The Influence of Financial Literacy and Lifestyle on the Academic Achievement of Almarisah Madani University Students

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Article Info	ABSTRACT
	The influence of literacy and lifestyle on students is an interesting subject in the study of campus life. Literacy, covering financial, media, and information literacy, provides a strong foundation for students to develop a deep understanding of the ever-evolving world. Meanwhile, lifestyle reflects students' daily behavioral patterns, from shopping habits to social media preferences. Students with good financial literacy tend to be better able to manage their finances wisely, including spending on academic needs such as books and tuition fees. A balanced combination of financial literacy and lifestyle can form students who are more aware of information, in decision making, and better able to navigate challenges and opportunities in the future. This study aims to investigate the influence of literacy and lifestyle on students of Almarisah Madani University. The method in this study uses a survey approach to collect data from a sample of students. The research instrument is a questionnaire that includes statements related to literacy and lifestyle. Data were analyzed using descriptive statistical techniques and multiple linear regression to identify relationships between variables. The number of samples used in this study was 372 students with the sampling technique being Stratified Cluster Proportional Random Sampling. The results of this study are expected to provide a better understanding of the importance of literacy and lifestyle for students in the context of Almarisah Madani University.
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INTRODUCTION

Financial literacy is closely related to financial management where the higher the level of financial literacy of a person, the better the financial management of that person. Personal financial management is one application of the concept of financial management at the individual level. Financial management which includes financial planning, management and control activities, is very important to achieve financial well-being.Laily,(2016). In the context of higher education, student academic achievement is one of the most important indicators of success. This achievement is not only influenced by cognitive abilities but also by various

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external factors, such as financial literacy and lifestyle. Financial literacy, which includes students' ability to manage personal finances, is becoming increasingly crucial amidst the economic challenges faced by students. A good understanding of money management can help students avoid financial stress, which in turn allows them to focus more on their studies. Yushita (2017) divides financial literacy into four aspects, consisting of basic financial knowledge, savings and loans, protection, and investment. The most basic thing in financial literacy is basic financial knowledge. (Yushita, NA (2017). Learning achievement is the result obtained by students after carrying out their learning activities which are expressed in the form of numerical or letter values (Ghufron, 2013). The Importance of Financial Literacy for Personal Financial Management. Learning achievement is a reflection of a person's learning efforts which are known at a certain time. (Inayah, 2014).

On the other hand, students' lifestyles, which include daily habits such as diet, physical activity, sleep time, and use of free time, also play an important role in determining academic achievement. A healthy and regular lifestyle tends to support cognitive abilities and concentration, thus increasing students' chances of achieving better academic results. Conversely, an unhealthy lifestyle, such as irregular sleep or lack of physical activity, can hurt academic performance. Based on the results of the National Survey of Financial Literacy and Inclusion (SNLIK) conducted by the Financial Services Authority (OJK) in 2019, the levels of financial literacy and financial inclusion in 2019 reached 38.03% and 76.19%, respectively. This figure is quite encouraging, my friend because Indonesia has succeeded in exceeding the target set by the Government in Presidential Regulation No. 82 of 2016 concerning the National Strategy for Financial Inclusion (SNKI) of 75% for the level of financial inclusion, while the target level of financial literacy set in Presidential Regulation No. 50 of 2017 concerning the National Consumer Protection Strategy by 35% has also been exceeded. This figure shows a significant increase from the previous survey in 2016 where there was an increase in public financial understanding (awareness) of 8.33% and an increase in access to financial products and services by 8.39% (OJK, 2019).

Figure 1. National Financial Literacy and Inclusion Index

Financial literacy is a basic need for everyone to avoid financial problems. Financial difficulties are not only a function of income alone, financial difficulties can also arise if there are errors in financial management such as misuse of credit, and lack of financial planning. Financial limitations can cause stress, and low self-confidence, even for some families these

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conditions can lead to divorce. Financial literacy is also related to students' ability to manage time and priorities. Students who understand the importance of financial management tend to be more disciplined in managing their time, both for studying and working part-time so that they are able to achieve a better balance between financial and academic needs. This in turn contributes to an increase in their academic achievement index (GPA). In fact, literacy studies have developed, not only examining literacy achievement achievements but also literacy has been studied as a 'culturally, historically and socially situated tool' to acquire knowledge and skills that transform thoughts and experiences (Rackley, 2010: 3; Barton, Hamilton and Ivanic, 2000: 1).

