



## **Investigating the Ways to Control the Cost of Spending: A Study among Malaysian Undergraduate Students**

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### **ABSTRACTS**

Controlling the cost of spending is important to undergraduate students because an undergraduate student has a nice habit of controlling his spending, he can easily save a lot of money. A total of 83 individuals who took part in the exploratory study. The population was investigating and getting answers regarding control cost of spending were collected via a one section, genuine survey. Incorporating evidence from the undergraduate students, this study demonstrates that several undergraduate students agree controlling the cost of spending is essential. The findings are useful for people who want to know whether students can control the cost of spending and how students manage.

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### **1. Introduction**

Do you know that nowadays, most undergraduate students in Malaysia do not have their own income and rely on pocket money from their parents? According to research, as the financial market develops, especially among Malaysian undergraduate students are increasingly lacking in financial knowledge for example, ability to read, construe and analyze manage the money that will affect they take actions (Vitt et al. ,2000). They rely on their parent's pocket money to spend without restraint and then continue to ask for more money, which leaves them with little understanding of how to manage their finances. In addition, students' consumption behavior is similar to that of families. They grow up in a certain environment, influenced in the process by the benchmarks and management style set by their parents, and naturally receive an education under the same culture and principles. There are ways to control the cost of spending undergraduate students in Malaysia. Parents should control their children's living expenses, and they should not be spoiled to give them money. Parents should enhance their children's knowledge about financial management. Malaysia undergraduate students can take only the necessary cash before going out. Make a list of what you need to buy at home, leave the store when you are done, and bring your own reusable bags to avoid extra fees and environmental impacts. In addition, college students can also take part in various sports for free, such as running, mountain climbing and freehand fitness, to keep fit. Not only will you be less likely to get sick, but you will also save money on medical bills. Students should avoid keeping up with the Joneses. Even if you are surrounded by friends who use luxury, do not be vain and buy more than you can afford. According to the research most of male student are attracted to buying expensive gadgets while female students buy expensive bags and jewelry to make them look better. (Shahryar Sorooshian & Tan Seng Teck, December 29,2013). Instead, we should choose what suits our current situation and try our best to buy the most cost-effective products. College students should form the good habit of turning off electrical appliances conveniently, because forgetting to do so will increase extra energy consumption and may shorten the service life of electrical appliances and even cause a fire. Next Malaysia undergraduate students should have to develop bookkeeping. Students must bookkeeping daily, so that you can clearly know where the money spent and reflect on your own expense. As the development of the times has become more and more advanced, now payment is through mobile phone payment to make students gradually lose the concept of money. Mobile payment will cause students' impulse consumption. Sometimes I do not realize how much money it costs. Mobile payment will make students' consumption more and more irrational, so students should learn how to be bookkeeping. Students' interest in personal money grows as they take on greater levels of financial responsibility and study. Additionally, college students are more likely to face additional financial hardship dealing with student loans, paying bills, using credit cards and saving money. Malaysia undergraduate students will improve in the course of their studies if they face more financially related difficulties. (Peng et al., 2007). Besides, Malaysia undergraduate students also can use delay shopping method. The delay shopping method means that you can put it in the shopping cart first when you see what you want to buy online few days to give yourself time to think about whether you need. Maybe you don't want to buy that thing after calm down. You can also search the Internet to see what you want to buy in shopping. Maybe it will be cheaper to buy on online.

## 2. LITERATURE REVIEW

### 2.1 Make a list of what you need to buy

First and foremost, it may be said without contradiction that the major way to control spending costs is to make a list of what you need to buy. As you know, most parents have a hard time controlling their desire to buy, let alone an undergraduate student. They will be attracted by the beautiful packaging and affordable prices easily. Because of the uncontrollable desire to buy, people will buy a lot of unnecessary products and they are confused about why they exceeded their budget during the payment process. For instance, shop owners will give a discount to attract customers buy their products when Chinese New Year, Deepavali, Eid al-Fitr and any seasons. As mentioned by Vishnu and Raheem(2013), when seeing stores offering big promotions or free products, customers may act irrationally. Besides, according to Azim (2013), when salesclerk having a good attitude and atmosphere to serve customers and this action will make customers increase their irrational consumption. According to Ekeng and et al. (2012) especially female shoppers are more likely than men to be attracted to fancy products and to be successfully promoted by salesmen. As a result, it can be said making a shopping list before going to the store is an especially important and useful way to save money.

