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Autor corresponsal:Adrián Alejandro Cervantes
Garcíaalejandro.cervantes@uadeo.mx**Cómo citar:**Cervantes García, A. A., Espinoza Bález, C. Y. y Álvarez Sánchez, I. N. (2026). Socioeconomic Factors That Determine Retirement Savings Decisions Among Young People in Mexico. *Integración*, 10(1), 54-63. <https://doi.org/10.36881/ri.v10i1.1286>**Fuente de financiamiento:** No financiado.**Declaración de conflictos de interés:** Los autores declaran no tener conflictos de interés.

Socioeconomic Factors That Determine Retirement Savings Decisions Among Young People in Mexico

Factores socioeconómicos que determinan las decisiones de ahorro para el retiro en jóvenes de México

Adrián Alejandro Cervantes GarcíaDoctorado en Economía y Negocios Internacionales,
Universidad Autónoma Indígena de México, Méxicoalejandro.cervantes@uadeo.mx<https://orcid.org/0009-0005-1013-658X>**Cecilia Yuniva Espinoza Bález**Doctorado en Economía y Negocios Internacionales,
Universidad Autónoma Indígena de México, Méxicoceciliaespinoza@uais.edu.mx<https://orcid.org/0009-0009-0388-727X>**Iván Noel Álvarez Sánchez**Ciencias administrativas y gestión educativa intercultural,
Universidad Autónoma Indígena de México, Méxicoivanalvarezsanchez@uais.edu.mx<https://orcid.org/0000-0002-8819-5310>

Resumen

El estudio tiene como objetivo identificar y analizar los factores socioeconómicos que influyen en las decisiones de ahorro para el retiro entre los jóvenes en México, considerando variables como nivel educativo, ingreso, estabilidad laboral, acceso a servicios financieros y cultura financiera. La metodología se desarrolló bajo un enfoque cualitativo y documental mediante una revisión sistemática de literatura basada en los lineamientos de (Kitchenham, 2004) y Gough et al. (2019). Se realizó una búsqueda estructurada en bases de datos nacionales e internacionales, se aplicaron criterios de inclusión y exclusión para asegurar rigurosidad y se organizaron los hallazgos en categorías temáticas. Los resultados muestran que las decisiones de ahorro entre los jóvenes están condicionadas por la precariedad laboral, los bajos ingresos y las limitaciones en educación financiera, factores que reducen la capacidad y la disposición para participar en mecanismos formales de ahorro. También se identificó que un mayor nivel educativo y la inserción en empleos formales incrementan la probabilidad de desarrollar hábitos de ahorro previsional, mientras que la informalidad laboral y la desconfianza institucional actúan como inhibidores persistentes. Además, se evidencia una brecha entre la intención declarada de ahorrar y la acción concreta, influida por barreras psicológicas asociadas al consumo inmediato y a la percepción de incertidumbre económica. En conjunto, los hallazgos confirman que el entorno socioeconómico determina la planificación financiera de los jóvenes y que se requieren estrategias coordinadas de educación financiera, inclusión laboral y fortalecimiento institucional para mejorar las condiciones de ahorro para el retiro en este sector poblacional.

Palabras claves: ahorro, retiro, educación financiera, informalidad laboral, dependencia económica.

Abstract

The study aims to identify and analyze the socioeconomic factors that influence retirement savings decisions among young people in Mexico, considering variables such as educational level, income, job stability, access to financial services, and financial literacy. The methodology was developed using a qualitative and documentary approach through a systematic literature review based on the guidelines of Kitchenham (2004) and Gough et al. (2019). A structured search was conducted in national and international academic databases, applying inclusion and exclusion criteria to ensure rigor, and the findings were organized into thematic categories. The results show that savings decisions among young people are conditioned by job insecurity, low income, and limited financial education, factors that reduce both the capacity and willingness to participate in formal retirement savings mechanisms. The study also identified that higher educational attainment and insertion into formal employment increase the likelihood of developing retirement savings habits, while labor informality and institutional distrust act as persistent inhibitors. Furthermore, a gap is evident between the stated intention to save and actual behavior, influenced by psychological barriers related to immediate consumption and perceptions of economic uncertainty. Overall, the findings confirm that the socioeconomic environment significantly shapes young people's financial planning and that coordinated strategies in financial education, labor inclusion, and institutional strengthening are required to improve retirement savings conditions for this population group.

