

ศักยภาพในการพึ่งพาตนเองทางเศรษฐกิจของประชาชนในเขตพื้นที่ยากจน
ของแขวงหลวงพระบาง: กรณีศึกษาเมืองโพนไซ

Potential for economic self-reliance of people in poor areas
of Luang Prabang Province: A case study Phonxay district

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บทคัดย่อ

โครงการวิจัยนี้มีวัตถุประสงค์เพื่อศึกษา 1) การพึ่งพาตนเองทางเศรษฐกิจของประชาชนในเมืองโพธิ์ชัย แขวงหลวงพระบาง และ 2) ปัจจัยที่ส่งผลต่อการพึ่งพาตนเองทางเศรษฐกิจของประชาชนในเมืองโพธิ์ชัย แขวงหลวงพระบาง การศึกษานี้ใช้วิธีการวิจัยแบบผสมผสาน (Mixed-methods approach) โดยใช้เทคนิคการวิจัยเชิงปริมาณในการวิเคราะห์ข้อมูลด้วยสถิติพื้นฐานเพื่อคำนวณค่าเฉลี่ยและร้อยละ ตลอดจนสมการการถดถอยพหุคูณ (Multiple regression) ด้วยแบบจำลองโลจิสต์ (Logit model)

ผลการศึกษาพบว่า ประชาชนที่อาศัยอยู่ในพื้นที่ยากจนของแขวงหลวงพระบางมีที่อยู่อาศัยที่ปลอดภัยและมั่นคง โดยมีรายได้เฉลี่ย 34,994,000 กีบต่อครอบครัวต่อปี รายได้ดังกล่าวสูงกว่าเส้นความยากจนที่รัฐบาลลาวกำหนด ซึ่งหมายความว่าครอบครัวเหล่านี้กำลังมีสถานะความเป็นอยู่ที่ดีขึ้นหรือสามารถพึ่งพาตนเองทางการเงินได้ รายได้ส่วนใหญ่ของครอบครัวมาจากการทำเกษตรกรรมและการรับราชการ และค่าใช้จ่ายที่สูงที่สุดของครอบครัวคือ ค่าอาหาร เสื้อผ้า และค่าสาธารณูปโภค เช่น ค่าน้ำ ค่าไฟ และค่าโทรศัพท์ อาชีพที่สามารถสร้างรายได้ให้กับครอบครัวส่วนใหญ่คือเกษตรกรและข้าราชการ และรายได้ส่วนใหญ่ที่นำมาจุนเจือครอบครัวนั้นมาจากหัวหน้าครอบครัวเป็นหลัก ครอบครัวส่วนใหญ่มีค่าใช้จ่ายหลักในด้านอาหารและเครื่องดื่ม เครื่องแต่งกาย และสาธารณูปโภค (น้ำ ไฟฟ้า และโทรศัพท์) การเปรียบเทียบรายรับและรายจ่ายของครอบครัวพบว่า จากกลุ่มตัวอย่าง 286 ครอบครัว มี 143 ครอบครัวที่มีรายได้เพียงพอหรือสมดุลกับค่าใช้จ่าย, 112 ครอบครัวมีรายได้น้อยกว่าค่าใช้จ่าย และ 31 ครอบครัวมีรายได้มากกว่าค่าใช้จ่าย

เงินออมของประชาชนยังอยู่ในระดับที่ต่ำกว่าเกณฑ์ที่เหมาะสม และประชาชนส่วนใหญ่ยังไม่สามารถจัดบันทึกรายรับรายจ่ายของครอบครัวได้ เนื่องจากขาดความรู้และประสบการณ์ทางการเงิน เพราะไม่เคยทำมาก่อน กิจกรรมที่สามารถช่วยให้ครอบครัวพึ่งพาตนเองได้ ได้แก่ การปลูกพืชผักสวนครัว การเลี้ยงสัตว์ การส่งเสริมการจ้างงานเสริม และการเก็บหาของป่า (ที่ไม่ใช่ไม้) เพื่อจำหน่าย โดยภาพรวม ประชาชนร้อยละ 68.18 สามารถพึ่งพาตนเองทางเศรษฐกิจได้ ส่วนที่เหลือยังคงไม่สามารถพึ่งพาตนเองทางเศรษฐกิจได้ ผลการวิเคราะห์ปัจจัยที่ส่งผลต่อความสามารถในการพึ่งพาตนเองทางเศรษฐกิจของประชาชนในเมืองยากจนของแขวงหลวงพระบาง พบว่า ความมั่นคงของที่อยู่อาศัย การเลี้ยงสัตว์ กิจกรรมการเก็บของป่า ระดับการศึกษาของสมาชิกในครอบครัว การทำบัญชีรายรับรายจ่ายของครอบครัว กิจกรรมการทำสวนครัว จำนวนสมาชิกที่สามารถสร้างรายได้ เงินออมของครอบครัว และระดับการศึกษาของหัวหน้าครอบครัว มีความสัมพันธ์หรือส่งผลต่อความสามารถในการพึ่งพาตนเองทางเศรษฐกิจของประชาชนในเมืองยากจนของแขวงหลวงพระบาง ในทิศทางเชิงบวก (เพิ่มขึ้น) ในขณะเดียวกัน การศึกษาพบว่า ค่าครองชีพ ภัยธรรมชาติ และจำนวนสมาชิกที่อยู่ในภาวะพึ่งพิง มีความสัมพันธ์หรือส่งผลกระทบในทิศทางเชิงลบ (ลดลง) ต่อความสามารถในการพึ่งพาตนเองทางเศรษฐกิจของประชาชนในเมืองยากจนของแขวงหลวงพระบาง อย่างมีนัยสำคัญทางสถิติที่ระดับ 0.05 ซึ่งสอดคล้องกับสมมติฐานและทฤษฎีที่ตั้งไว้