### 2.2 Bookkeeping

The main way to control the cost of spending Malaysia Undergraduate students should develop a good habit of bookkeeping. Record of everything you buy so you know exactly how much you spent and control spending. With the development of the times, most students now use credit cards or mobile phones to pay. This invisible payment method causes students to spend a lot of money unknowingly. urto, 2010). Shim et al. (2010) describe Student have many pockets money, credit cards or other family members' credit card so they become impulsive spenders. As mentioned by Shahryar Sorooshian & Tan Seng Teck Male students have the same excessive consumption behavior as female students. Students spend huge amounts of money not only on fashionable clothes but also on the latest electronic gadgets. So, students should record their spending to improve impulsive consumption. Therefore, bookkeeping is very important for Malaysia undergraduate students to control their expenses.

### 2.3 Cook meal at home

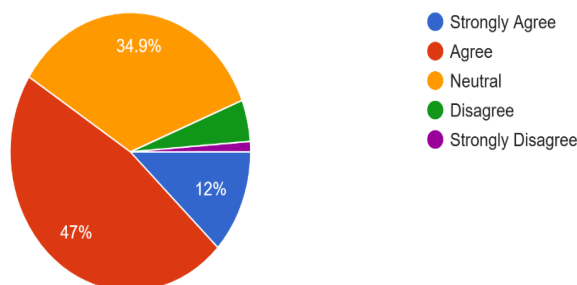
The main way to control the cost of spending Malaysia Undergraduate student is cook meal at home. When you cook meal at home the student actually can save their cost of spending as well as the meal will be healthy. This is because when you cook the meal at home, the hygiene will be followed and the nutritional value the meal will be in control. As mentioned by Mancino and New man (2007), when a person cooks at home, they can save the cost. Cook meal at home also can save the cost of spending doctor. It is because when cooking at home, you will pay attention to the freshness of nutritionally balanced ingredients to maintain your health, reduce the chance of getting sick, and avoid the need to spend extra money to go to the doctor. Therefore, Malaysia undergraduate students can cook their own meals at home. This method not only saves the cost but also takes care of their health.

## 3.0 Research methodology

This study uses a quantitative research design. 5 Likert scales were used in survey questionnaires and the samples were chosen at random. A total of 100 participants responded the questionnaire and the total score with percentage was presented in the findings of study.

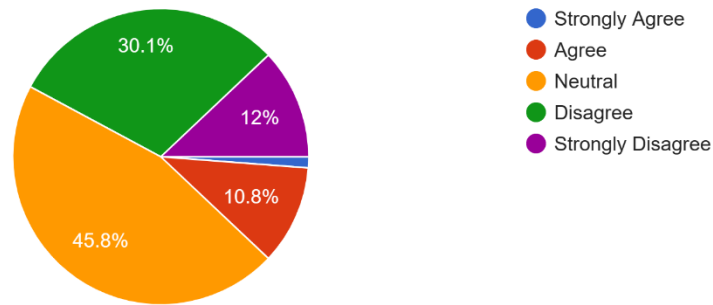
## 4.0 Research Findings

Figure 1: Spend the money and investment.



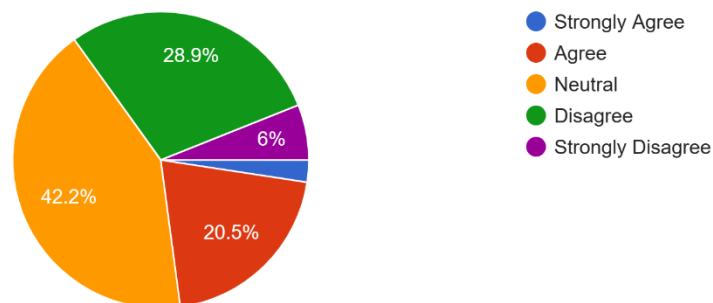
According to the finding, a total of 47% individuals who agree that they will spend the money and investment. However, 34.9% of them being neutral while 12% of individuals who strongly agree instead.