Keywords: savings, retirement, financial education, labor informality, economic dependency.OPEN ACCESS
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Introduction

Globally, the retirement savings landscape reflects profound inequalities between developed countries and emerging economies. While nations like the United States and Brazil have mixed or consolidated capitalization systems that cover the majority of their economically active population, other countries like India and Mexico face significant challenges due to high levels of informal employment, low levels of financial literacy, and limited access to formal savings mechanisms (OECD, 2022).

The global economic situation, marked by market volatility, inflation, and youth employment instability, has weakened young people's ability to allocate resources to long-term savings. In response to this reality, public policies have begun to recognize the need to promote financial inclusion and strengthen confidence in pension systems through structural reforms, economic incentives, and financial education programs adapted to diverse cultural contexts. Despite progress, fundamental challenges remain regarding population coverage, equity in access to benefits, and the financial sustainability of the pension system. Understanding these factors from a holistic perspective allows us to see that saving for retirement is not merely an individual decision, but rather the result of a complex structure of collective conditions that must be addressed jointly to guarantee a dignified and secure future for the next generations (Bloom, 2012).

In Mexico, saving for retirement is generally not among the top concerns of young people, as they often have to prioritize more immediate and urgent matters, such as achieving daily economic stability, covering the costs of their education, contributing to household expenses, or fulfilling short-term goals they consider more relevant in their lives. This situation reflects a trend where long-term planning is displaced by immediate needs, jeopardizing future prosperity. According to Samuelson and Nordhaus (2005), savings are the portion of income not allocated to immediate consumption and constitute a crucial component for financing investment, economic growth, and ultimately, a dignified retirement.

The pension system in Mexico has undergone significant transformations in recent decades. Workers who registered with the Mexican Social Security Institute (IMSS) on or after July 1, 1997, no longer receive a lifetime pension; since then, their economic security in old age depends on individual savings managed by Retirement Fund Administrators (AFOREs). This change underscores the need for young people to begin

planning their financial future from an early age to ensure a stable retirement.

A review of the current situation shows that retirement savings among young Mexicans are not solely a matter of individual decision, but are profoundly influenced by economic, social, educational, and cultural factors. This comprehensive perspective highlights the urgent need to design more inclusive public policies, implement accessible financial education programs, and develop strategies tailored to the realities faced by young people in the country. Among these factors, educational level and socio-familial environment stand out: those with greater financial knowledge and who grow up in families with established savings habits tend to show a greater inclination toward financial planning.

In this sense, the present research is based on a qualitative methodology, grounded in a systematic review of academic and technical literature, following the guidelines of Kitchenham (2004) and Gough et al. (2019). The literature search was conducted between May and July 2025, and the findings were organized in a categorical analysis matrix, allowing for the integration of the diverse approaches reported in the existing literature. It is worth emphasizing that the systematic review constitutes a process of generating new knowledge that allows for the identification of patterns, the comparison of approaches, and the highlighting of research gaps.

Thus, the systematic review differs from empirical research in its scope and methodology: while the former generates understanding from the cumulative analysis of published knowledge, the latter produces new evidence through fieldwork. Together, they complement and strengthen each other, contributing to building a broader, more solid and well-founded vision of the socioeconomic factors that influence retirement savings decisions among young Mexicans (Gallardo Kishi, 2020)

Methodology

This research is based on a documentary and qualitative approach, following the guidelines proposed by Kitchenham (2004) and Gough et al. (2019). The process was carried out in three phases: literature search, selection, and analysis.