คำสำคัญ: ศักยภาพ การพึ่งพาตนเองทางเศรษฐกิจ เขตพื้นที่ยากจน

Abstract

This research project aims to study 1) The economic self-reliance of people in Phonxay district, Luang Prabang province, and 2) Factors affecting the economic self-reliance of people in Phonxay district, Luang Prabang province. This study employed a mixed-methods approach, combining quantitative research techniques, to analyze data using basic statistics for calculating means and percentages, as well as multiple regression equations with the Logit model.

The study found that people living in the poor area of Luang Prabang province have safe and strong homes, with an average yearly income of 34,994,000 kip per family. This income is above the poverty line set by the Lao government, meaning these families are either improving their situation or can support themselves financially. Most family income comes from farming and government jobs, and the biggest expenses for families are food, clothing, and utility bills like water, electricity and phone services. The professions that can generate income for the family are mainly farmers and government employees and most of the income that is brought to support the family comes from the head of the family. Most families primarily incur expenses for food and beverages, clothing and utilities which include water, electricity, and telephone bills. A comparison of family income and expenses revealed that among the sample of 286 families, 143 families had income sufficient or balanced with their expenses, 112 families had income less than their expenses, and 31 families had income more than their expenses.

People's savings are below the ideal level, and most people still cannot keep records of their family income and expenses due to insufficient financial knowledge and experience, as they have never done it before. Activities that can help families become self-sufficient include home gardening, animal husbandry, promoting additional employment, and collecting non-timber forest products for sale. Overall, 68.18% of people are able to be economically self-reliant; the rest are still unable to be economically self-reliant. The results of the analysis of factors affecting the ability of people to be economically self-reliant in poor districts of Luang Prabang Province found that housing security, animal husbandry, activities to collect non-timber forest products, the level of education of family members, keeping a family income-expenses account, home gardening activities, the number of members who can generate income, family savings, and the level of education of the head of the family are related to or affect the ability of people to be economically self-reliant in poor districts of Luang Prabang Province in an increasing direction. The study found that the cost of living, natural disasters, and the number of dependent members have a decreasing relationship or impact on the ability of people in the poor districts of Luang Prabang province to be economically self-reliant, with a statistical significance level of 0.05, which aligns with the established hypothesis and theory.

Keyword: Capacity, economic self-reliance, Poor districts

1. Introduction

Phonxay District is a district in Luang Prabang Province and one of the 4 poorest districts of Luang Prabang Province. It is located in the northeast of Luang Prabang Province, about 64 kilometers from Luang Prabang Provincial Capital. It borders Pakxang District to the north, Phoukhou District and Xieng Ngu District to the south, Luang Prabang Province to the east, and Hiem District, Houaphan Province, and Phoukout District, Xieng Khouang Province, to the east. It has a total area of 241,150.83 hectares. Most of the area is mountainous and hilly, accounting for about 79.06% of the total area. The population density is 8.29 hectares/person. The altitude above sea level is about 500 meters to 1,500 meters. There are 9 village clusters and 1 large village, including 57 villages. There are 5,827 households in total, with a total population of 36,035 people, 17,697 of whom are women. Based on its unique location, Phonxay District is still a difficult area for development. The poverty rate of the people still accounts for a large proportion. Industrial production and services are still in their infancy. Housing development is still lagging behind. The level of production, volume of goods, and purchasing power are still low, which is a drag on development. Technical development and education levels are still limited and have not yet met the requirements of development in the new period. On the other hand, there is still a lack of development funds as a district with a budget deficit, which is the reason for the lack of development funds, and it still relies on external assistance for the most part. Private sector investment as a source of capital to support socio-economic development and product production is still low, and human resource development has not kept pace with economic growth. (Administration office of Phonxay District, 2024).