Figure 2: Buy things that don't need, but that everyone has.



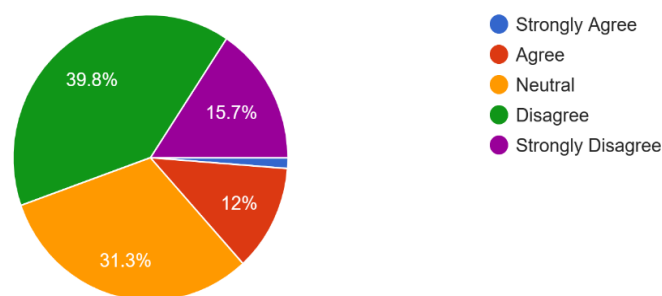
According to the finding, a total of 45.8% individuals who neutral that they will buy things that don't need, but that everyone has. However, 30.1% of them being disagree while 12% of individuals who strongly agree instead. In addition, 10.8% agreed it.

Figure 3: Don't shop around.



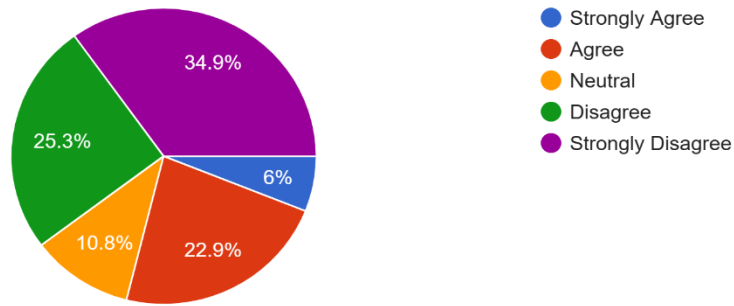
According to the finding, a total of 42.2% individuals who neutral that they don't shop around. However, 28.9 of them being disagree while 20.5% of individuals who agree instead. Besides that, 6% strongly disagree it.

Figure 4: Often go to expensive cafes to eat.



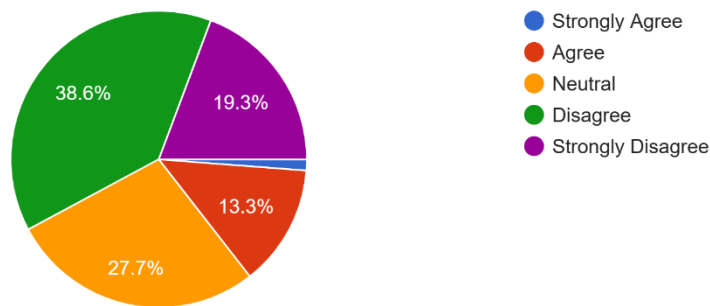
According to the finding, a total of 39.8% individuals who disagree that they often go to expensive cafes to eat. However, 31.3% of them being neutral while 15.7% of individuals who strongly disagree instead. In addition, 12% agree about it.

Figure 5: Spend money on games.



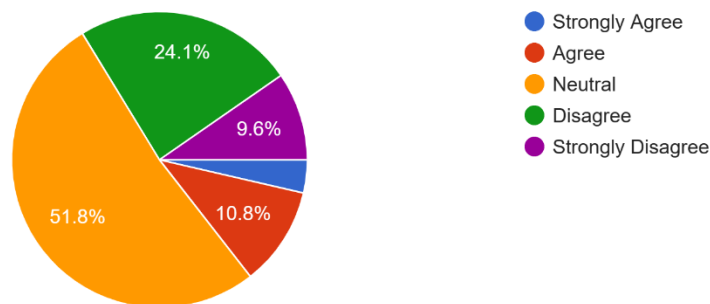
According to the finding, a total of 34.9% individuals who strongly disagree that spend money on games. However, 25.3% of them being disagree while 22.9% of individuals who agree instead. Beside that, 10.8% be neutral and 6% strongly agree about it.

Figure 6: Would buy expensive and low-price performance ratio electronics.