Financial literacy affects students in managing finances. The higher the knowledge and ability of students in managing finances, the wiser they will be in making financial decisions.https://www.detik.com/edu/detikpedia. Lifestyle is one of the important factors that influence various aspects of life, including students' academic achievement. In the context of higher education, lifestyle includes various daily habits and activities, such as diet, physical activity, sleep patterns, time management, and the use of social media and technology. The importance of a healthy lifestyle for students has been widely discussed in various studies. Lifestyle is a pattern of action that distinguishes one person or group from another. If lifestyle is assumed as an ideology, it will form an individual or group identity and differentiate it from others.

Fianora (2017) in her research explained that lifestyle has the purpose of later being able to form a proud image for users and participants. The image that appears through lifestyle is more often in contact with a person's various appearances and has characteristics that can be captured and felt by the senses. The image that arises from the lifestyle chosen by a person is closely related to values and social status. A healthy lifestyle, which includes a balanced diet, adequate sleep, and regular physical activity, is believed to be able to improve concentration, memory, and other cognitive abilities. Conversely, an unhealthy lifestyle, such as irregular sleep patterns, fast food consumption, lack of physical activity, and excessive use of technology, is often associated with decreased academic performance. According to Suyanto (2013), lifestyle is understood as a way of life that includes a collection of habits, views, and patterns of response to life, especially life equipment. Syah (2006) stated that there are several factors that influence academic achievement, namely internal, external factors, and learning approaches. According to Huffman et.al. (in, Mimi Fianora, 2019), lifestyle is a pattern of action that distinguishes one person or group from another. If lifestyle is assumed as an ideology, then it will form an individual or group identity and differentiate it from others. Lifestyle has the aim of then being able to form a proud image for users and participants. The image that appears through lifestyle is more often in contact with a person's various appearances and has properties that can be captured and felt by the senses. The image that arises from the lifestyle chosen by a person is closely related to the values and social status of the lifestyle model used.

Learning achievement is the result achieved by someone after following the learning process, usually measured through grades, exams, or other assessments. Learning

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achievement reflects how well someone understands and masters the material being studied. According to Syah (in Mimi Fianora, 2019), learning is a stage of change in all individual behavior that is relatively permanent as a result of experience and interaction with the environment that involves cognitive processes. In this sense, not all behavioral changes that occur can be said to be the result of the learning process. For example, changes in behavior due to fatigue, sadness, boredom, and others cannot be seen as the result of the learning process. A person who learns will be aware of the change or at least feel a change in himself. The test results show that the cumulative achievement index has an effect on the level of financial literacy among Management Students, so the third hypothesis is accepted. In this study, differences were found in the level of financial literacy of students with high cumulative achievement indexes and low cumulative achievement indexes. Students with high cumulative achievement indexes have a higher level of financial literacy compared to students with low cumulative achievement indexes. (Septi Maulani, 2026)

With the problems in managing personal finances and lifestyle, there needs to be a breakthrough to create ideas that can help individuals organize and manage their finances, with the aim that each individual can be wiser and more productive. Especially students of the KIP-K program to realize that the pocket money given is only for assistance with their living expenses during college. Be wiser in using the pocket money given and be able to manage a simple lifestyle during college. Research conducted by Makrivat (2024) on the Influence of Financial Literacy and Lifestyle on the Financial Management of Students of the Kip-Kuliah Program, Management Study Program at the "Pariwisata Api" Yogyakarta Stie) Based on the results of the study, all unhealthy lifestyles will have an impact on the declining academic achievement of students. If lifestyle is assumed as an ideology, it will form an individual or group identity and differentiate it from others, (Cleopatra, 2015). Lifestyle has the aim of later being able to form a proud image for users and participants. This is supported by several research results such as Rosanjaya's research (2013) entitled on healthy lifestyle behavior towards students' academic achievement. The results showed that the majority of students who had a good level of healthy lifestyle had very satisfactory academic achievements to those who received praise with a moderate and significant relationship.