In the search phase, the Scopus, Redalyc, SciELO, Google Scholar, and Dialnet databases were consulted, using combinations of keywords related to “retirement savings,” “youth,” “financial education,” and

“socioeconomic factors.” During the selection phase, the previously defined inclusion and exclusion criteria were applied (see Table 1). From a total of 85 articles identified, after removing duplicates and assessing relevance, 23 studies published between 2005 and 2024 were selected for the final analysis.

The exclusion criteria included studies focused exclusively on older adults (outside the 18-35 age range), publications prior to 2005, texts in languages other than Spanish or English, and documents without peer review (blogs, opinion columns, etc.). This delimitation ensured the relevance, currency, and academic rigor of the sources used.

Finally, the findings were organized into thematic categories through content analysis, which allowed for the identification of the main structural factors influencing retirement savings among young Mexicans. These results are summarized in Table 2, whose structure facilitated the construction of a comparative framework between limitations and proposed actions.

Table 1

Mixed methods approach based on Kitchenham (2004) and Gough et al. (2019) NSSAM

Inclusion criteria	Exclusion criteria
Publications between 2005 and 2024	Publications prior to 2005
Empirical or theoretical studies focusing on young adults (18-35)	Exclusive focus on young adults
Databases:	Scopus, Redalyc, SciELO, Google Scholar, Dialnet
Publications in Spanish or English	Languages other than Spanish or English
Studies with Mexican populations or applicability to the Mexican context	Studies unrelated to Mexico
Peer-reviewed articles or reliable technical reports	Opinions, blogs, opinion columns, without peer review or academic validation

Note: In the analysis phase, a thematic content analysis procedure was applied. First, open coding was performed to identify emerging categories (educational level, income, job stability, institutional trust, financial literacy, among others). Subsequently, the findings were organized into a matrix of categories, which allowed for the detection of common patterns, divergences, and research gaps. Finally, an interpretive synthesis was carried out, integrating the evidence into an analytical framework on the socioeconomic factors that influence retirement savings among young Mexicans.

Through this approach, the aim is to understand and identify the main trends, both global and local, in retirement savings, paying special attention to the

particularities of the socioeconomic context and the behaviors of young people in Mexico.

Thus, the methodology is not limited to simply compiling existing information, but rather is oriented toward a structured synthesis and a critical analysis of the literature. This process constitutes a legitimate path for generating new knowledge and deeper understandings, as it allows for the identification not only of points of convergence among different studies, but also of their contradictions, gaps, and limitations. From this reflective integration, it is possible to construct a comprehensive framework that transcends individual findings and offers a broader and more coherent view of the phenomenon of retirement savings among young people.

This approach differs from empirical research in that it does not produce primary data, but rather adds value to the available evidence through the comparative and contextualized interpretation of previous findings. In this sense, systematic review allows not only the organization of information, but also the recognition of global trends, the identification of research gaps, and the provision of clear guidance for future lines of study and for the design of more inclusive public policies.

Consequently, this documentary and qualitative methodology becomes a fundamental tool for advancing toward a more robust and applicable understanding of the dynamics that influence the financial decision-making of young Mexicans.

The overall objective of this research is to conduct a systematic and qualitative review of the existing literature to identify, analyze, and synthesize the main trends, findings, and gaps related to retirement savings among young people, particularly in the Mexican context. Specifically, the aim is to: delimit and classify relevant academic publications produced between 2005 and 2024 in national and international databases; examine the behaviors, perceptions, and socioeconomic factors that influence young people's financial decision-making; compare the similarities and differences among the analyzed studies to identify convergences, contradictions, and limitations; and propose a framework for understanding that will guide future research and contribute to the formulation of more inclusive and contextualized public policies.

Theoretical Foundations of Retirement Savings Among Young People in Mexico

For young people, pension planning is not usually considered an immediate priority. In this regard, the

OECD (2021) points out that pensions constitute the fundamental pillar of social security systems, designed to reduce poverty in old age and guarantee economic stability. However, factors such as a lack of financial literacy and a lack of knowledge about the retirement savings system (currently based on Afores), coupled with prolonged economic dependence on family, lead to the postponement of these decisions. A lack of interest in financial education from an early age often leads to excessive consumption habits and the absence of long-term planning.

