

A Study on Spending vs Saving Behaviour Across Different Age Groups

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Abstract: *The spending and saving behaviors of individuals vary significantly across different age groups due to several economic, psychological, and sociocultural factors. This study investigates these behavioral patterns across various demographics, exploring how age influences financial decision-making. By employing a descriptive and cross-sectional design with stratified random sampling, the research captures insights from 100 respondents spanning four age brackets. Key findings reveal that young adults prioritize short-term gratification, middle-aged individuals focus on balancing family obligations with future savings, and older adults emphasize conservative and secure financial practices. The study highlights the importance of tailored financial education and policy interventions aimed at improving financial literacy, promoting disciplined saving, and ensuring long-term financial security for all age groups.*

Keywords: Financial Behavior, Age Groups, Spending Patterns, Saving Habits, Financial Literacy, Income Dynamics, Investment Preferences, Behavioral Economics, Risk Appetite, Financial Planning

