

# **Social and Demographic Characteristics of Rural Families in the Municipalities Of Armenia, Circasia, Filandia, La Tebaida, Montenegro and Quimbaya in the Department of Quindío, Colombia**

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## **Abstract**

This article is part of the "Family and Gender" research line of the Regional Studies Research Group within the Social Work Program of the Faculty of Humanities and Fine Arts. Epistemologically, it is based on the constructionist perspective and from there, a reading and analysis of the configuration, family organization and the dynamics of families was made based on the studies carried out by Gutiérrez de Pineda (1987), Puyana (2004) and Jelin (2020).

The purpose of this article is to characterize the social and demographic aspects of rural families in the municipalities of Armenia, Circasia, Filandia, La Tebaida, Montenegro, and Quimbaya in the department of Quindío, Colombia. These families were studied from the perspective of Social Constructionism theory and its contributions to the field of family studies, seeking to interpret family discourse (Gabrium & Holstein, 1993, cited by Iturrieta, 2001), in such a way that, as knowledge is constituted in interaction mediated by language, it offers a wide variety of ways of understanding the world, which are embedded in ways of life based on specific values and customs (Pinilla, 2021). Hence, this theory values and focuses its interest on knowledge produced from within groups, one of which is families. This knowledge perspective served to establish a partnership with the mixed ethnographic design (Creswell, 2013 and Madison, 2011; Sampieri, et al. 2014, p. 485), in which the information collected through interviews was analyzed, identifying the social and demographic profile of families in rural and urban contexts of the Quindío territory. The main findings show that the correlation between income, education, and housing tenure by age group reflects an economic and educational cycle with a greater concentration in the 26–35 age group, suggesting a stage of economic and social consolidation linked to entry into the formal labor market, which stabilizes in middle adulthood with shared household leadership, the predominance of the nuclear family, and a decrease in the number of children, whose care and protection prevails among the participating women.

**Keywords:** Family, sociodemographic aspects, family organization, family composition, family structure

## INTRODUCTION

The evolution of the concept of families has been studied from various disciplines such as Anthropology, Sociology, Social Work, Psychology, Economics, among others (Bedoya & Giraldo, 2010; Bello, 2000; Gutiérrez de Pineda, 1968; López-Montaño & Herrera-Saray, 2017; Páez-Martínez, 2016; Puyana, 2003; Puyana & Ramírez, 2006; Ramírez, 2007; Ramírez, 2017; Palacio-Valencia, 2020). The conception of the family understood as an institution that regulates social behavior and in fulfillment of its functions of control, protection and reproduction that it traditionally had to fulfill in the patriarchal model is profound; today it is understood as a social unit immersed in the diversity and ethnic and cultural plurality of this nation and is considered above all as an agent responsible for the development, growth and continuous care of human beings in co-responsibility with the State and society (Escobar, 2017; Viveros Chavarría, 2010).

The family is the recipient of the changes that society undergoes in the social, economic, political and cultural orders, which directly influence its structure and functioning. Among the main changes we mention the following: the transition from the rural country to the urban country, the linking of the Colombian State to international treaties that protect population groups, the demographic transition reported in the 2018 census, with a decrease in the birth rate in relation to the increase in life expectancy, the strengthening of human rights as the basis of democracy, the changes generated since the entry into force of the Political Constitution of 1991, especially the recognition of the multicultural and multiethnic character of our nation, the incorporation of the family into the Constitution as an agent entitled to rights and guarantor of the rights of its members, and women's social movements, whose demands have embodied gender equality as a fundamental postulate of contemporary democracy.

These transformations have modified the traditional notion of the family based on the hegemony of the nuclear family. In accordance with the provisions of the Colombian Fundamental Charter and Law 1361 of 2009, amended by Law 1857 of 2017, the family today is a collective subject of rights and is a guarantor of the rights of its members in co-responsibility with the State and society. On the other hand, these changes are also bearers of the violence, abuse and rape of which women are victims, as well as men, children and the elderly, which the law calls domestic violence (Alonso Varea & Castellanos Delgado, 2006; Escobar, 2017). However, the study refers to the implications of demographic transition processes in the family and their impact on family composition and organization.

