

Social programs and quality of life in the district of Yuyapichis: evidence from their beneficiaries

Programas sociales y calidad de vida en el distrito de Yuyapichis: evidencia desde sus beneficiarios

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ABSTRACT

Objective. To determine the relationship between social programs and the quality of life of beneficiaries in the district of Yuyapichis during 2025. **Methods.** A non-experimental design, cross-sectional, quantitative approach, correlational level and involved a sample of 398 active beneficiaries of the Pensión 65, Contigo, Vaso de Leche, and Juntos programs was conducted. A structured 33-item questionnaire, validated through expert judgment, was used. The data were analyzed based on descriptive statistics and the Kolmogorov-Smirnov normality test, in addition to Pearson's correlation, with a significance level of 0.05. **Results.** The evaluation of social programs showed an overall mean of 3,10, with 38.5% of positive evaluations. The average quality of life was 3.26, with a positive evaluation of 42.7%. In this regard, social inclusion was qualified as the highest rating, at 51.2%. Quality of life and social programs showed a positive and significant correlation, with $r = 0.673$ and $p < 0.001$. Along this line, the following social programs also showed significant positive correlations: Vaso de Leche with $r = 0.760$, Pensión 65 with $r = 0.716$, Juntos with $r = 0.701$, and Contigo with $r = 0.648$. **Conclusions.** Social programs are significantly related to the quality of life of beneficiaries. A better assessment of their functioning is associated with higher levels of well-being, without implying causality.

Keywords: beneficiaries; quality of life; public management; social inclusion; social programs; social protection.

RESUMEN

Objetivo. Determinar la relación entre los programas sociales y la calidad de vida de los beneficiarios del distrito de Yuyapichis durante 2025. **Métodos.** Se realizó un estudio de diseño no experimental de corte transversal, enfoque cuantitativo, tipo aplicado, nivel correlacional y que involucró una muestra de 398 beneficiarios activos de Pensión 65, Contigo, Vaso de Leche y Juntos. Se utilizó un cuestionario estructurado de 33 ítems validado por el juicio de expertos. Los datos fueron analizados con base en estadísticas descriptivas y la prueba de normalidad de Kolmogorov-Smirnov, además de la correlación de Pearson, con un nivel de significancia del 0,05. **Resultados.** La evaluación de los programas sociales mostró un promedio general de 3,10, con un 38,5 % de evaluaciones positivas. La calidad de vida promedio fue de 3,26 y una evaluación positiva del 42,7 %. En ese sentido, la inclusión social fue calificada como la más alta, con un 51,2 %. La calidad de vida y los programas sociales mostraron una correlación positiva y significativa con un $r = 0,673$ y $p < 0,001$. En esta línea, los siguientes programas sociales también mostraron correlaciones positivas significativas: Vaso de Leche con $r = 0,760$, Pensión 65 con $r = 0,716$, Juntos con $r = 0,701$ y Contigo con $r = 0,648$. **Conclusiones.** Los programas sociales se relacionan significativamente con la calidad de vida de los beneficiarios. Una mejor valoración de su funcionamiento se asocia con mayores niveles de bienestar, sin implicar causalidad.

Palabras clave: beneficiarios; calidad de vida; gestión pública; inclusión social; programas sociales; protección social.

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INTRODUCTION

Social programs are a non-contributory social protection service. There are gaps in coverage, adequacy, and coordination. In Latin America and the Caribbean, one in three households in the lowest income quintile does not have access to a social protection system. The benefits they receive are insufficient to alleviate poverty (Economic Commission for Latin America and the Caribbean [ECLAC], 2024). In addition, inequalities in coverage and sustainability persist amid the growing risks posed by climate change (International Labour Organization [ILO], 2025). In Peru, in 2024, monetary poverty affected 27.6% of the population (National Institute of Statistics and Informatics [INEI], 2025); therefore, coordinated efforts to address social exclusion and improve the living conditions of the population are a priority (Ministry of Development and Social Inclusion [MIDIS], 2023). In Yuyapichis, the municipal institutional assessment reported heterogeneous progress in local food services, social assistance, and healthcare. This justifies an analysis of the well-being of beneficiaries (District Municipality of Yuyapichis, 2025).