An important indicator that the issue of poverty has been effectively addressed in the country is the improvement in the lives of its people, which includes enhanced living standards, particularly in terms of the economy, employment opportunities, fair income distribution, and local prosperity. Therefore, local organizations are organizations that are close to the people and play an important role in reducing poverty, such as by promoting job creation for the community to be self-employed, have increased income, have a positive life, and have happiness. This study will survey and analyze research to find factors that affect the success of poverty reduction that are suitable for local organizations to use to promote efforts to reduce poverty effectively (Krainuch, 2007).

Therefore, promoting local self-reliance is a good thing and should be supported because the family and local sectors are the important foundations of society, especially in terms of economic independence and the balance between income and expenditure of local people. There is no debt that cannot be repaid, but there can be debt from investment for agricultural production or business. In the case where people can be self-reliant, not only can they adapt and maintain a balance between the local and the global trend, but also, they

can solve the current economic situation. As Chansong (2020) said, "Vocational promotion is a local development process to create strong, self-reliant communities and also encourage localities to create diverse occupational groups, interdependence, and local solidarity through the participation of people." However, each locality has different approaches and methods of self-reliance according to the circumstances and environment of each locality. Therefore, there is a great need for local education to understand the problems and needs of localities (Natsupa, 2001). As Katasomboon (2021) conducted a study on the development of local potential to create a sustainable grassroots economy in Driving the sufficiency economy in the sustainable economic development of the community foundation economy: A case study of Ban Noentan, Moo 6, Tambon Sueahoke, Amphoe Mueang, Chai Nat, they found that local economic development is appropriate to create a new learning process to stabilize the grassroots economy by using the philosophy of a sufficient economy to reduce expenses and increase household income. The participatory training process is a development process according to the results of the study on the self-reliant economic potential development project in Nabon Village, Loei Province.

At the same time, to implement the direction of continuing to build a market economy in the socialist direction, develop a self-reliant economy, and strengthen ourselves in accordance with the Resolution on Building an Independent and Self-reliant Economy in the New Era of the Politburo of the Central Committee of the Lao PDR No. 04/KMP, dated April 11, 2024. Over the past ten years, the Party and Government of the Lao PDR have set a development path based on exploration, utilizing opportunities, and working together to create breakthroughs in development, ensure stable and continuous economic growth, and create a solid production and service base, ensuring sustainable and self-reliant development.

For this reason, researchers are interested in studying the economic self-reliance of people in poor districts, especially in Phonxay District, to see the potential of people to build their own strong economic base, have good resilience, create income balance, know their income and expenses, reduce debt, increase savings, and create jobs and generate income, which will lead to improving the quality of life and being able to be economically self-reliant, and what factors affect the ability to be economically self-reliant. This research will be beneficial to relevant organizations to solve poverty problems and develop the country in the future.

Research Objective

This research project is research in the nature of collecting and surveying data according to the reality of people in local or poor urban areas. The objectives of the research are as follows:

- 1) The economic self-reliance of people in Phonxay district, Luang Prabang province.
- 2) Factors affecting the economic self-reliance of people in Phonxay district, Luang Prabang province.

2. Literature Review

Family economic self-reliance is the ability to earn a living and live a balanced, self-sufficient, and debt-free life at the individual, family, and local levels. The Ministry of Social Development and Human Security of Thailand (2005) summarized the indicators of family economic self-reliance as consisting of five aspects: 1) family income-expenditure, 2) family debt situation, 3) family income-expenditure accounting, 4) receipt of family economic assistance, 5) family residence.

According to Amartya Sen, the potential for economic self-reliance in people is not measured solely by income but rather emphasizes the “freedom to choose” to live as one wish. By expanding the concept from basic factors (such as food and shelter) to “capabilities to create” to create “valued living” that includes economic freedom, education, access to health care, and political participation. To enable people to achieve their goals in life, self-reliance is the freedom to do things that are valuable, not just the availability of resources (Knecht, 2012).

The main ideas of Amartya Sen (Sen, 1999):

1. Development as Freedom: Real development is about expanding people’s freedom, not just about increasing income or goods.
2. Capabilities refer to the real opportunities or possibilities that individuals have to engage in valuable activities (functioning), such as living well, being healthy, and participating in their communities.
3. Self-reliance equals capability: People are self-reliant when they have the freedom and ability to transform resources (e.g., income, education) into “capabilities” to live the lives they value.
4. Measuring poverty or well-being: It is not just about how much income people have, but also about whether people have the freedom to do these things, such as having enough food to eat and being able to buy food or receive food without restrictions.