METHODS

The type of research used in this study is quantitative research with a descriptive approach. According to Sugiyono (2013:13), quantitative research methods can be interpreted as research methods based on the philosophy of positivism, used to research certain populations or samples. Sampling techniques are generally carried out randomly, data collection uses research instruments, and data analysis is quantitative in nature with the aim of testing the established hypothesis.

The method of data analysis in this study uses Multiple Linear Regression. According to Sugiyono (2014), Multiple Linear Regression is used by researchers if the research intends to predict the condition (rise and fall) of the dependent variable, if two independent variables as predictor factors are manipulated (rise and fall of value). Multiple Linear Regression

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Analysis is used to determine the direction of the influence of the independent variable on the dependent variable, whether each independent variable has a positive or negative effect and to predict the value of the dependent variable if the value of the independent variable increases or decreases.

The Multiple Linear Regression equation is as follows:

$Y = a + b_1X_1 + b_2X_2 + b_3X_3 + \varepsilon$

Information:

Y = Academic Achievement

a = Constant

b = Regression coefficient

X1 = Financial Literacy

X2 = Lifestyle

ε = Residual value

The sample in this study was 83 students. According to Sugiyono (2019), simple random sampling is a sampling technique from a population that is carried out randomly without considering the strata in the population. According to Siregar 2013 (in Purwati, 2018:35), the purpose of quantitative research is to test theories, establish facts, show relationships and influences and comparisons between variables, provide statistical descriptions, interpret and predict the results.

RESULTS AND DISCUSSION

Respondent characteristics in this study are based on: Gender. Characteristics according to gender in men as many as 26 people with a percentage of 30.23% and in women as many as 60 people with a percentage of 69.77%.

Multiple linear regression analysis is a statistical method that is often applied when testing the relationship between one dependent variable and various independent variables. The influence of independent variables such as Student Academic Achievement on financial literacy, the influence of student academic achievement on literacy is explained in multiple linear regression.

Table 1. Multiple Linear Regression Analysis Results

Coefficientsa						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	42,889	8,290		5.174	.000
	Financial literacy	.139	.094	.162	1,482	.142
	Lifestyle	.191	.111	.188	1,723	.089
a. Dependent Variable: Student Academic Achievement						

Source: SPSS 25 output (processed data) 2024

Based on table 1 above, we can see the multiple linear regression equation, namely:

$Y = 42.889 + 0.139 X_1 + 0.191 X_2$

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The constant value of 42.889 means that if there is no variable of student academic achievement on financial literacy (X1), lifestyle (X2) or can be said to have a value of 0, the result is that student academic achievement will have a value of 42.889. The regression coefficient value (beta) of the student academic achievement variable related to financial literacy is 0.139, which means that student academic achievement has increased by one time by 0.139 for each increase in the student academic achievement variable. The regression coefficient value (beta) of the student academic achievement variable related to lifestyle is 0.191, which means that student academic achievement has increased by one time by 0.191 for each increase in the student academic achievement variable.

Hypothesis
1. Financial Literacy has a significant value of 0.142 > 0.05, resulting in H0 being accepted and H1 being rejected, because the probability value > significance value, so it is proven that students' academic achievement is not significantly influenced by financial literacy.
2. Lifestyle has a significant value of 0.089 > 0.05, resulting in H0 being accepted and H1 being rejected, because the probability value > significance value, thus proving that students' academic achievement is not significantly influenced by lifestyle.