The evidence suggests some variation in the effects of cash transfers. In Mexico, the effect of prosperity on economic confidence, social relationships, self-esteem, and autonomy was inconsistent, demonstrating the need to assess multidimensional well-being (Ramírez, 2023). In that country, satisfaction with a food program was found to be associated with the socioeconomic conditions of rural and urban contexts, highlighting the need to implement differentiated measures according to the characteristics of each context (Ayala-Ortiz et al., 2022). In Peru, Pensión 65 had a positive effect on per capita food expenditure among beneficiaries on the northern coast. However, Pensión 65, which focused on food consumption, limited its scope (Aldana Curay et al., 2022). Another recent study in Áncash reported positive results in security and protection. However, negative results were observed in basic needs, self-actualization, and depression (Rodrich Iglesias et al., 2024). In a district of Lima, a relationship between public health policies and quality of life was identified, and the importance of evaluating government actions from the citizen's perspective was confirmed (Ruiz Yngol and Ruiz Puquio, 2024).

According to the Organisation for Economic Co-operation and Development (OECD, 2024), a person's quality of life encompasses material living standards, health, the social environment to which they belong, security, and subjective well-being, and therefore goes beyond income alone. Consequently, social protection aims to provide a basic level of well-being and strengthen the resilience of people and families at risk (World Bank, 2025). The joint analysis of the two categories provides regional evidence for optimizing targeting, complementarity, and monitoring.

In this context, the research aimed to determine the relationship between social programs and the quality of

life of beneficiaries in the district of Yuyapichis during 2025. The analysis focused on the following social programs: Pensión 65, Contigo, Vaso de Leche, and Juntos, from the perspective of quality of life through the dimensions of personal development, self-determination, and social inclusion, with the aim of generating inputs for local public management.

METHODS

Type and area of study

A quantitative approach was used, consisting of an applied study with a correlational scope designed to estimate the association between social programs and quality of life by considering the variables within their natural context. The design was non-experimental and cross-sectional, given that the information was collected at a single point in time, in accordance with Creswell & Creswell (2023). Likewise, the correlational design helped examine the direction and strength of the relationship between the variables, without attributing causality to the phenomena analyzed (Grønmo, 2023). The study was conducted in the district of Yuyapichis, province of Puerto Inca, Huánuco, Peru.

Population and sample

The study unit estuvo was conformed for all the active users of Pensión 65, Contigo, Vaso de Leche and Juntos que vivían en Yuyapichis. The study population was conformed by 398 beneficiaries, distributed in the following manner: 159 beneficiaries of Pensión 65, 33 beneficiaries of Contigo, 102 beneficiaries of Vaso de Leche, and 104 beneficiaries of Juntos. Due that all registered and committed members were involved, instead of taking a sample a survey of the entire accessible population was conducted. This choice provided an opportunity to articulate perceptions regarding the study group, assuming that the population and respondents were adequately specified (Goodfellow, 2023).

Beneficiaries who were active and willing to participate as district residents were included. Individuals who refused to participate, those who did not meet the current eligibility requirements, unaffiliated individuals, and those who refused to answer the questionnaire were excluded. (see Table 1).

Table 1
Distribution of beneficiaries by social program

social program	n	%
Pensión 65	159	39.9
Contigo	33	8.3
Vaso de Leche	102	25.6
Juntos	104	26.1
Total	398	100.0

Note. n = Absolute frequency. The percentages were calculated based on 398 beneficiaries.

Variable and data collection instruments

Two quantitative variables were analyzed. Social programs were examined through the following four dimensions: Pensión 65, Contigo, Vaso de Leche, and Juntos. Each dimension consisted of six items covering economic support, social protection, and emotional well-being; verification, effects, and coverage; registration, information, and product distribution; and, finally, economic contribution, management capacity, and monitoring, respectively. The assessment of the quality-of-life variable involved grouping nine items into the three dimensions of personal development, self-determination, and social inclusion. Each dimension had three indicators. The instrument comprised a total of 33 items. The response options for the items were based on a five-point Likert scale: never, hardly ever, sometimes, almost always, and always. Higher scores indicated more favorable perceptions of each variable. The construction of a survey scale requires the alignment of a construct with its dimensions and survey items, as well as validity and reliability (DeVellis & Thorpe, 2021). The instrument was validated through expert judgment, assessing its clarity, relevance, pertinence, coherence, and sufficiency, thereby ensuring content validity and the objectivity of the data collected.