Sanyawiwat (1998) stated that economic self-reliance (E) has the following components: self-reliance in the production system and self-reliance in the distribution system or market system; economic self-reliance is considered or measured by one or more of the following: 1)

The sufficiency of goods and services obtained from the production system to meet local consumption; if the production volume is sufficient for consumption, self-reliance is demonstrated; 2) The bargaining power and competitiveness of the local economy in relation to external factors of production and factors of production, considering the bargaining power in buying, selling, and setting prices for local or village goods and factors of production and competitive power; 3) Occupation, freedom of occupation, level of employment, and occupation as the main source and freedom of occupation of the locality; 4) Savings, debt status, behavior, and patterns of consumption; 5) The level of village development must be in line with local needs, as well as local customs and culture.

Phon-ngam, Srisawat & Noomak.(2018) studied the development of economic self-reliance potential in the Nabon village community, Loei province. The study aimed to study the development of economic self-reliance potential of the Nabon village community, Loei province, as participatory action research, using surveys and questionnaires as research tools, carried out through various activities as follows: training activities on creating family accounts, activities to establish community enterprise groups, activities to promote mushroom cultivation, activities to grow home gardens, and activities to build community gardens. The study results indicated that the formation of a community enterprise group, consisting of members organized to run community businesses, provided the community with additional jobs and generated a steady monthly income.

Singhalert & Uthakorn (2016) conducted a study titled A Model of Community Economic Development for Self-Sufficiency and Sustainability, with the aim of studying the current situation, problems, and needs of the community economic development model for self-sufficiency in Ban Naboua, Penh District, Udon Province, and to pilot the community development model for self-sufficiency by considering family income, family expenses, number of crops and animals for livelihood, and people's satisfaction with the community economic development model. The study results found that: Most of the population is engaged in agriculture, mainly farming, cassava cultivation, and animal husbandry, mainly relying on nature; The community economic development model that was considered by stakeholders and assessed the suitability of the activities was 10 activities, including: dyeing cloth, promoting village cooperatives, mixed farming, rice and vegetable gardens, adjusting the village landscape, raising indigenous chickens, raising and expanding pigs, making bio-fertilizers, planting mangoes, organic farming and harvesting white mushrooms; from the comparison before and after the development, it was found that: family income, family expenses, number of crops for subsistence, number of animals for subsistence and satisfaction with the community economic development model for self-reliance were significantly different with statistical significance at the 0.05 level, as follows: After the development, family income, number of crops for subsistence, number of animals for subsistence, number of consumer

goods and supplies, and satisfaction with the community economic development model for self-reliance significantly increased, while family expenses and number of consumer goods and supplies purchased from stores decreased.

Sriwiboon & Virunannont (2013) conducted a study titled Self-reliance strategy to fight against poverty: compare between two communities with different mindsets, which aimed to investigate communities to develop and address social vulnerability in Bangkok by comparing the self-reliance lifestyles of people in different communities, including their role in helping people in the community to fight poverty and become strong. The study's results indicated that poverty in the community is connected to the quality of education, as education facilitates job creation, income generation, and savings, along with the ability to educate children; furthermore, community leaders play a crucial role in enhancing the lives of community members. People in the community must participate in continuous activities and be good role models for children to learn and follow in order to make the community strong and fight poverty effectively. The results of this study can be used to solve problems in both policy and practice in developing people in the community to be self-reliant, fight poverty, reduce the vulnerability gap in society, and make the society strong.

3. Research Methodology

The tools used in the research are: In this research study, a quantitative approach is employed, utilizing a survey to assess both the general conditions of the local area and the self-reliance status of families; a multiple regression model is then applied to analyze the factors influencing economic self-reliance. The explanation of the results of this study uses a descriptive method with the presentation of numerical values, including other related theories to illustrate the causes and results of the study.

Data collection: A questionnaire was used to collect data from the target group, which was people living in Phonxay District, Luang Prabang Province. The questionnaire was distributed to the heads of households or family members who had knowledge and understanding of the family data, which was the target sample of 286 households, and each question in the questionnaire was explained in detail so that the respondents could understand and provide accurate information according to the desired purpose. In addition, focus group discussions were held with villagers to gather ideas, explore community potential, problems, obstacles, and needs, and collect the questionnaires after completion.

Data analysis: The analysis of the overall family economic situation and the analysis of the economic self-reliance of people in the poor district of Luang Prabang province used descriptive analysis with simple statistics such as percentages and frequency distributions, presented in tables and using the family strength indicator of economic self-reliance at the family level. The analysis focuses on factors that affect the economic self-reliance of people

in the poor district of Luang Prabang province, considering that the dependent variable has values of 1 and 0, while some independent variables are quantitative data and others are qualitative data. Therefore, to obtain accurate and appropriate estimates, the analysis used the logit model for data analysis and the correlation coefficient to examine the relationship between variables. The model and hypotheses in the analysis were determined as follows:

$$\log(\text{odds}) = \beta_0 + \beta_1 X_1 + \beta_2 X_2 + \beta_3 X_3 + \beta_4 X_4 + \beta_5 X_5 + \beta_6 X_6 + \beta_7 X_7 + \beta_8 X_8 + \beta_9 X_9 + \beta_{10} X_{10} + \beta_{11} X_{11} + \beta_{12} X_{12} + \beta_{13} X_{13} + \beta_{14} X_{14} + \beta_{15} X_{15} + \beta_{16} X_{16} + \beta_{17} X_{17} + \beta_{18} X_{18} + \epsilon_i$$