### **Sociodemographic aspects and their implications for family life.**

Families have always been an important part of sociodemographic studies because they are recognized as a unit of study and analysis to reveal the demographic changes that impact their interior and that are not alien to what the social reality shows in the environment. For the construction of the sociodemographic characteristics of families, it is necessary to appropriate variables that have shown implications in family life, for which the background of studies play an important role as well as the theoretical bases that have allowed to make the journey of those concepts and propositions that lead to explain this phenomenon.

These findings show the different factors that can be studied from the sociodemographic framework, accounting for the importance of evaluating their effects and impacts on the family structure, immersed in a social reality that every day requires a greater approach as a response to the study of these phenomena that evolve and require greater attention. The European Postgraduate Centre (CEUPE) (2021) shows a classic classification of families by family life cycle.

- By marital status or age: each person's life path can be represented as premarital, marital (newlywed, married, unregistered marriage), postnuptial (divorced, single, or married, widowed).
- By family life cycle: a young family (with a firstborn or children under three years of age), a middle-aged family, elderly people and the elderly.
- Classification of families according to regional characteristics (urban, rural). Single-parent families and ethnically mixed families prevail in the cities. In rural areas, there are more families with many children and many generations, which is due to the particularities of household management, housing conditions, ethnic composition, etc.
- Classification of families by income. It is considered that a high-income family can afford to use paid services in the social sphere.

When analyzing other social and demographic variables, a differentiation must be made between family and household. The family is seen from different perspectives, either according to its conformation taking into account its typology, by ties of consanguinity, kinship, affinity and solidarity or from the perspective as a formalizing institution that imparts values and that guides and gives social and cultural meaning to the reproduction and sexuality of its members.

### **Structure and Organization of Family Life.**

It is important to keep in mind that the basic process in ancient times was of a man and a woman who had offspring and then, they were structured as a relatively permanent organization to achieve the growth of all its members, but an initial structuring was fulfilled, which is that of the existence and permanence of the couple, generating an institution that, Along with the development of social complexity, it was determining a form of social validation, for example developing the institution of marriage, which is a legal form that defines a legal condition and, curiously, this is valid for the couple (civil or religious marriage in ancient times, unmarried couple with implications of legal responsibility, marital status), but there is no legality for the constitution and permanence of the family and it derives from the legal organization of the couple.

Therefore, family organization has constitutive aspects in:

- The various forms of kinship.
- Self-definition or self-recognition as a family.
- Purpose of meeting different needs for members
- It provides satisfaction of aspects that are not given by any other social form (organization of daily life, of the economy and of affections).

The complexity that characterizes the conception and forms of organization also includes the multiplicity in the solutions that families in Colombia need to meet their needs and put into practice their collective and individual life projects of their members. For these reasons, it is urgent to know the current characteristics of this complexity so that policies, programs and projects for guidance and care for families are effective in the conception of collective subjects of rights and of the members as active holders of their own rights. In this epistemological horizon, Palacio (2004) raises aspects that help to elucidate the role and place that the family occupies in the configuration of the social order, because it implies the incidence that different spheres of society have on the various forms of family organization, the main one being the current development model (the expansion of capitalism). which has incorporated dynamics of vulnerability in family environments, in terms of family insecurity, low income, food deficit and health care. In addition to this analysis, there are other relevant thematic axes proposed by Palacio for the construction

of continuous processes of reflection around family studies, such as: The historical dimension, which allows us to assess these realities in permanent changes in social times and spaces, and the difficulty of sustaining a single definition of family, because they are realities that require different approaches and perspectives in their analysis.

Finally, "The polymorphism that accompanies the family, both in its internal structuring and in its relationship with the social order, which distances it from the fulfillment of a single and homogeneous model", that is, the family cannot be understood as a fixed set of roles or members (father, mother, children), but as a dynamic system that varies according to time, culture, social class, gender and life trajectories.