Data collection techniques and procedures

The technique used was the survey, and the instrument was a structured questionnaire differentiated by social program, together with the common quality-of-life section. The instrument was administered at a single point in time during 2025 to the included beneficiaries. Before responding, the purpose of the study was explained, along with the voluntary nature of participation and the confidentiality of the responses. Subsequently, the completeness of the questionnaires was examined, numerical codes were assigned to the response options, and a data matrix was created. Before data entry, incomplete records were verified, and the research team was required not to alter participants' responses or infer missing data.

Data analysis

Using the Statistical Package for the Social Sciences v. 27 statistical software, the data were prepared for analysis through a process of cleaning, coding, and processing. The descriptive analysis included counting absolute frequencies and calculating the percentage of responses for each survey item. The Kolmogorov-Smirnov test was used to assess the distribution of the overall scores, using a significance criterion of 0.05. Since the reported values exceeded the defined threshold, the Pearson correlation coefficient was used to evaluate the general hypothesis and the four hypotheses. The Pearson test results were reported in terms of the coefficient, direction, and magnitude of the correlation, as well as two-tailed significance. In this context, values reported as 0.000 were indicated as $p < 0.001$. This is standard practice when using SPSS software (Field, 2024).

Ethical aspects

The dignity, autonomy, and privacy of the participants were respected and, where applicable, their decision not to participate was also respected. The researchers provided participants with an informed consent document describing the purpose of the study and the intended use of the data prior to the survey. The researchers assured participants of the confidentiality of their responses and that they could withdraw from the study without penalty. The questionnaires were anonymous, and the database was used exclusively for research purposes. These precautions ensure the fundamental principles of informed consent, namely, the right to make an autonomous decision, the provision of sufficient information, the right to withdraw from the study at any time, and the assurance of confidentiality (Yusof et al., 2022).

RESULTS

For Pensión 65, the "Sometimes" response was the most frequent across all six items, indicating an intermediate position on the contribution scale. The highest favorable percentages were found for protection against emergencies (42.1%) and social protection (41.5%). The lowest percentages were found for the provision of financial support (29.6%) and emotional stability (31.4%).

In the case of Contigo, the main difficulty was presented in the verification process. 60.6% said that they almost always experienced inconveniences, and there were no favorable responses for this indicator. The other dimensions were mostly rated at the intermediate level, with positive percentages ranging between 24.2% and 33.3%.

In Vaso de Leche, respondents assessed the advances in personal registration updates (56.9%), the lack of access problems related to registration errors (57.8%), and the regularity of product delivery (51.0%). However, confirmation of the registration request and the usefulness of the information provided received a favorable response from only 27.5% of respondents.

In Juntos, the most favorable rating (47.1%) was given to the empathy and understanding of program managers, while the least favorable rating (28.8%) was given to the adequacy of follow-up in addressing problems and needs (see Table 2).

The results showed that social inclusion and coexistence were the strongest areas in the quality-of-life assessment. Improvements in emotional and psychological well-being reached 58.0% of responses classified as favorable. Improvements in coexistence and mutual respect were recorded at 53.3%, while the perception of family roles and responsibilities reached 51.3%.