Dependent variable refers to the ability of people in poor districts of Luang Prabang Province to be economically self-reliant. This can be modeled as follows:

If dependent variable = 1 That mean capacity for economic self-reliant

If dependent variable = 0 That mean non-capacity for economic self-reliant

β_0 Constant

$\beta_1 \dots \beta_{18}$ Coefficient

Table 1: Variables and meaning of variables in the Equation

No.	Variable	Meaning	Source	Relationship
1	X ₁	Family members	Watanabe. et al. (2014)	-
2	X ₂	Number of dependent members	Watanabe. et al. (2014)	-
3	X ₃	Members who can generate income	Watanabe. et al. (2014)	+
4	X ₄	Housing security	Watanabe. et al. (2014)	+
5	X ₅	Family income	Watanabe. et al. (2014)	+
6	X ₆	Family expenses	Watanabe. et al. (2014)	-
7	X ₇	Family assets	Watanabe. et al. (2014)	+
8	X ₈	Family liabilities	Watanabe. et al. (2014)	-
9	X ₉	Family savings	Watanabe. et al. (2014)	+
10	X ₁₀	Highest level of education of the head of the household	Watanabe. et al. (2014)	+
11	X ₁₁	Highest level of education of family members	Watanabe. et al. (2014)	+
12	X ₁₂	Family income-expenditure accounting	Phon-ngam, Srisawat & Noomak.(2018)	+
13	X ₁₃	Career promotion activities	Phon-ngam, Srisawat & Noomak.(2018)	+
14	X ₁₄	Home gardening activities	Phon-ngam, Srisawat & Noomak.(2018)	+
15	X ₁₅	Animal husbandry activities	Phon-ngam, Srisawat & Noomak.(2018)	+
16	X ₁₆	Non-timber forest products collection activities	Phon-ngam, Srisawat & Noomak.(2018)	+
17	X ₁₇	Cost of living	Phon-ngam, Srisawat & Noomak.(2018)	-
18	X ₁₈	Natural disasters	Phon-ngam, Srisawat & Noomak.(2018)	-

In estimating the coefficients of each independent variable $(\beta_0, \beta_1, \beta_2, \dots, \beta_{18})$ The coefficients were estimated using the Maximum Likelihood Estimation (MLE) method.

Since there are many independent variables, to avoid the problem of multicollinearity, the researcher will check for multicollinearity using a variance inflation factor (VIF) or tolerance value with the following test criteria:

- If $VIF < 4$ that mean non-multicollinearity
- If $VIF > 4$ that mean Multicollinearity
- Tolerance < 0.2 that mean Multicollinearity
- Tolerance > 0.2 that mean non-multicollinearity

Table 2: Test results of Multicollinearity

Variable	Collinearity Statistics		Variable	Collinearity Statistics	
	Tolerance	VIF		Tolerance	VIF
X ₁	0.169	5.916	X ₁₀	0.655	1.527
X ₂	0.315	3.172	X ₁₁	0.363	2.755
X ₃	0.264	3.790	X ₁₂	0.455	2.198
X ₄	0.420	2.380	X ₁₃	0.363	2.753
X ₅	0.641	1.561	X ₁₄	0.432	2.314
X ₆	0.780	1.282	X ₁₅	0.400	2.497
X ₇	0.835	1.197	X ₁₆	0.870	1.150
X ₈	0.746	1.340	X ₁₇	0.773	1.293
X ₉	0.766	1.306	X ₁₈	0.769	1.301

Source: Data analysis using SPSS version 27 statistical software.

The test results found that the variable number of family members (X1) had a VIF value of 5.916, which was greater than 4, and a tolerance value of 0.169, which was less than 0.2, indicating that there was a multicollinearity problem. Therefore, the number of family members (X1) was not used in the analysis in the next step.