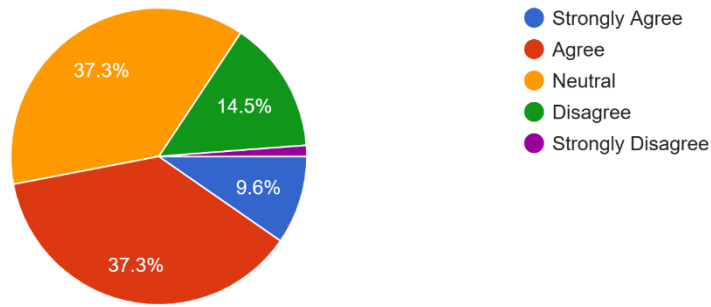
According to the finding, a total of 38.6% individuals who disagree that would buy expensive and low-price performance ratio electronics. However, 27.7% of them being neutral while 19.3% of individuals who strongly disagree instead. Beside that, 13.3% people agree about it.

Figure 7: won't buy a bargain.



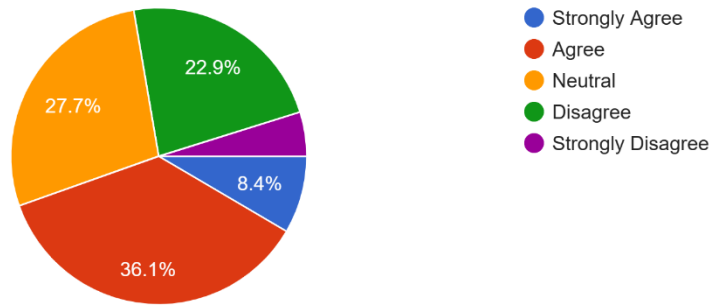
According to the finding, a total of 51.8% individuals who neutral that won't buy a bargain. However, 24.1% of them being disagree while 10.8% of individuals who agree instead. In addition, 9.6% strongly disagreed.

Figure 8: have the habit of depositing



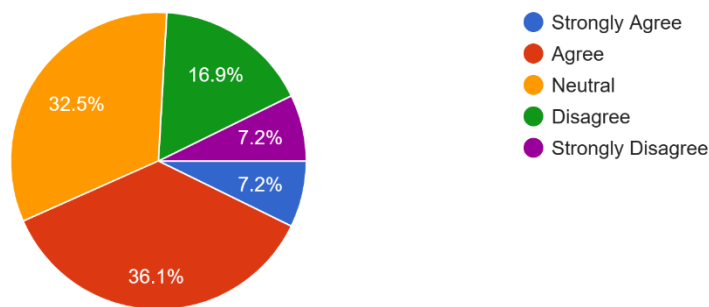
According to the finding, a total of 37.3% individuals who neutral and agree that have the habit of depositing. However, 14.5% of them being disagree while 9.6% of individuals who strongly agree instead.

Figure 9: have own source of income.



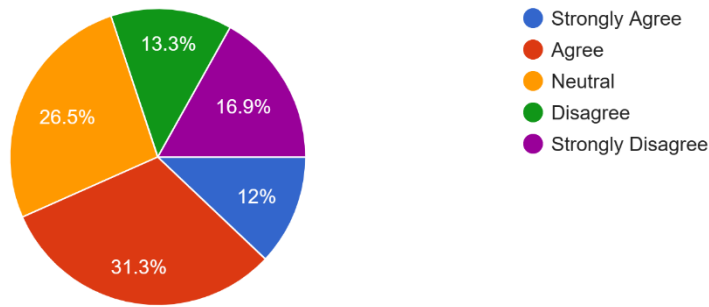
According to the finding, a total of 36.1% individuals who agree that have own source of income. However, 27.7% of them being neutral while 22.9% of individuals who disagree instead. Besides that, 8.4% strongly agree.

Figure10: spent the money from job themselves



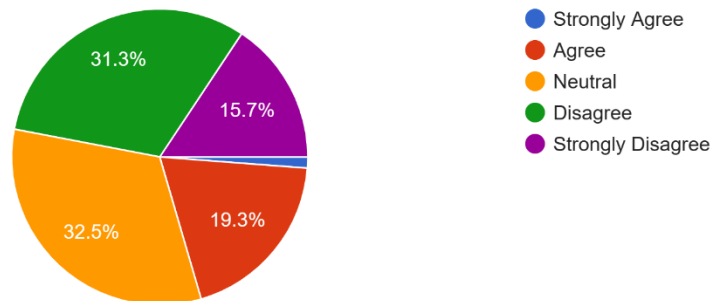
According to the finding, a total of 36.1% individuals who agree that spent the money from job themselves. However, 32.5% of them being neutral while 16.9% of individuals who disagree instead. In addition, 7.2% of people strongly disagree and strongly agree about it.