Table 2
Descriptive results of the items of the social programs variable

Program e item	n	Modal Response	n (%)	Favorable (%)
Pensión 65				
P65-1. Improvement in economic situation	159	Sometimes	57 (35.8 %)	40.3
P65-2. Receipt of financial support	159	Sometimes	49 (30.8 %)	29.6
P65-3. Reduction of vulnerability in emergencies	159	Sometimes	56 (35.2 %)	42.1
P65-4. Adequate social protection	159	Sometimes	42 (26.4 %)	41.5
P65-5. Improvement in emotional well-being	159	Sometimes	55 (34.6 %)	39.0
P65-6. Greater emotional stability	159	Sometimes	54 (34.0 %)	31.4
Contigo				
CON-1. Difficulties in the verification process*	33	Almost always	20 (60.6 %)	0.0
CON-2. Adequate information on verification	33	Sometimes	19 (57.6 %)	27.3
CON-3. Perceived improvement in quality of life	33	Sometimes	20 (60.6 %)	24.2
CON-4. Improved access to basic services	33	Sometimes	15 (45.5 %)	30.3
CON-5. Coverage breadth	33	Sometimes	17 (51.5 %)	30.3
CON-6. Adequate duration of support	33	Sometimes	17 (51.5 %)	33.3
Vaso de Leche				
PVL-1. Registration as a beneficiary	102	Almost always	30 (29.4 %)	50.0
PVL-2. Confirmation of the registration request	102	Never	28 (27.5 %)	27.5
PVL-3. Usefulness of the information received	102	Sometimes	30 (29.4 %)	27.5
PVL-4. Updating of personal registration	102	Almost always	38 (37.3 %)	56.9
PVL-5. Delays in product delivery*	102	Hardly ever	42 (41.2 %)	51.0
PVL-6. Access problems due to registration errors*	102	Hardly ever	33 (32.4 %)	57.8
Juntos				
JUN-1. Sufficiency of the financial transfer	104	Sometimes	27 (26.0 %)	37.5
JUN-2. Coverage of basic needs	104	always	27 (26.0 %)	38.5
JUN-3. Training of program managers	104	always	28 (26.9 %)	39.4
JUN-4. Empathy and understanding of program managers	104	always	36 (34.6 %)	47.1
JUN-5. Adequate follow-up	104	Sometimes	39 (37.5 %)	38.5
JUN-6. Sufficiency of follow-up	104	Never	30 (28.8 %)	28.8

Note. The favorable percentage corresponded to the sum of the "Almost always" and "Always" responses. For items CON-1, PVL-5, and PVL-6, which were negatively worded, it corresponded to the sum of "Never" and "Hardly ever." The percentages for PVL-1 were taken from the interpretation presented in the thesis and should be verified against the original database.

In contrast, both awareness of maintaining healthy habits and the ability to make autonomous decisions recorded the lowest favorable percentages, at 25.4% each. Participation in community activities and the support received to overcome personal limitations reached 44.2% and 44.0%, respectively. Overall, more favorable perceptions were found regarding social relationships and emotional well-being than regarding personal autonomy and the adoption of healthy habits (see Table 3).

The global assessment of the social programs showed a mean of 3.10. The breakdown of responses

yielded 38.5% in the favorable category, 28.9% in the intermediate category, and 32.7% in the unfavorable category. Vaso de Leche obtained the most favorable responses, with 45.1%, with the highest level of support in product distribution, with a favorable rating of 54.4%. In contrast, Contigo recorded the lowest percentage of favorable ratings among the programs evaluated, at 24.2%. The largest proportion of responses was concentrated in the intermediate category (48.5%), followed by the unfavorable category (27.3%). Among its dimensions, beneficiary verification presented the least favorable result, with only 13.6% of favorable ratings and 45.5% of unfavorable ratings.

Table 3
Descriptive results of the items of the quality-of-life variable

Program e Item	n	Modal Response	n (%)	Favorable (%)
Personal development				
CV-1. Awareness of healthy habits	398	Sometimes	140 (35.2 %)	25.4
CV-2. Community connection and sense of belonging	398	Almost always	102 (25.6 %)	45.0
CV-3. Coexistence and mutual respect	398	Always	134 (33.7 %)	53.3
Self-Determination				
CV-4. Support to overcome personal limitations	398	Always	137 (34.4 %)	44.0
CV-5. Tools to achieve personal goals	398	Sometimes	137 (34.4 %)	37.9
CV-6. Ability to make autonomous decisions	398	Sometimes	140 (35.2 %)	25.4
Social inclusion				
CV-7. Participation in community activities	398	Sometimes	174 (43.7 %)	44.2
CV-8. Emotional and psychological well-being	398	Sometimes	152 (38.2 %)	58.0
CV-9. Perception of family roles and responsibilities	398	Sometimes	179 (45.0 %)	51.3

Nota. The favorable percentage corresponded to the sum of the “Almost always” and “Always” responses.

