

International Journal of Advanced Research in Science, Communication and Technology (IJARSCT)

International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal

Volume 5, Issue 4, February 2025

IJARSCT

The Importance of Savings Habits among College Students

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Abstract: Financial literacy and good savings habits are crucial for college students to ensure financial stability, reduce stress, and prepare for future expenses. This research paper explores the importance of cultivating savings habits among college students, identifying key benefits, challenges, and strategies to improve financial discipline. The study also highlights the role of financial education in fostering responsible money management practices.

Keywords: Savings habits, financial literacy, college students, financial planning, budgeting, debt prevention