Figure 11: often take pocket money from parents.



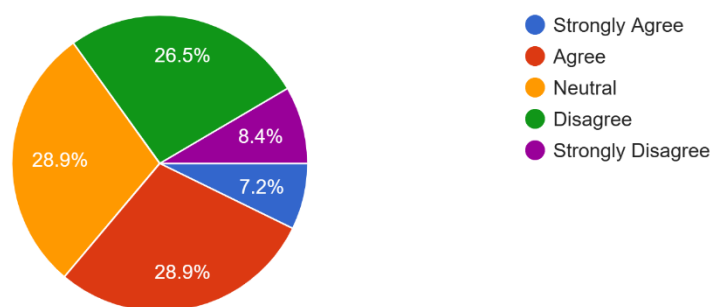
According to the finding, a total of 31.3% individuals who agree that often take pocket money from parents. However, 26.5% of them being neutral while 16.9% of individuals who strongly disagree instead. In addition, 13.3% disagree and 12% strongly disagreed about it.

Figure 12: will spend money on luxury goods.



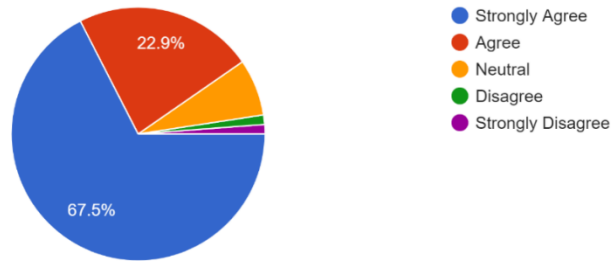
According to the finding, a total of 32.5% individuals who neutral that will spend money on luxury goods. However, 31.3% of them being disagree while 19.3% of individuals agree instead. In addition, 15.7% people strongly disagree with it.

Figure 13: don't have a bookkeeping habit.



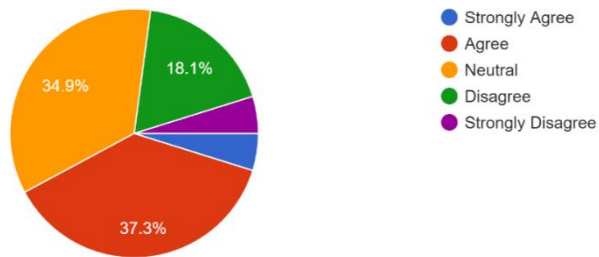
According to the finding, a total of 28.9% individuals who neutral and agree that don't have a bookkeeping habit. However, 26.5% of them being disagree while 8.4% of individuals strongly disagree instead. In addition, 7.2% people strongly agree with it.

Figure 14: saving is important



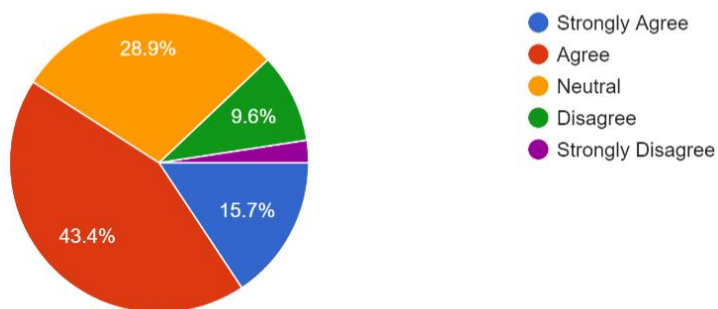
According to the finding, a total of 67.5% individuals who strongly agree, and 22.9% individuals agree that saving is very important.