Pensión 65 recorded the highest value for social protection, at 41.8%, while Juntos led in the dimension of trained program managers, at 43.3%. The mean score for the social protection dimension was 3.26, and the average percentage of favorable perceptions was 42.7%. In the overall classification of the indicators, social inclusion was the dimension with the highest score, reaching a mean score of 3.59 and 51.2% of favorable

Table 4
Descriptive synthesis by dimensions and variables

Variable/program and dimension	n	Mean	Unfavorable (%)	Intermediate (%)	Favorable (%)
Pensión 65					
Economic support	159	3.07	31.8	33.3	34.9
Social protection	159	3.24	27.4	30.8	41.8
Emotional well-being	159	3.07	30.5	34.3	35.2
Total program	159	3.12	29.9	32.8	37.3
Contigo					
Beneficiary verification	33	2.65	45.5	40.9	13.6
Program effects	33	3.02	19.7	53.0	27.3
Coverage period	33	3.20	16.7	51.5	31.8
Total program	33	2.95	27.3	48.5	24.2
Vaso de Leche					
Beneficiary registration	102	3.06	35.8	25.5	38.7
Information and communication	102	3.11	33.3	24.5	42.2
Product distribution	102	3.19	32.8	12.7	54.4
Total program	102	3.12	34.0	20.9	45.1
Juntos					
Economic contribution	104	3.07	36.5	25.5	38.0
Trained program managers	104	3.13	40.4	16.3	43.3
Beneficiary follow-up	104	3.00	35.1	31.2	33.7
Total program	104	3.07	37.3	24.4	38.3
Social programs: global result	398	3.10	32.7	28.9	38.5
Quality of life					
Personal development	398	3.13	32.3	26.5	41.2
Self-determination	398	3.08	32.6	31.7	35.8
Social inclusion	398	3.59	6.5	42.3	51.2
Global Quality of Life	398	3.26	23.8	33.5	42.7

Nota. Means were calculated on a scale from 1 to 5. Unfavorable corresponded to “Never” and “Hardly ever”; intermediate corresponded to “Sometimes”; and favorable corresponded to “Almost always” and “Always.” Negatively worded items were reverse-coded before calculation.

perceptions. In contrast, self-determination presented the lowest percentage of favorable perceptions, at 35.8% (see Table 4).

Table 5

Global relationship between social programs and quality of life

Related Variables	N	Pearson's r	2-tailed p	Interpretation
Social programs–quality of life	398	0.673	< 0.001	Positive and statistically significant relationship

A positive and statistically significant correlation was identified between the assessment of social programs and the quality of life of beneficiaries ($r = 0.673$; $p < 0.001$). This indicates that more favorable scores regarding social programs tend to be associated with higher quality-of-life scores. Consequently, the results support the general hypothesis; however, due to the cross-sectional correlational design of the study, causal relationships cannot be inferred (see Table 5).

Table 6

Relationship between specific social programs and beneficiaries' quality of life

Evaluated relationship	n	Pearson's r	95% CI for r	2-tailed p	Decision
Pensión 65–quality of life	159	0.716	[0.631; 0.784]	< 0.001	H_1 is supported
Contigo–quality of life	33	0.648	[0.392; 0.811]	< 0.001	H_2 is supported
Vaso de Leche–quality of life	102	0.760	[0.664; 0.832]	< 0.001	H_3 is supported
Juntos–quality of life	104	0.701	[0.588; 0.787]	< 0.001	H_4 is supported

Note. n = number of beneficiaries; r = Pearson correlation coefficient; 95% CI = 95% confidence interval. A relationship with $p < 0.05$ was considered statistically significant.

Each of the social programs demonstrated positive and statistically significant correlations with the quality of life of their beneficiaries ($p < 0.001$). The Vaso de Leche Program showed the strongest correlation ($r = 0.760$), followed by Pensión 65 ($r = 0.716$), Juntos ($r = 0.701$), and Contigo ($r = 0.648$). The results indicate that a more favorable assessment of each social program is associated with higher levels of quality of life (see Table 6).

