

SPENDING & SAVING HABITS OF COLLEGE STUDENTS IN DELHI

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ABSTRACT

A student must consider the importance of the relationship between expenditure and savings for better financial management. This Research Paper focuses on the changing trend of transactions where the maximum numbers of students avoid paying through cash and use other modes such as debit cards, credit cards, and e-wallets where actual physical money is not exchanged; this psychologically suppresses the sense of loss (expenditure) in our brain and resulting in increased expenditure. The sample size of 189 respondents helped the researcher to draw conclusions via a mail questionnaire. The results show that the students like to invest a maximum chunk of their money on food then sweets and snacks followed by trips and hangouts and at last books and magazines. There was also a psychological inference drawn from the study. When it comes to money, insula stimulation can stop your spending, and thus, it can be incurred that the higher the amount of suppression towards savings in the college students, the higher will be the anxiety levels and thus leading to the increased impact on the cortex in the human brain.

KEYWORDS: *Fungibility, Purchase Influencers, Insula Secretion, Savings*

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