5. Research Results

5.1 Economic self-reliance of people in poor districts of Luang Prabang province

The analysis of the economic self-reliance of the poor in Luang Prabang province will use family economic indicators consisting of five aspects: family income-expenditure and savings, family assets and debts, family income-expenditure accounting, family economic assistance (family economic promotion activities), and housing conditions. Using the family strength indicator to indicate family economic self-reliance and the stability indicator to indicate the economic self-reliance of the poor in Luang Prabang province, the details are as follows:

Self-reliance in terms of income-expenditure and family savings found that families with a percentage of family members who can work or earn an income between 0.50 and 1.00, or 50.00 and 100%, accounted for 56.29%; families with a percentage of family members who can work or earn an income between 0.00 and 0.49, or 0.00 and 49%, accounted for 43.71%. The average annual household income per family is 34,994,000 kip/family, most of which is between 10,000,000 – 30,000,000 kip/year, accounting for 42.31%, with the lowest average income per person at 1,500,000 kip and the highest average income per person at 15,000,000 kip; When compared to the poverty alleviation standard according to the Decree on Poverty Alleviation and Development Standards of the Government of the Lao PDR (Government of the Lao PDR, 2017), it can be seen that: Most of the families are considered to be in the poverty alleviation or self-sufficient category with an average income per person/year of 5,600,000 kip or more, accounting for 56.99%; The rest are families in the poverty alleviation or self-sufficient category with an average income per person/year of less than 5,600,000 kip, accounting for 43.01% respectively. In addition to their main income, 103 families, accounting for 36.01%, also have additional income from family members working as part-time workers in cities or other provinces, accounting for 34.95%, followed by construction contractors, accounting for 29.13%. The average additional income per family is 3,975,000 kip/family. The occupations that can generate income for the family are mainly farmers, who are 31.34% and cover 36.71% of the sample, followed by government employees, who are 28.36% and cover 33.22% of the sample. The majority of income that is brought to the family comes from the head of the family, covering 55.59%, followed by the husband or wife of the head of the family, covering 27.62%. In terms of family expenses, it can be seen that most people do not have housing costs such as rent or others because the family builds its own housing, covering 81.47%, followed by vehicles such as motorcycles and cars, covering 79.72%, but there will be expenses for food and beverages, clothing, and utilities (water, electricity, telephone) that are the most, covering 97.90% and above; Next are management costs (household maintenance costs), medical care costs, fuel costs, luxury costs such as alcohol, beer, cigarettes, lottery tickets, education costs, and festival/social expenses, which account for

86.36% or more. For those who have the power to decide on spending, investment, and support borrowing in the family, the main one is the head of the family, accounting for 61.13%, followed by the husband or wife of the head of the family, accounting for 28.24%, followed by children; there are 11 families, accounting for 3.65%, while those who support spending, investment, and support borrowing in the family, accounting for 39.20%, are the husband or wife of the head of the family. 59.79% of the population still have no savings; the assets owned by households include houses, which account for 98.25%; land for farming, which accounts for 81.47% of the total number of households; cars, which account for 30.77%; motorcycles, which account for 66.78%; televisions, which account for 84.97%; refrigerators, which account for 72.38%; cows or buffaloes, which account for 35.31%; pigs, which account for 23.78%; goats, which account for 27.27%; and ducks or chickens, which account for 45.45% of the total number of households, respectively. However, the survey results found that most of the people, 81.46%, had no debts, either from internal or external loans, and 89.51% had not kept a family income-expenditure account due to lack of financial knowledge and experience and had never done so before. People's housing is stable, durable, and safe, accounting for 95.8%, with the majority of materials used in house construction being cement, accounting for 74.8%, followed by wood.

In addition to the activities mentioned above, activities that can help families become self-sufficient include growing garden crops such as cabbage, chili, eggplant, onion, fenugreek, and others for family consumption, accounting for 52.10%; animal husbandry activities such as raising pigs, goats, ducks, chickens, and others, accounting for 41.96%; activities to promote additional employment such as sewing, retail sales, rubber plantations, and others, accounting for 29.72%; and activities to collect non-timber forest products for sale, accounting for 4.20% of the total sample.

5.2 Factors affecting the ability of people to be economically self-reliant in poor districts of Luang Prabang province

Table 3: The results of testing factors that affect the ability of people to be economically self-reliant in poor districts of Luang Prabang province.

	β	S.E.	Wald	df	Sig.	Exp(B)
X ₂	-0.089	0.118	0.566	1	0.052 [*]	0.093
X ₃	1.122	0.157	2.604	1	0.037 ^{**}	1.130
X ₄	1.342	0.514	6.814	1	0.009 ^{***}	1.827
X ₅	0.583	0.349	2.794	1	0.095 [*]	1.792
X ₆	0.364	1.630	0.050	1	0.823	1.439
X ₇	0.098	0.411	0.057	1	0.812	1.103
X ₈	-0.019	0.267	0.005	1	0.945	0.982
X ₉	0.985	0.391	6.338	1	0.012 ^{**}	1.679
X ₁₀	-0.145	0.216	0.454	1	0.500	0.865
X ₁₁	0.064	0.231	0.078	1	0.780	1.067
X ₁₂	2.529	1.101	5.282	1	0.022 ^{**}	1.546
X ₁₃	-0.755	0.470	2.578	1	0.108	0.470
X ₁₄	0.628	0.405	5.402	1	0.021 ^{**}	1.874
X ₁₅	0.862	0.460	3.503	1	0.061 [*]	1.367
X ₁₆	0.933	0.515	3.288	1	0.070 [*]	1.542
X ₁₇	-1.017	0.432	2.763	1	0.000 ^{***}	0.514
X ₁₈	-1.343	0.555	5.860	1	0.015 ^{**}	0.261
C	-3.352	1.837	3.328	1	0.068	0.035

a. Variable(s) entered on step 1: X₂, X₃..., X₁₈

Source: Data analysis using SPSS version 27 statistical software.