DISCUSSION

The finding suggests that beneficiaries of social programs experience improved quality of life when these programs receive more favorable evaluations. Cash transfers and public services help people by alleviating

economic constraints and providing the means to access essential goods. Public services can improve an individual's subjective sense of security. However, the quality of public services plays a crucial role in their impact. The benefits of public services and the services themselves must be adequately provided and integrated with health and education services. According to a Cochrane review, unconditional cash transfers reduce extreme poverty and promote certain health outcomes, although their impact on service utilization is inconsistent (Pega et al., 2022). A review of Bolsa Familia found positive outcomes in poverty reduction, health, school attendance, employment, and social inclusion, while the results regarding autonomy and gender relations were mixed (Magalhães et al., 2024). This provides a multidimensional interpretation of well-being. However, as Della Guardia et al. (2022) point out, prioritizing specific needs may result in stigmatization, conflict, and feelings of inequity when a vulnerable population is excluded. In Yuyapichis, the proposed relationship implies that public assessment of social programs depends on the experience of service delivery and administration, trust in the institution, and the ability to channel support toward opportunities for personal development, self-determination, and social inclusion. Due to the correlational nature of the research, the findings indicate an association without making cause-and-effect claims.

It is evident that exists a relationship between Pensión 65 and quality of life, and that there is a link between economic protection in old age and both the material and subjective components of well-being. However, in the case of intermediate assessments of economic support and emotional stability, it can be concluded that, although the transfer is important, it does not by itself address the accumulated needs of a population experiencing poverty, illness, and dependency. In Chupaca, a positive correlation was identified between Pensión 65 and well-being, highlighting the positive impact that economic security had on well-being (Rivera Medrano, 2023). This finding is consistent with the local association identified in Yuyapichis. At the regional level, an experimental study on a non-contributory pension in Paraguay identified positive changes in consumption, perceived health, self-esteem, and subjective well-being (Bando et al., 2022). Consequently, Pensión 65 should be considered an integrated protective platform because its contribution increases when the subsidy is integrated with medical care, social assistance, timely provision of services, measures to address social isolation, and so forth.

Although there are some barriers within the evaluation process, a more favorable assessment of Contigo is associated with quality of life, although to a limited extent, which is reflected in the administrative barriers. Accessible procedures, easy-to-understand information, and ongoing support are essential in programs for clients with severe disabilities. A quasi-experimental study showed that targeted assistance transfers were

associated with greater use of rehabilitation and medical services, as well as a reduction in financial barriers to accessing these services (Li et al., 2023). At the same time, a systematic review indicates that livelihood-focused interventions benefit participants with disabilities, but notes that the evidence is inconsistent and remains methodologically weak (Hunt et al., 2022). These findings indicate that Contigo should consolidate the pension together with personalized guidance, simplified verification, and coordination of health care, rehabilitation, family support, and the integration of interventions for autonomy and social participation.

Vaso de Leche showed the strongest association with improved quality of life due to food assistance targeted to daily needs. The positive assessment of the distribution system contrasts with weaknesses in registration confirmation and information. This indicates that logistics are more effective than the local administrative system. In Matahuasi, program management associated with beneficiary satisfaction highlighted the importance of transparency, quality control, and effective communication (Ninamango Maita, 2024). At the national level, the Vaso de Leche Program has made some positive contributions to social well-being. However, it has had limited success in reducing malnutrition and anemia compared with other food programs (Quispe Llanos and Chung Alva, 2024). The association identified should not be considered solely as a nutritional impact. It may also encompass service reliability, trust in delivery, and the reduction of costs for families. It is essential to consider food quality and align it with health monitoring and the required level of organization.

For its part, Juntos maintains a favorable impact on quality of life, but the perception of insufficient follow-up indicates a disconnect between monetary assistance and the broader support required to achieve meaningful changes in capabilities. The empathy of program managers is a strength; however, it should be articulated in the form of targeted assistance and collaboration with health services. Evidence over time suggests that participation in Juntos increases access to technical and university education, although educational outcomes are not the same for men and women (Patel-Campillo & Salas García, 2022). In Amazonas, a positive but small correlation with quality of life was observed, and this depended on the limited amount of the incentive and inadequate territorial adjustment (Noriega Campojó, 2023). These findings show that the contribution of Juntos depends not only on the transfer, but also on the quality of available services, the relevance of the program requirements, and the ability to support differentiated trajectories.