### **Family composition**

Increased female labor force participation, expanded access to education, and changes in cultural norms about marriage and cohabitation have led to new family configurations. Palacio (2013) argues that the contemporary family is characterized by its polymorphism, that is, by the coexistence of multiple structural and relational forms that reflect the social and cultural plurality of the country. Therefore, family composition allows for a qualitative and quantitative understanding of the family, since its functioning, roles, and changes that may occur in the family structure are identified. Hernández (2006) defines it as "the characteristics of each family, in order to have a description of its members based on some demographic indicators, such as the number of people, age, sex, occupation, among others".

The family composition in Colombia today is a reflection of the social processes of change, resistance and adaptation. Far from responding to a single model, Colombian families embody the multiplicity of realities and experiences that make up the daily life of the country. Understanding their diversity requires a critical and interdisciplinary look that considers structural, cultural and gender factors

### **METHODOLOGICAL STRATEGY**

This research was qualitative with an exploratory descriptive scope and achieved a coverage of 30 heads of household in the Armenian capital and the remaining 30 (5 per municipality) distributed equally in rural areas of Circasia, Filandia, La Tebaida, Montenegro and Quimbaya in the department of Quindío.

It was carried out using the methods of quantitative and qualitative analysis, making a double look at 60 rural families in the department of Quindío, with the aim of obtaining information from standard statistical data captured by the voices of the head of the family group over 18 years of age, through the application of a semi-structured interview (annex 1), which gave the research an ethnographic-mixed character (Creswell, 2013 and Madison, 2011 cited by Sampieri, et al. 2014, p. 485).

The identification and selection of the members of the 60 participating families was carried out through the "snowball" technique in each municipality, where contact was established with people who lead family enterprises to whom the scope of the project was explained and the risks were minimized through the socialization of the bioethical route and the signing of the informed consent. respecting their dignity, their rights and their well-being. It was a job that did not represent any risk for the families.

For this reason, the following principles were taken into account: i) Autonomy represented through the application of informed consent, through which the member of each family expressed his or her voluntary participation and the possibility of withdrawing from the project at any time; ii) Justice, to the extent that all the participants in the research were

considered as subjects of law with equal conditions and for whom the inherent dignity of the human being was the supreme value of work and iii) Beneficence, expressed in the intention of identifying conceptual patterns around the organization of family groups that will allow in the future to implement actions that improve living conditions of rural families. The risk to which the participants were exposed was classified as less than the minimum, according to parameters established by Decree 8430 of 1993, since information from primary sources was collected with prior authorization. However, all the actions that were carried out with members of the families participating in the study were carefully supervised, which implied that the possibilities of causing harm were minimal, on the contrary, basic training processes were generated in the cases that merit it, in this way non-maleficence was achieved.

In relation to the objective To identify the diversity of forms of family organization and their influence on the dynamics of family relationships, the sociodemographic aspects of the 60 rural families, the variables studied were: gender, age, income, education, home tenure, family typology, head of the family and number of children. The correlations corresponded to: average income–education–home tenure (by age group), Family typology–Head of household–Number of children, and Demographic and social aspects by age group and gender (male and female).

The quantitative analysis process was carried out by registering the information in the database in Excel format (annex 2), where the answers obtained through semi-structured interviews applied in physical format were systematized. Next, the CMAP TOOLS software was used, which allowed the graphing of data, according to variables that resulted in statistical trends and correlations, through output tables, spider web and radar graphs at a global level by municipalities.

For the development of this report, the digital database of Project 1192 was used as the main source. The original physical surveys, available for consultation upon institutional request, are also preserved, as well as records of field observations that served as support for the quantitative analysis.

## RESULTS:

### **National, departmental and local context of the research**

In the light of descriptive statistics, on the forms of family organization and composition, the Department of National Planning, through the family observatory, has registered sociodemographic data of the family, corresponding to the period 2014 to 2022, the source of information are the reports of the SISBEN databases, which help to identify the transition processes that are outlined in Colombian families based on the family structure, generation and life cycle. According to this study, the family structure in most households is two-parent with 41%, followed by single-person households with 28.2% and single-parent households with 27.5% (Department of National Planning, 2021). According to the life cycle, households in the consolidation stage represent the largest proportion with 29.4%, followed by households in the expansion stage that are made up of children with 20.8%, with the typology of young couple without children being the one with the lowest prevalence, representing only 3.5%.