The following table shows how various structural factors limit young people's capacity and willingness to generate retirement savings. Among these factors, job insecurity, low wages, and informality stand out as reasons why young people do not plan for savings (Alvarado and Duana, 2018). The (OECD, 2021) defines retirement as the process by which individuals stop working and the resources accumulated during their working life are used to finance their retirement stage.

Table 2
Structural factors and proposed actions to strengthen retirement savings among young people

Coverage gaps	Description of the finding	Source
Pension coverage gaps	Informal employment and low enrollment in pension systems reduce coverage among young people. Less than 40% of young people in Mexico have savings in an AFORE (Retirement Fund Administrator).	(OECD, 2024)
Macroeconomic impacts of pension savings	Retirement savings promote capital accumulation, stabilize the financial system, and strengthen long-term economic growth.	(World Bank, 2023)
Structural factors that inhibit saving	Low income, job insecurity, misinformation about AFOREs, and limited financial literacy hinder voluntary savings among young people.	(Mungaray, Gonzalez, and Osorio, 2021)
Institutional trust	Distrust of AFOREs and a lack of knowledge about the pension system generate apathy among young people toward retirement savings.	(INEGI, 2024)
Financial education	Lack of knowledge about personal finance and retirement is one of the main obstacles. Including financial education from secondary school onward is key.	(CONDUSEF, 2023b)
Proposed public policies	Incentivizing voluntary savings, strengthening digital financial inclusion, promoting formal youth employment, and redesigning tax incentives are essential.	(Ramos, Zamudio, Saucedo, and Hernández, 2023)
Importance of starting to save early	In the current model based on individual accounts, planning from an early age is indispensable to guarantee a decent pension.	(CONSAR, 2023)

Note: This summary provides a comprehensive view of the political, economic, and psychological variables that influence financial decision-making in Mexico.

Overview of Retirement Savings Globally and Their Economic Importance

Retirement savings are a fundamental element for the economic and social security of individuals upon retirement. In recent decades, pension systems have faced significant demographic, economic, and social changes, such as population aging, declining birth rates, and increasing longevity (OECD, 2022).

These factors impact both public and private pension systems, increasing the risk of insolvency and calling into question the economic adequacy of pensions received by retirees. Furthermore, the effects of globalization and the instability of financial markets directly affect pension funds, particularly those systems based on individual accounts, as is the case in Mexico.

According to data from the Organisation for Economic Co-operation and Development (OECD), approximately 75% of the economically active population in developed nations is covered by a formal pension system. In contrast, in emerging economies, this proportion falls to less than 50%. This disparity highlights not only economic differences but also structural ones, as factors such as the prevalence of informal employment and a lack of financial literacy significantly restrict access to pension systems in many developing countries (OECD, 2022).

Retirement savings also play a significant macroeconomic role by boosting capital accumulation, promoting the development of financial markets, and fostering economic stability. Consequently, strengthening pension systems is essential for ensuring social welfare and providing sustainable economic growth (World Bank, 2023). Table 3 shows the percentage of the population affiliated with a pension system.

Table 3
Coverage of pension systems in selected countries (2020)

Country/Region	Population covered (%)	Predominant system type	Source
Mexico	42	Individual capitalization	(INEGI, 2024)
United States	90	Mixed (social security + private accounts)	(OECD, 2022)
Brazil	55	Mixed (pay-as-you-go + capitalization)	(World Bank, 2023)
Chile	85	Individual capitalization	(OECD, 2022)
India	30	Mixed, high informality	(World Bank, 2023)

Note: Currently, various countries are promoting awareness of a savings culture and there are programs that provide information on financial education. Although these programs are not of interest to young people, it is necessary to continue disseminating and promoting them to raise their financial awareness.

A key tool for promoting financial literacy is financial education, as it allows individuals to acquire basic knowledge and skills to manage their resources, increase and protect their wealth through the appropriate and responsible use of financial products and services (OECD, 2024).

Financial education as a fundamental basis for saving.

