et al. (2021), where the authors established that financial pressure affects a population variously according to nationality and defined income levels. The regression findings overall explained a good 63.8% of the variance in family financial distress ($R^2 = 0.638$). This paper shows the contribution of multiple regression analysis in establishing intricate financial relationships. Analyses, including those of Osman et al. (2024), present the encouragement of financial literacy and targeted approaches to manage these relations appropriately.

Therefore, the analysis of the results by simple regression affirms the anecdotal and contextual relevance of the family budget and better financial practices in avoiding financial calamity. It also points out the idea of stress stimulus by managing finances and factors such as income, nationality, etc. The study's results also give insights into the factors contributing to financial distress and lay the groundwork for culturally inclusive interventions to enhance family financial quality. Abstinence from *riba* (usury) solves financial worry since it discourages abusive financial practices and eradicates exploitative usurious debt. The non-interest-based model includes murabahah financing methods and mudharabah (entrepreneurs) confronting their housing schemes. On the other hand, Islamic homeownership models are stable and free from stress (Wahidin, 2023). Also, interest-free savings and community support systems increase financial salvation and preparedness (Sabri et al., 2020). The school-based Financial Literacy Program (FLP) recently implemented in the Junior High and high schools in Jordan seeks to instill sound financial behavior among the students as part of a global plan. Through the playing of interactive lessons and exercises, it is a social studies educational tutorial that requires children to learn about simple concepts such as budgeting, saving, and distinguishing between needs and wants (Aljaouni et al., 2020). The program approaches moderation, resource use, and planning; these principles conform to the Jordanian culture. Through these principles, the Financial Literacy Program assists learners in taking responsible financial practices to enable

family financial security. This initiative helps to relieve the household's pressure and builds resilience in society's financial system.

5. Conclusion

This study offers a detailed analysis of applying the Islamic family budget and financial management principles and techniques to manage financial behaviors and alleviate financial burdens among families. The research results support religious/cultural practices that emphasize the importance of being financially safe, and the Islamic Relief Family budget and financial management principles are predictors of financial strain. Compliance with these family budget and financial management principles, especially the differentiation between the needs and the wants and moderation and the future orientation of financial management, showed a highly valuable impact on the desired enhancement of healthier financial behaviors.

The study also pointed out that financial management approaches that help teach practical aspects of financial management, like budgeting and setting financial management objectives, make scholars feel stressed out due to having to cope with the plans that have been carried out. This kind of relation means there should be a balance between utilizing family budgets within common sense and financial management strategies alongside the permissive teachings of Islamic authorities. Demographic and financial variables were identified to affect Family financial distress through an organization's financial condition and nationality. Specifically, participants with lower FI and Jordanian levels felt higher family financial distress, which can be culturally and economically related to the FI and might explain contextual financial pressures. Surprisingly, other independent variables, including gender, study year, and family size, did not exert much pressure, and this indicates that financial management, family budget and financial management principles in Islam apply across the population.

The integration of this study holds advocacy suggestions for current policymakers, educators, and parental groups. They point to other educational programs incorporating the Islamic financial model into the family and community to improve financial literacy and stress levels. In Muslim societies, Islamic economics, especially the zakat concept, can potentially assist families to incur minimal financial pressure. Zakat institutions offer cash disbursement aid, potential debt cancellation, and support for other work projects. Financial literacy programs in schools respect Cultural Islamic values, and policymakers and personal financial planners enhance the zakat institutions and assist families in practicing financial security. This intervention lowers financial stress and enhances resilience within Muslim societies. Additional relief could be achieved by targeting concrete financial support programs for chimpanzee groups most sensitive to economic pressure, especially regarding their income. Therefore, Combined with spiritual guidance, the possible financial management methods help families respond more actively to emerging difficulties and build a stable financial future. It can also be said that these principles can be communicated to other societies that have derived from the Islamic texts, since their practicality conforms to the principles of balanced expenditure and savings. The experiences in various societies are generalizable to obtain psychological comfort for

families and to alleviate their economic burden by using media and educational curricula. These theoretical recommendations allow subsequent research to expose various uses of financial concepts in Islam in numerous societies.

6. Limitations

This study has several limitations. The sample consisted predominantly of female (76.9%) and Jordanian (89.4%) students from Yarmouk University, limiting the generalizability of the findings to other populations, including equal percentages of two genders, non-students, and those from different cultural or national backgrounds. As the sample mainly consists of female Jordanian undergraduate students, the findings of this study cannot be generalized to other populations or categories of people from other cultural backgrounds or social levels. Thus, future research should overcome these limitations by enlisting participants of different ages, incomes, and regions, using longitudinal research designs and additional qualitative approaches. A significant proportion of participants came from low-income families, with 63.2% reporting a monthly income of 500 JD or less, which may have exaggerated Family financial distress levels and reduced socioeconomic diversity. The reliance on self-reported data collected through an online survey introduces the risk of response biases, such as overreporting adherence to Islamic family budget and financial management principles or underreporting Family financial distress. The study's cross-sectional design limits the ability to establish causal relationships between variables, and the narrow age range of 17–22 excludes insights from older or younger age groups. Moreover, the exclusive use of quantitative methods lacks the depth that qualitative data could provide in understanding participants' lived experiences. Future research should address these limitations by including more diverse samples, exploring longitudinal designs, and integrating qualitative methods to provide a more nuanced understanding of the relationship between Islamic family budget and financial management principles, family budget and financial management strategies, and Family financial distress.

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