Figure 15: consult professionals for information about financial management



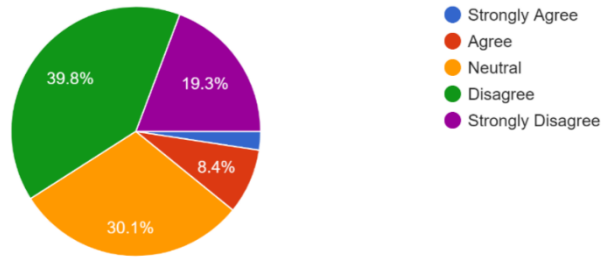
According to the finding, a total of 37.3% individuals who agree and 34.9% individuals who neutral that consult professionals for information about financial management. However, 18.1% of them being disagree.

Figure 16: enough money to spend every month



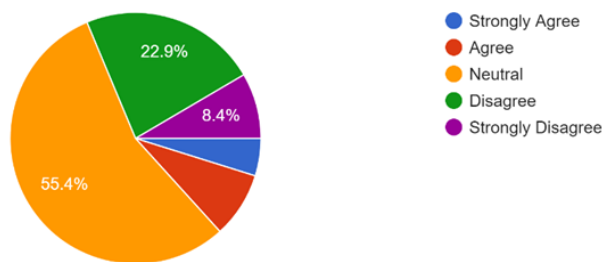
According to the finding, a total of 43.4% individuals who agree and 28.9% individuals who neutral that enough money to spend every month. Besides, 15.7% responded were strongly agree. However, 9.6% of them being disagree.

Figure 17: spend a lot of money every month on new clothes.



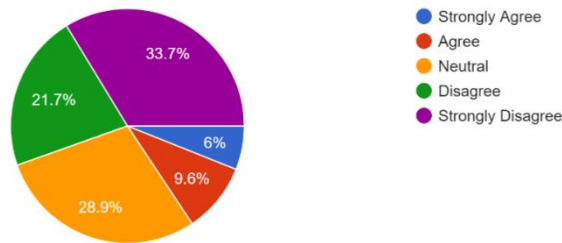
According to the finding, a total of 39.8% individuals who disagree that spend a lot of money every month on new clothes. Besides, almost 30.1% responded were neutral. Furthermore, 19.3% of them being strongly disagree. However, 8.4% individuals who agree that.

Figure 18: live from paycheck to paycheck.



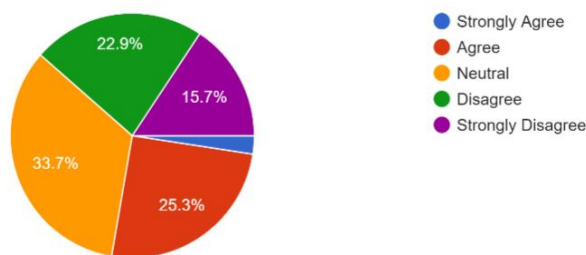
According to the finding, a total of 55.4% individuals who neutral that live from paycheck to paycheck. However, almost 22.9% responded were disagree and 8.4% responded were strongly disagree.

Figure 19: spend a lot of money on chasing time



According to the finding, a total of 33.7% individuals who strongly disagree that spend a lot of money on chasing time. However, 28.9% of them being neutral while 21.7% of individuals who disagree instead. Besides, 9.6% individuals are agreeing, and 6% individuals strongly agree.

Figure 20: very tempted to buy products by social media.



According to the finding, a total of 33.7% individuals who neutral that very tempted to buy products by social media. However, 25.3% of them being agree while 22.9% of individuals who disagree instead. Besides, 15.7% individuals were strongly disagree.



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## Conclusion

With the development of The Times, the price rises, people's living standards improve, life becomes more and more exquisite, the cost also increases. Many students will also spend money to improve the quality of life. So, do students in the new age know how to control expenses while pursuing quality of life? So, we started investigating the ways to control the cost of spending: A study among Malaysian Undergraduates' students. According to the survey results, the majority of students will control the cost, but many people have a neutral view on this issue. For example, 39.8 percent of students said they did not often eat at expensive restaurants, and 15.7 percent strongly disagreed with often eating at expensive restaurants. But a whopping 31.3 percent said they were neutral, and 12 percent said they would often go to expensive cafes to eat. As a result, undergraduate Student's' successful implementation of effective methods to control spending and control their desires is very beneficial to themselves and their parents It is very important to control one's own spending. I hope students can pay more attention to this topic.

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