On the other hand, the National Quality of Life Survey shows us the way in which transitions are taking place in the forms of family organization, mainly in the size of households and in the head of the household: According to the 2022 Quality of Life Survey (QE), the proportion of households that recognize a woman as the head was 44.2%. which represents a new increase compared to previous years. Another significant change is the average household size in the country, reaching 2.95 people per household in 2022. In

urban areas it fell to 2.92 and in rural areas to 3.08 persons per household.

In relation to these sociodemographic data, it is inferred that from the quantitative and evolutionary perspective; there is a better understanding of the transitional processes of Colombian families, while indicators such as the aging rate, the fertility rate and the types of households, indicate the common trends among what is recorded at the national level in relation to the department of Quindío.

### **Social and demographic profile of rural families in the department of Quindío**

Analyzing the sociodemographic characteristics of families and their implications in family life makes it possible to recognize the diversity of forms of family structure and organization. In addition, to understand how these aspects that are part of the family composition come to determine its relational dynamics. This study is essential in contemporary contexts where family models move away from the traditional nuclear scheme, giving way to multiple structures that respond to social, migratory, economic and gender changes.

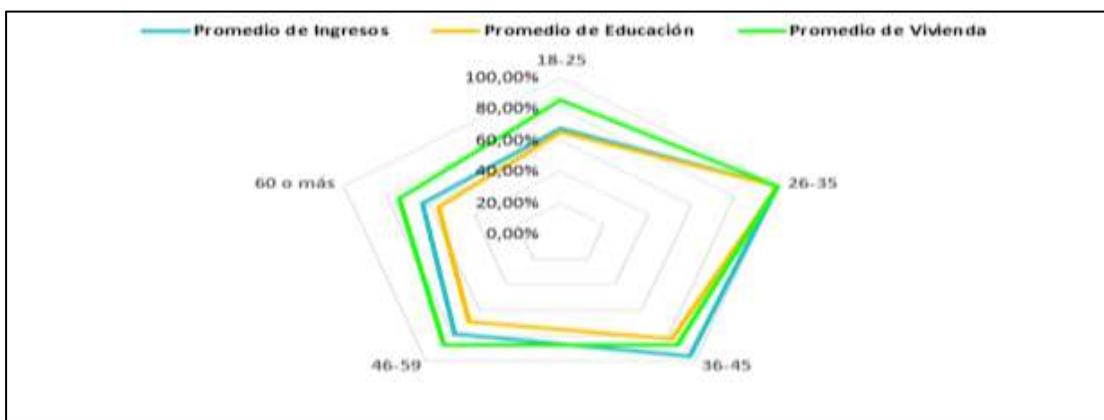
Demographic transformations—such as increased life expectancy, migration, and changes in gender roles—generate new configurations that modify internal structure and relationships. For example, the entry of women into the labor market has reconfigured the dynamics of authority and care, promoting more equitable models, but also new relational tensions (Arriagada, 2006). The sociodemographic characteristics of families reflect the interaction between variables such as age, gender, social class, educational level, territory, and type of attachment (Micolta, 2007). These factors affect the way families organize themselves, distribute responsibilities and build meanings around coexistence.

In this sense, the results of the research establish the correlation of variables: average income–education–home tenure (by age group), family typology–head of household–number of children, and demographic and social aspects by age group and gender (male and female), which contributed to the characterization of families in their sociodemographic dimension.

### **Average income–education–home tenure (by age group)**

The participating population is mainly characterized by people between 46 and 59 years old (19 participants), followed by the 26 to 35 year old group (13 participants) and the 36 to 45 year old group (12 participants). Most of the participants reside in the municipality of Armenia (30 in total). In terms of educational level, those with high school education (23 people) predominate, followed by technical (11 people) and professional (9 people). A large female participation stands out, with 42 women compared to 18 men, as shown in graph 1.