Note: ***, **, * is significant level 0.01; 0.05 and 0.1

From the table, it is found that the direction of the relationship between the independent variables and the dependent variables of hypotheses 2, 3, 4, 5, 9, 12, 14, 15, 16, 17, and 18 is consistent with the established hypothesis.

And from the value of Exp(B), the probability of factors affecting the ability to rely on the economy of people in poor districts of Luang Prabang province can be explained as follows:

1. The factor of the number of dependent members (X₂) has a negative relationship with the ability to self-reliance of people in poor districts of Luang Prabang Province. That is, when the number of dependent members in the family increases by 1 person, the ability to self-reliance will decrease by 0.093 times, or 90.7%, with a statistical significance level of 0.1.

2. The factor of the number of members who can earn income (X_3) has a negative relationship with the ability to self-reliance of people in poor districts of Luang Prabang Province. That is, when the number of members who can earn income in the family increases by 1 person, the ability to self-reliance will increase by 1.130 times, or 13.0%, with a statistical significance level of 0.05.

3. The housing security factor (X_4) is positively correlated with the economic self-reliance of people in poor districts of Luang Prabang Province. That is, when housing security increases by 1%, economic self-reliance increases by 1.827 times, or 82.7%, with a statistical significance level of 0.01.

4. The family income factor (X_5) is positively correlated with the economic self-reliance of people in poor districts of Luang Prabang Province. That is, when family income increases by 1%, economic self-reliance increases by 1.792 times, or 79.2%, with a statistical significance level of 0.1.

5. The factor of family savings (X_9) is positively correlated with the ability to rely on the economy of people in poor districts of Luang Prabang Province. That is, when family savings increase by 1%, the ability to rely on the economy will increase by 1.679 times, or 67.9%, with a statistical significance level of 0.05.

6. The factor of family income-expenditure accounting (X_{12}) is positively correlated with the ability to rely on the economy of people in poor districts of Luang Prabang Province. That is, when family income-expenditure accounting increases by 1%, the ability to rely on the economy will increase by 1.546 times, or 54.6%, with a statistical significance level of 0.05.

7. The factor of home gardening activities (X_{14}) has a positive relationship with the economic self-reliance of people in poor districts of Luang Prabang province. That is, when people increase their home gardening activities by 1%, their economic self-reliance will increase by 1.874 times, or 87.4%, with a statistical significance level of 0.05.

8. The livestock activity factor (X_{15}) is positively correlated with the economic self-reliance of people in poor districts of Luang Prabang Province. That is, when people engage in livestock activities by 1%, their economic self-reliance will increase by 1.367 times, or 36.7%, with a statistical significance level of 0.1.

9. The NTFP collection factor (X_{16}) is positively correlated with the economic self-reliance of people in poor districts of Luang Prabang Province. That is, when people engage in NTFP collection by 1%, their economic self-reliance will increase by 1.542 times, or 54.2%, with a statistical significance level of 0.1.

10. The cost-of-living factor (X_{17}) has an inverse relationship with the ability to self-reliance in the poor districts of Luang Prabang Province. That is, when the cost-of-living increases by 1 unit, the ability to self-reliance in the poor districts of Luang Prabang Province will decrease by 0.514 units with a statistical significance level of 0.01.

11. The natural disaster factor (X_{18}) has an inverse relationship with the ability to self-reliance in the poor districts of Luang Prabang Province. That is, when a natural disaster occurs, the ability to self-reliance in the poor districts of Luang Prabang Province will decrease by 0.261 units with a statistical significance level of 0.05.