Financial education should be a fundamental part of knowledge in Mexico. To define it, it is necessary to describe two concepts that comprise it: "Education"

and "Financial." Education refers to the transmission of knowledge, skills, values, and habits to form a specific learning outcome, while "Financial" focuses on finance, that is, the exchange of capital between individuals, companies, or governments. Thus, we can say that we are talking about the transmission of financial knowledge (Córdova Gallegos and Martínez Prats, 2022).

The Organisation for Economic Co-operation and Development (OECD) defines financial education as: the process by which individuals improve their knowledge of financial products, services, and risks, and through information and instruction, develop the skills that give them the confidence to become aware of financial opportunities and make decisions to improve their financial well-being. In this way, financial education is vital for critically navigating the constant changes caused by various events at the personal, national, and international levels.

There are economic factors that influence young people's reluctance to save and plan for the future. Income is one such factor, as it determines a person's capacity to save; the lower the income, the lower the capacity to save. Another determining factor is education, which provides the necessary knowledge to manage resources. Therefore, without basic financial education on how to allocate resources appropriately, saving and planning for retirement are unlikely to be a priority. Access to financial markets has a significant impact on consumption allocations and investment decisions, and consequently, on savings (Nava and Brown, 2018).

Sandoval (2018) states: Everyone should ask themselves the question: How much are you saving? Think about your current income. Do you think you'll be able to earn the same when you're older? You might not have the same strength to work. Saving will allow you to have resources in later life. The habit of saving brings many advantages, firstly, having resources available in the short term or planning for the future, with a comfortable retirement.

It is important for young people to be concerned about their retirement savings from the moment they begin their working lives (CONDUSEF, 2023a). August 12th is International Youth Day, an opportunity to draw the international community's attention to the challenges you face every day as a young person (PROFECO, 2022). The characteristics of this study would be to analyze savings trends among young people and understand how frequently and how they save. It would also evaluate young people's perceptions of saving, whether they see it as a short-term or long-term necessity.

The relationship between age and the predisposition to save in young people has gained interest in the financial field. Several factors influence the adoption of the savings habit, including the family and social environment, financial education, and the use of digital platforms, which today represent an accessible investment alternative. The influence of family and friends can play a key role in shaping positive attitudes

toward financial planning. In this sense, it is relevant to know how prepared and willing young people are to allocate a portion of their income to savings in order to face future expenses and achieve some economic stability in the short and medium term (Alvarado Lagunas and Duana Avila, 2018). Table 4 shows the relationship between socioeconomic factors and their influence on savings.

Table 4
Socioeconomic Factors and Their Influence on Retirement Savings in Young People

Socioeconomic Factor	Description	Positive Influence on Savings	Negative Influence on Savings	Reference
Income level	Amount of monthly income the young person receives.	It allows for allocating part of one's income to voluntary savings.	Low income limits the ability to save.	(CONSAR, 2021)
Education level	Educational level attained (high school, college, university, etc.).	Higher education levels may correlate with greater awareness of the importance of retirement.	Low levels of education can lead to a lack of knowledge about the pension system.	(Muñoz Aguirre, 2022)
Family/social environment	Influence of parents, friends, or close circle regarding saving.	Families with a savings culture can encourage good financial practices.	Environments lacking healthy financial habits can reinforce a lack of interest in retirement.	(Lusardi and Mitchell, 2016)
Access to financial information	Knowledge of retirement savings accounts (AFORE), voluntary savings, investments, etc.	Greater access fosters informed decisions and long-term planning.	Lack of information can generate apathy or ignorance about saving for retirement.	(OECD, 2020)
Employment status	Type of employment (formal or informal), job stability.	Formal employment allows for enrollment in the pension system and programmed savings.	Informal jobs lack contributions to the system, which reduces the incentive to save.	(Maurizio, 2021)
Age	Age within the "young person" age range (18-29 years).	Older young adults may be more aware of retirement.	Younger people often see retirement as something distant and not a priority.	(Saldisuri, 2021)

Note. The table above shows that socioeconomic factors determine young people's savings behavior for retirement. Young people's savings behavior is influenced by multiple factors. Higher levels of education and formal employment favor planning, while informality and a lack of healthy family role models act as critical barriers (Dávila Aragón et al., 2021).