**Figure 1. Average correlation of income–education–home tenure, by age group. in the original Spanish language.**



Likewise, the greater representation of the age group between 46 and 59 years old (19 participants) can be understood as the presence of a group of greater symbolic significance associated with the "productive adult", shaped by social discourses on maturity, responsibility and experience (Gergen, 1996). Thus, age becomes a category that orders the social sense of time and the expectations about the role that people should play, since it distributes positions and expectations about what is considered legitimate or desirable at each moment of the life cycle, with implications for family life and its relational system. Meanwhile, female representation prevails in this age group, but with a greater presence in care activities and unpaid domestic work, which shows a network of family relationships, with a marked tradition in the definition of roles and functions within the family, in accordance with the mandates of those actions necessary in the social reproduction of life that is configured in family environments.

As for the predominant educational level (baccalaureate and technical), this data reveals the gaps in access to knowledge and cultural capital, a product of an educational structure that continues to reproduce class inequalities. In this sense, the low proportion of people with professional education (9 people) highlights systemic limitations in access to higher education, which perpetuates cycles of inequality and social exclusion.

Housing tenure is an indicator of the quality of life of families. The results show that 56% of families do not pay rent because their homes correspond to the de facto occupation, are owners or are family homes. Therefore, it is inferred comparatively that, among the averages of income, education, and home ownership by age group, it is evident that the **26–35 age** group presents the highest values in the three indicators, suggesting a stage of greater economic, educational, and patrimonial stability, while the **36–45** and **46–59** maintain relatively high levels, but with a slight progressive decrease. In contrast, the **18–25 age** group has the lowest values – something to be expected due to their less work experience and little time to accumulate wealth – while the **60 and older** group shows a marked reduction, especially in income and average education.

On the other hand, the **36–45** and **46–59** age groups, which maintain relatively high levels but with a slight decrease, reflect the stability acquired with work experience, although they also show the limits of the economic system to sustain productivity in the long term. According to Standing (2011), the contemporary economy has generated a "precariat": a segment of workers with unstable jobs, low incomes, and no social security guarantees. This translates into a progressive precariousness that affects even adult groups, making it difficult for them to access housing and accumulate wealth.

Finally, the group of 60 years and older, with a marked decrease in income and average education, evidences the effects of intergenerational inequality. In many Latin American countries, pensions are insufficient and access to education was historically limited for older generations. ECLAC (2020) warns that population aging in the region takes place in contexts of persistent inequality, where older people face poverty, economic dependence,

and social exclusion. The reduction in income in old age not only reflects the exit from the labor market, but also the lack of effective public policies to guarantee a dignified old age. The analysis of differences in income, education, and housing tenure between age groups has profound implications for family life, as these factors structure material conditions, relational dynamics, and opportunities for well-being within the household.

First, the 26–35 age stage, identified as a time of economic and social consolidation, is currently affected by labor market volatility, which introduces tensions between family aspirations.

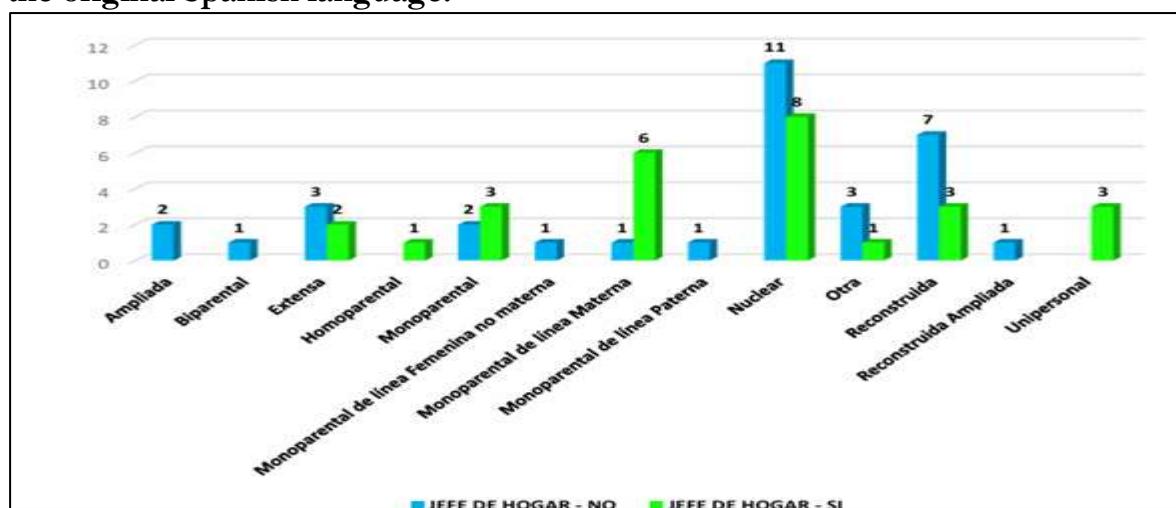
On the other hand, the group of 60 years or older represents a critical phase for family life. The decrease in income and education, together with the insufficiency of pensions and the lack of dignified aging policies (ECLAC, 2020), has an impact on economic dependence on children or family members, reconfiguring roles within the household. Families must reorganize their dynamics to integrate intergenerational care, which can lead to care overload, especially for women, who usually assume this role. Consequently, the sociodemographic component shapes family trajectories and determines the ability of families to sustain themselves and plan their future.