6. Discussion of the results

To analyze the economic self-reliance of the poor in Luang Prabang province, we used family economic indicators consisting of 5 aspects: family income-expenditure and family savings, family assets and debts, family income-expenditure accounting, family economic assistance (family economic promotion activities), and housing conditions. We used the family strength indicator for family economic self-reliance and the stability index to measure the economic self-reliance of the poor in Luang Prabang province. The details are as follows: In terms of family income-expenditure and savings, it was found that the proportion of families with family members who can work or earn an income is still relatively low compared to the poverty alleviation standard according to the Decree on Poverty Alleviation and Development Standards of the Government of the Lao PDR (Government of the Lao PDR, 2017). 56.99% of families are above the poverty line or can be self-sufficient. By professions that can generate income for the family, mainly agriculture and government employees, where most of the income that supports the family comes from the head of the family; In terms of family expenses, it can be seen that most people have the most expenses for food and beverages, clothing, and utilities (water, electricity, and telephone bills), accounting for 97.90% or more. When comparing income and expenses, people have less income than expenses or income equal to expenses, accounting for the majority. Most people still do not save money. Only a few families have family debt, and most of the debt comes from loans for agricultural production and livestock farming. At the same time, most people still do not keep a family income and expenditure account, which is consistent with the research results of Yansombat (2021) in a study on the development of economic self-reliance and community entrepreneurship in Harat Village, Harat District, Si Ayutthaya Province, which found that family income is not enough to cover expenses, there are no savings, and there is no family income and expenditure account; as for the debt burden of most families, there is no debt. Most people do not have economic assistance and still need economic assistance. Due to low agricultural production and low income, people have general wage jobs and lack knowledge and skills in professional activities. In terms of housing conditions and family security, it was found that most people own houses and land for direct housing construction. The materials used to build houses are mainly cement and wood, which are stable, durable, and safe; For activities that can help families become self-sufficient, there are also growing home gardens with cabbage, chili, eggplant, onion, sweet potato, and others for family consumption,

followed by animal husbandry activities with pigs, goats, ducks, chickens, and others, followed by activities to promote the creation of additional jobs such as sewing services and beauty salons, which is in line with the results of a study by Phon-ngam et al. (2018) studying the potential for economic self-reliance in the community of Nabon Village, Loei Province, which found that people reduced their expenses by growing home gardens. This activity can be done by every family by having each family grow vegetables that are consumed regularly, such as onions, sweet potatoes, eggplant, ginger, and others.

The results of the study on the factors affecting the economic self-reliance of people in poor districts of Luang Prabang Province found that the number of income-generating members, the housing security factor, and the family savings factor are consistent with the results of the study by Chanhthanguen et al. (2023), which found that higher levels of education will result in higher income-generating capacity of household members and higher family income. When family income increases, poverty will decrease and self-sufficiency will increase. The factors of family income-expenditure accounting, factors of home gardening activities, factors of animal husbandry activities, and factors of non-timber forest collection activities are related in the same direction to the economic self-reliance of people in poor districts of Luang Prabang Province. That is, when these factors increase or decrease, the economic self-reliance of people in poor districts of Luang Prabang Province will also increase or decrease with a statistical significance level of 0.05, which is consistent with the results of the research by Wongphang et al. (2019) that factors related to financial literacy and accounting have an impact on the self-reliance of community enterprises processing products from sorghum flour because the income-expenditure accounts of the enterprise group can be verified and have clear and up-to-date spending details, which has a positive effect on financial planning without the need to borrow money from loan sources. And the factor of leadership literacy also has an impact on the self-reliance of community enterprises processing products from sorghum flour because leaders with knowledge can make group management services successful. This is also consistent with the research results of Her et al. (2024), who studied the factors affecting changes in the poverty index of households in Phonxay District, Luang Prabang Province: Factors related to the number of members who can generate income, factors related to the household environment, and factors related to the percentage of educational attainment of household members have the effect of reducing household poverty or increasing economic self-sufficiency. The cost of living and natural hazard factors are inversely related to the economic self-reliance of people in poor districts of Luang Prabang Province. That is, when these factors change, the economic self-reliance of people in poor districts of Luang Prabang Province will decrease with a statistical significance level of 0.05, which is consistent with the results of Schneider & Gugerty (2011) that the number of dependent family members and the family's debt situation will result in people becoming poorer or becoming less self-reliant.

7. Policy Recommendation

The study found that currently, people in poor districts of Luang Prabang province can only rely on themselves for certain aspects, such as income-expenditure and family assets; however, they still lack management knowledge and require assistance from the government in many areas, including technical production knowledge and the ability to create family income-expenditure accounts, which prevents them from achieving economic self-reliance.

In addition, the study results show that promoting additional employment for family members and gardening at home are income-generating activities. Therefore, relevant organizations should have guidelines for promoting additional employment and home gardening activities that are appropriate to the realities of each locality and the people's needs.

Public and private agencies should cooperate with the public in supervising and assisting in organizing various public activities so that people's economic self-reliance can be carried out effectively, considering the real situation.

8. The suggestion in the Future Research

This study only focused on economic self-reliance; therefore, future studies should include studies on other aspects of self-reliance, such as emotional self-reliance, natural resource self-reliance, technological self-reliance, and social self-reliance, as each region has different geographical, demographic, social, and cultural contexts, traditions, and environments.

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