The family environment is fundamental for the development of financial habits, since young people tend to emulate the practices observed in their immediate circle. Consequently, the absence of these role models generates indifference toward saving. Finally, access to reliable information about how retirement savings accounts (Afores) work promotes informed decision-making and better planning, while misinformation reduces the motivation to participate in formal savings mechanisms.

Another important factor is employment status, since young people with formal employment have the opportunity to be enrolled in a pension system and thus have a savings plan. This contrasts with those working in the informal sector, who do not receive contributions

or have direct access to retirement savings mechanisms. Lastly, age also influences the willingness to save. Young people over 30 show greater concern about their retirement situation, while younger people consider it a distant stage, which minimizes their interest in planning their financial future (Dávila Aragón, Ortiz Arango, & Cabrera Llanos, 2021).

Results

The study showed that educational level and formal employment are key factors that increase the likelihood of young people adopting retirement savings habits. This finding reinforces the need to develop public policies that expand access to quality education and promote formal employment as indirect but effective strategies to strengthen a retirement savings culture in this population segment.

Table 5

Main findings of the literature review on retirement savings among young Mexicans

Key element	Findings	Consequence or suggestion	Reference
Educational level and formal employment	Higher levels of education and formal employment increase the likelihood of saving for retirement.	Promote public policies that guarantee access to quality education and encourage formal employment as indirect but effective ways to strengthen a culture of retirement savings.	(González Amador, Cowan, & Nillesen, 2022)
Trust in financial institutions and the pension system	The willingness to save voluntarily increases when there is institutional trust. However, misinformation and prejudice fuel distrust.	Design clear, accessible, and culturally relevant communication strategies to counter myths and strengthen the credibility of the pension system.	(CONSAR, 2016)
Practical and psychological barriers	Despite recognizing the importance of saving for retirement, many young people face obstacles such as immediate consumption, economic uncertainty, and a lack of incentives.	Create programs that offer tangible incentives, financial support, and mechanisms that facilitate concrete savings actions.	(Alvarado and Duana, 2018)
Effectiveness of financial education and public policies	While progress has been made, challenges remain in terms of coverage, cultural appropriateness, and message effectiveness.	An integrated strategy is needed that combines education, labor policies, economic incentives, and rebuilding trust in institutions.	(Muñoz Aguirre, 2022)
Overall contribution of the study	This article provides useful evidence to guide public policy decisions and strengthen the environment for youth retirement savings.	Use these findings as a basis for designing policies and programs that promote the future well-being of young people and the viability of the pension system.	(Abramo, Cecchini, and Morales, 2019)

Note: Prepared by the authors based on a systematic review. An interdependence is observed between socioeconomic variables and the subjective perception of the financial system.

Another relevant finding is that trust in financial institutions and the pension fund system (Afores) directly influences young people's willingness to participate in voluntary savings schemes. Misinformation, myths, and negative perceptions regarding these systems generate a climate of distrust that inhibits active participation, underscoring the importance of implementing clear, accessible, and culturally relevant communication strategies.

Although a considerable percentage of young people recognize the importance of saving for retirement, practical and psychological barriers persist that limit concrete action. These include a preference for immediate consumption, economic uncertainty, and a lack of clear incentives, revealing a gap between the intention and actual behavior regarding savings.

Finally, while financial education programs and current public policies have made progress, significant challenges remain regarding coverage, cultural relevance, and communication effectiveness. Achieving a sustainable shift in savings decisions among young people requires a coordinated intervention that combines education, labor policies, economic incentives, and the rebuilding of institutional trust.

In short, the results of this research provide evidence that can guide the design and improvement of public policies, financial education programs, and institutional strategies, with the aim of creating a more favorable environment for retirement savings among young Mexicans and, thereby, contributing to their future well-being and the sustainability of the country's pension system.