### Family typology, Head of household and Number of children

The family, as a space of social construction and intersubjectivities, is mediated by its organization and composition. Palacio (2004) states the need to constantly and critically review the changes in the family organization, in relation to its "structuring and deconstructing factors". Therefore, the importance of studying in this aspect the transitions in the family typology and their relationship with the "dominant family model and the existence of emerging practices and processes".

Graph 2 highlights the predominance of a nuclear family typology, followed by the reconstituted family and in third place is the single-parent family in the maternal line. This analysis focuses its attention on stepfamilies, as a result that marks an increasing trend at the national level, but that requires greater research and that is visible in the studies carried out by DANE and other State entities.

**Figure 2. Correlation Family typology–Head of household–Number of children. in the original Spanish language.**



This finding shows the social, cultural and economic transformations of recent decades, where the family structure has been redefined. Reconstituted families—those made up of couples where one or both members have children from previous unions—reflect the transition from a patriarchal and homogeneous model to plural and dynamic forms of

affective and social organization. In this sense, they are becoming more and more common and visible. However; according to León (2009), they face challenges of affective and relational integration, such as:

- Adaptation of children to new emotional bonds.
- Reconfiguration of parental roles (stepmother/stepfather).
- Management of conflicts between former partners and new spouses.
- Construction of family identity in contexts of diversity and change.

### Demographic and social aspects by age group and male gender

Analysing demographic and social variables by age group according to gender, such as age, affiliation to the health system, income, occupation, number of children and household care, allows us to understand how structural inequalities and gender roles manifest and transform throughout the life cycle. This type of analysis offers a deeper look at social and family dynamics, as well as the living conditions and opportunities of men and women at different stages, but it also makes gender inequalities visible at different stages of life and allows us to identify the effects of the life cycle on the assignment of roles. as a major component in family functionality.

In relation to the male gender, Table 1 shows that social responsibilities and conditions increase with age. The age groups between **36–45** and **46–59** years of age have the highest levels of household headship, family composition and number of children. On the other hand, men **18–25** show the lowest figures in these variables, typical of an initial stage of adult life. Those over **60 years** of age maintain a high affiliation, but register a decrease in family roles. In general, the pattern reflects a life cycle where economic and family responsibilities are concentrated in middle adulthood and decrease in old age.

**Table 1. Comparative analysis of demographic and social variables by age group – male gender**

Edad	% Afiliación	% Ingresos	% Conformación Familiar	% Jefes de Hogar	% Cantidad de Hijos	% Cuidado del Hogar
18–25	100%	33%	33%	0%	0%	50%
26–35	100%	67%	61%	40%	12%	75%
36–45	100%	67%	33%	100%	54%	75%
46–59	80%	47%	36%	100%	26%	60%
60 o más	100%	40%	60%	60%	20%	60%

Affiliated men are mainly distributed in professionals and technicians and surveillance, which may indicate greater labor formalization in these sectors. This labor condition evidences a pattern of social and family development linked to the life cycle of man, where the figure of head and economic provider of the household prevails in adulthood. This function sets a trend in the families participating in the study, as an expression of traditional roles, a product of the sexual division of labor.