For public management at the local level, the results imply the management of fragmented, program-based administration. The municipality and the responsible units should exchange information on program beneficiaries, develop referral pathways, and integrate

activities with the health and education sectors. In addition, they should evaluate the impact of their initiatives in relation to multidimensional outcomes, rather than simply measuring the extent and efficiency of budget execution. Procedures, including those related to intercultural and accessible assistance, should be simplified. Participation criteria should be clear, and mechanisms for filing complaints and participating should be available. Targeting should combine social legitimacy and technical accuracy. This is because, according to Pruce (2023), perceptions regarding who should receive assistance influence the community's acceptance of assistance and the sustainability of interventions. A local dashboard could include indicators of delivery timeliness, satisfaction, access to services, autonomy, and inclusion. Therefore, budgetary decisions would be directed toward observable gaps and toward better differentiating improvements in the operations of each program.

One strength was the integration of four programs with different target populations, together with a multifaceted view of quality of life. The inclusion of the entire accessible population broadened the analytical scope within the district. However, the targeted analysis was essential for identifying distinctions that would otherwise be obscured by aggregated measures. This study aimed to produce location-based evidence to support management, monitoring, and the strategic allocation of resources in a rural area.

Regarding the limitations of the study, the design used was cross-sectional, which limited the ability to determine temporality or causality. The variables under consideration were self-reported and may have been affected by social desirability and methodological bias. Due to the very small size of the Contigo group, this estimate was probably less precise. Likewise, variables such as age and sex, poverty, disability, length of participation, and access to services by region were not controlled for. Therefore, the authors recommended that the findings be interpreted within the context of Yuyapichis, without assuming that they would be applicable to other districts or populations.

CONCLUSIONS

For the beneficiaries of Yuyapichis, social programs are positively and significantly related to the impact of the program on quality of life. Program benefits, support, and assistance provided create an environment for personal development, social inclusion, and self-determination. The lack of linearity with support and personal development is a function of the descriptive and correlational nature of the study.

Pensión 65 has a positive and statistically significant correlation with improved quality of life. This is generally related to social protection and, to some extent, the alleviation of vulnerability. However, medium-term assessments of economic support and emotional stability

demonstrate the need to further develop complementary services and holistic support.

Contigo has a positive and significant impact on quality of life. However, challenges in confirming program beneficiaries limit its positive evaluation. To further strengthen aspects of the program, it would be necessary to simplify procedures, provide easily accessible information, and promote collaboration with health and rehabilitation services.

The Vaso de Leche Program shows, according to the data, the strongest association with quality of life. The program's strengths lie in product distribution and the updating of records. Improvements in the confirmation of applications and the relevance of the information provided will help develop more timely, transparent, and accessible management.

Beneficiaries perceive a positive and significant relationship between Juntos and quality of life. While program managers demonstrate strengths in empathy and capacity, the perception of inadequate program follow-up limits its potential. It is essential to strengthen intersectoral coordination and differentiated attention to family and territorial needs.

Recommendations

It is recommended that the Municipality of the District of Yuyapichis establish an Integrated Management and Monitoring System for Pensión 65, Contigo, Vaso de Leche, and Juntos, with coordination among the health and education sectors, incorporating indicators of integrated management related to coverage, timeliness, satisfaction, social inclusion, and quality of life.

Those responsible for and managing these programs are recommended to optimize verification and registration processes, as well as improve communication with beneficiaries, ensure the timely delivery of benefits, and promote individualized support. This should focus primarily on the challenges of Contigo, the follow-up of Juntos, and the Vaso de Leche Program.

Future studies should be more inclined to use a longitudinal or explanatory design, include more demographic and social variables, and analyze more districts. In addition, studies should include more Contigo participants and assess the variability of the program's effect on participants' autonomy, emotional well-being, and social inclusion.

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