Discussion

The results of this research show a clear relationship between socioeconomic factors such as educational level, formal employment, institutional trust, and psychological barriers, and retirement savings decisions among young Mexicans. In agreement with González Amador et al. (2022), it is confirmed that higher levels of education significantly increase the likelihood of participating in pension schemes, which aligns with international literature that positions education as a key predictor of financial planning. However, unlike what is observed in countries with robust social security systems, structural inequalities persist in Mexico, limiting the generalization of these positive effects.

Furthermore, trust in financial institutions and the pension fund system (Afores) is identified as a

determining factor in the willingness to save voluntarily, a finding consistent with the evidence reported by CONSAR (2016) and reinforced by international studies that point to institutional credibility as a central pillar for the sustainability of pension systems. However, unlike contexts where transparency and institutional communication have strengthened public trust, in Mexico the persistence of myths, prejudices, and misinformation generates a significant lag in youth participation. This suggests that public policies should not only reinforce the institutional structure but also directly address the cultural and communicative dimensions of retirement planning.

Regarding practical and psychological barriers, the evidence coincides with the findings of Alvarado Lagunas and Duana Avila (2018), who document that a preference for immediate consumption, economic uncertainty, and a lack of tangible incentives constitute structural limitations for young people to translate their intention to save into concrete actions. These findings are directly linked to the socioeconomic context described in this research, since job insecurity and low income reduce the objective capacity to allocate resources to savings, reinforcing the gap between recognizing its importance and actually practicing it.

Finally, regarding the effectiveness of financial education and public policies, the results align with those reported by Muñoz Aguirre (2022), showing that, while progress has been made, challenges remain in terms of coverage and cultural relevance. This limitation has also been highlighted by ECLAC studies (Abramo, Cecchini, & Morales, 2019), which emphasize the need for comprehensive policies that combine education, economic incentives, and institutional trust. In this sense, the present research reaffirms that socioeconomic factors do not operate in isolation, but rather interdependently, and that a comprehensive approach is essential to consolidating an environment conducive to retirement savings for young Mexicans.

Conclusions

The analysis reveals that retirement savings constitute a structural element for individual economic stability and the sustainability of the pension system. The results show that youth participation in formal savings mechanisms is determined by interdependent socioeconomic factors, including informal employment, low incomes, limited financial literacy, and restricted levels of institutional trust. These conditions limit the effective capacity for long-term financial planning, perpetuating pension gaps

that compromise the adequacy of pensions based on individual accounts.

Comparison with international studies indicates that contexts characterized by greater formal employment, better levels of financial education, and more robust institutional structures exhibit higher youth participation in pension schemes. In the Mexican case, the persistence of precarious employment and misinformation about the workings of the retirement savings system creates an adverse environment that reduces effective participation in mandatory and voluntary contributions, even when there is discursive recognition of the importance of saving for old age.

From a methodological and conceptual perspective, the study presents limitations inherent to the documentary and qualitative nature of the analysis. The reliance on secondary sources prevents the evaluation of direct behavioral variations and restricts the possibility of establishing causal relationships. Likewise, the heterogeneity in the methodological designs of the reviewed studies limits the systematic comparability and generalizability of the findings. Additionally, the unequal availability of information for different segments of the young population reduces the capacity to characterize

internal differences related to educational level, gender, geographic location, or employment status.

These limitations allow us to identify areas of opportunity for future research aimed at delving deeper into the determinants of youth retirement savings. Among these, the need for empirical studies analyzing financial behavior at the individual level, longitudinal evaluations measuring the evolution of savings practices in different economic contexts, research examining the impact of educational interventions on financial literacy, and comparative studies that allow for contrasting retirement models in countries with similar labor market structures stands out. Incorporating these approaches would contribute to generating more robust evidence and guiding the design of public policies aimed at strengthening the pension culture and improving retirement conditions for young people in Mexico.

Note on originality

To ensure academic integrity and editorial rigor, this manuscript was submitted for originality review using iThenticate software (<https://www.ithenticate.com>). The analysis reported a similarity level of 16%, which is within acceptable parameters for scientific publications.

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