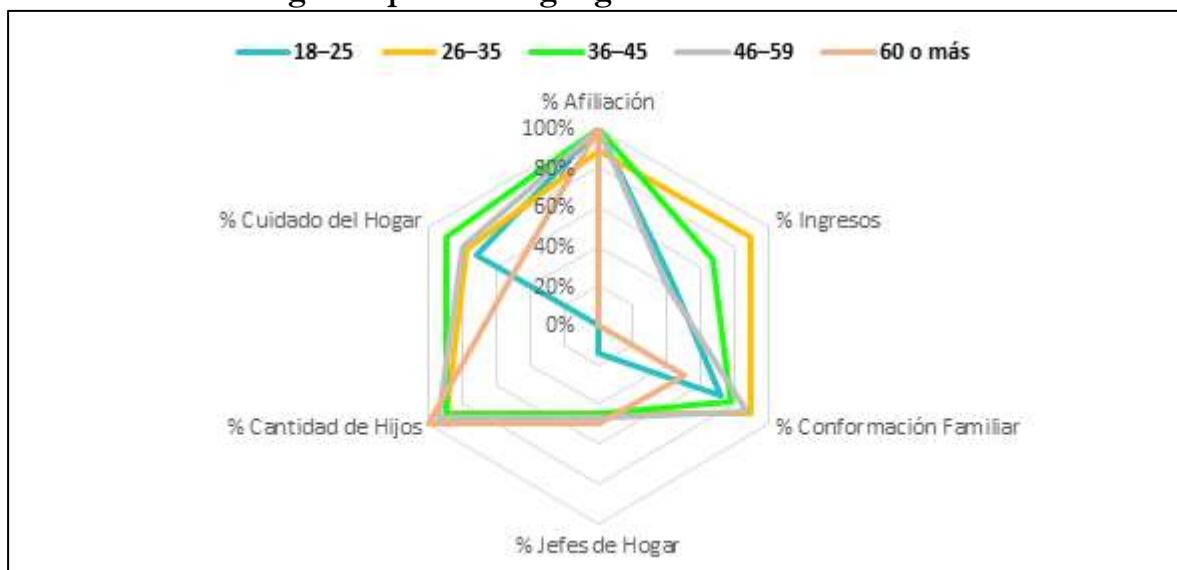
### Demographic and social aspects by age group and female gender

The wide female participation in the interviews (42 women vs. 18 men) can also be analyzed as evidence of the transformations in the social constructions of gender. From a constructionist perspective, the categories "woman" and "man" are not natural attributes, but rather historically constructed discursive positions that guide expectations and forms of participation in social life (Butler, 1990; Burr, 2015). The strong female presence could

reflect both processes of empowerment and collective agency, as well as the persistence of traditionally feminized roles in community, educational, or care spaces. Thus, the statistical data becomes a window to understand how gender identities are negotiated and transformed within the framework of local social contexts.

Figure 3 shows that, among women, social responsibilities and conditions increase in middle adulthood. The **26–35** and **36–45** groups have the highest levels of income, family composition and number of children, in addition to a greater participation as heads and caregivers of the household. Women **18–25** have low family and economic burdens, while those aged **60 or older** maintain high affiliation, but lower participation in leadership and care roles. Overall, the patterns reflect the female life cycle, with greater accumulation of responsibilities in adulthood and a decrease in old age.

**Figure 3. Comparative analysis of demographic and social variables by age group – women. in the original Spanish language.**



This shows a clear correlation between gender, type of occupation and affiliation to the social security system, because:

- The majority of non-working people are non-affiliated women (11 cases), reflecting a possible condition of vulnerability and dependency.
- In the agricultural and forestry sector, non-affiliated female participation predominates (8 cases), suggesting labor informality in this area.
- Affiliated women have a significant presence in occupations such as professionals and technicians (4 cases) and service work (3 cases).
- Affiliated men are mainly distributed in professionals and technicians and surveillance, which may indicate greater labor formalization in these sectors.
- A greater number of women than men are observed in almost all occupations, especially in those with lower affiliation, which may show gender gaps in access to social security.

The fact that the majority of non-affiliated people are women – especially in informal sectors such as agriculture and the domestic sector – shows that the economic system continues to be based on a sexual division of labor that assigns women the least protected and least valued roles that reproduce unequal access to labor rights and social security. As Nancy Fraser (2016) points out, contemporary capitalism is sustained by a "crisis of care",

where reproductive and community work – carried out mostly by women – continues to be invisible and precarious.