Coefficient of Determination
Analysis of the coefficient of determination (R^2) is a useful tool for conducting simultaneous analysis related to the influence between independent variables and dependent variables. The coefficient of determination data is in the table below:

Table 2. Coefficient of determination

Model	R	R Square	Adjusted Square	Std error of the Estimate
1	.272a	.074	.051	2.72290

Source: SPSS 25 output (processed data) 2024

Based on table 2 above, it can be seen that the coefficient of determination obtained from the R Square result is 0.074. As a result, it can be concluded that if there is 7.4% of student academic achievement influenced by financial literacy and lifestyle, while 92.6% is the result of the influence of external variables that are not included in the research model.

F TEST (simultaneous)

Tabel 3. Tabel Hasil Uji ANOVA

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	47,867	2	23,933	3.228	.045b
	Residual	600,550	81	7,414		
	Total	648,417	83			

a. Dependent Variable: Y
b. Predictors: (Constant), X2, X1

According to Sugiyono (2019), the F test is used to determine how much influence the independent variables have on the dependent variables if they are significant. Based on the Anova table above, the significant value of the regression model is 0.045 <0.05, which means that together financial literacy and lifestyle have a significant effect on the academic achievement of Almarisah Madani University students.

The influence of literacy on academic achievement of Almarisah Madani University students.

Based on the results of data analysis using SPSS version 25, it was found that: Financial Literacy has a significant value of 0.142> 0.05, resulting in H0 being accepted and H1 being rejected because the probability value> its significance value, so it is proven that students' academic achievement is not significantly influenced by financial literacy. Financial literacy does not have a significant effect on students' academic achievement at Almarisah Madani University. Although financial literacy is expected to help students manage their personal finances better, the results of this study indicate that the level of students' understanding of financial literacy does not directly affect their academic achievement. This may be caused by various other factors that may be more dominant in determining academic achievement, such as learning motivation, time management, or the learning methods applied. Thus, although financial literacy is an important skill, the results of this study imply that its effect on academic achievement in the student environment of Almarisah Madani University is not significant.

The Influence of Lifestyle on Academic Achievement of Almarisah Madani University Students

Based on the results of the analysis using SPSS version 25, it was found that Lifestyle has a significant value of 0.089> 0.05, resulting in H0 being accepted and H1 being rejected because the probability value> its significance value, so it is proven that students' academic achievement is not significantly influenced by lifestyle. This means that lifestyle does not have a significant effect on students' academic achievement at Almarisah Madani University. These results indicate that factors related to lifestyle, such as sleep patterns, eating patterns, physical activity, or students' social habits, do not directly affect their academic achievement.

There may be other factors that have a greater influence on academic achievement, such as the quality of teaching, personal motivation, learning methods used, or academic environmental support. In addition, these results also indicate that although a healthy and balanced lifestyle is important for general well-being, its influence on academic performance may not be as great as expected in the context of Almarisah Madani University students. These findings open up opportunities for further research to explore other factors that are stronger in determining students' academic achievement.

Financial Literacy and Lifestyle Have a Simultaneous Influence on Academic Achievement of Almarisah Madani University Students

Based on the results of the study that has been conducted with analysis using SPSS version 25, it was found that the significance of the regression model was 0.045 <0.05, which means that simultaneously financial literacy and lifestyle have a significant effect on academic achievement of Almarisah Madani University students. This means that simultaneously, financial literacy and lifestyle have a significant effect on the academic achievement of Almarisah Madani University students. This shows that when financial literacy and lifestyle are combined as independent variables, both together make a significant contribution to students' academic achievement.

CONCLUSION

Based on the research results that have been described, this study is intended to test the influence of financial literacy and lifestyle on the academic achievement of Almarisa Madani University students. After the researcher obtained data from respondents, the researcher processed the data using SPSS version 25 as follows: 1) Financial literacy has no significant effect on students' academic achievement at Almarisah Madani University. 2) Lifestyle has no significant effect on students' academic achievement at Almarisah Madani University. 3) Financial Literacy and Lifestyle together have a significant influence on the academic achievement of Almarisah Madani University students.

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