This situation reproduces a double burden: women must simultaneously respond to the demands of informal work – without rights or stability – and to support the household, which generates tensions in family relationships and limits the possibilities of equitable redistribution of time, affection and resources.

According to Jelin (2010), the organization of care in Latin America is characterized by a strong familiarization of well-being: the family assumes functions that the State and the market do not guarantee, but that responsibility falls disproportionately on women. This not only increases gender gaps, but also reproduces intergenerational patterns where daughters and sons internalize and repeat roles of subordination or privilege.

Consequently, the roles historically imposed on women in unpaid domestic and care work have a structural and multidimensional impact on family life, affecting the distribution of power, the organization of time, personal autonomy and affective dynamics within the home. These tasks—although essential for the reproduction of life and daily sustenance—have been made invisible and devalued by the patriarchal economic and cultural system, which considers them a "natural extension" of the female condition (Federici, 2013).

## CONCLUSIONS

The sociodemographic profile of rural families in the department of Quindío allowed the identification of relevant trends regarding the *social, educational and family characteristics* of the participating population. A greater representation of women is observed, as well as a concentration in middle educational levels, particularly in secondary education.

The municipality of Armenia concentrates most of the population interviewed, which coincides with a greater presence of people with technical and professional training. Women also have a greater insertion in occupations in the administrative, technical and service sectors, as well as wider access to health and pension systems. By age group, people between 26 and 59 years of age show a higher level of education and labor ties, while young people begin their integration into the world of work and older adults face greater limitations.

Regarding the correlation of the *average variables of income-education-housing tenure (by age group)*, these reflect an economic and educational cycle that grows towards middle adulthood and decreases towards advanced ages. The fact that the 26–35 age group presents the highest values in the three indicators suggests a stage of economic and social consolidation linked to entry into the formal labor market.

With regard to the correlation *Family typology–Head of household–Number of children*, in rural families in Quindío, nuclear families predominate, which are usually headed by a single person in charge – usually the mother – with few children, especially in people between 26 and 35 years of age, followed by reconstituted typologies that also show a significant participation of people who are not heads of household. but who have a certain number of children, which could be related to complex cohabitation dynamics or shared roles in the leadership.

Finally, within these family configurations, the extended family typology also stands out, in which a high participation in the care of the home and head prevails, the presence of many children, with moderate incomes.

It should be noted that most of the interviewees pointed to fathers as the main responsible for the care of the home, with a significant concentration in the group of 46 to 59 years old. To a lesser extent, other figures such as "everyone", "husbands" and "mother and

children" participate in care. The results show that, although there is a diversity of managers, the central role is occupied by the parents, regardless of age group.

With regard to demographic *and social aspects by age group and gender*, the occupational distribution by age group and gender reveals notable differences. In the 26-35 age group, both men and women actively participate in occupations such as professional/technical and administrative, with female participation in professional jobs being more representative.

In the group of 60 years and older, women have a greater participation in domestic and agricultural work, which could reflect a prolongation of informal activities in older ages, while men in this group are mainly concentrated in agricultural and surveillance occupations, which suggests a permanence in physical or rural work until older ages. In the youth groups (18-25), a greater number of people who do not work stand out, which may be associated with permanence in studies or limited job opportunities for this group.

Family relationships, in general, are perceived as harmonious, and decision-making within the home tends to be carried out in a dialogued and shared way. However, inequalities associated with territory, gender and age persist, especially in relation to access to public services, coping with grief and emotional support networks. These results provide key elements for the design of interventions that promote family well-being from a participatory, equitable, and inclusive approach.

## Statements

### Bioethical Criteria:

This article supports universal principles such as decency, truthfulness and honesty, fundamental characteristics as professionals in the human and social sciences, and meets criteria specific to the disciplinary field.

**Consent to publish:** The authors who signed this article authorize and give consent to be published by the Taylor publishing house in the journal Scientific Culture.

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**Availability of data and materials:** The article is accessible and open to consultation in all its data and cited sources.

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