

Moderation Effect of Lifestyle on the Relationship between Financial Knowledge and Attitude on Financial Management Behavior among Young Adults

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Abstract

Young adults have been characterized as significantly reliant on the internet and gadgets. They spend much time online and on social media. Many are also stereotyped as having extravagant lifestyles and wasting money. These phenomena imply how they behave in financial management. Financial knowledge and attitude development shape young adults' behavior toward money. This study aimed to examine the roles of young adults' lifestyles in moderating the relationship between financial knowledge and attitude and their management behavior toward money. This study involved 400 young adults in Pekanbaru, Indonesia, selected using purposive sampling. Moderating regression analysis with a structural equation model was employed to analyze the data. The results showed that lifestyle significantly moderates the effect of financial knowledge and attitude on financial management behavior. Lifestyle strengthens those relationships. Furthermore, financial knowledge, attitude, and lifestyle positively and significantly affect young adults' management behavior toward money. This study concludes that young adults must make prudent and smart financial decisions based on their financial knowledge, attitudes, and lifestyles to attain financial well-being. This finding implies that financial knowledge should become compulsory literacy for students to deal with the trending consumerism lifestyle to build their management behavior.

Keywords: Attitude, Lifestyle, Pekanbaru, Planned behavior theory, Young adult

1. Introduction

Technology developments shape young adults' lifestyles (Pangestu & Karnadi, 2020). Technological developments cause individuals to utilize digital advances and use to fulfill their everyday demands with easier transactions. Young adults aged 18-25 (Nyoto et al., 2021) are nearing maturity (Renaldo et al., 2020). Young adults include the late-born millennials or Y generation (Nyoto et al., 2021) and the early-born Z generation (Brüggen et al., 2017). They greatly rely on the internet (Farrell & Hurt, 2014) and are very active on social media (Nurhadi, 2020). This condition has resulted in increasing wants and consumerism lifestyles (Pangestu & Karnadi, 2020), with many innocently spending money on trivial things.

Many studies in financial literacy focus on factors affecting young adults' financial literacy on the benefit of improving their financial knowledge. Goyal and Kumar (2021) highlighted a need to explore further factors fostering positive financial behavior. By enhancing their financial knowledge, young adults can make proper financial decisions independently (Huston, 2010). Lusardi et al. (2010) stated that financial knowledge is an essential factor influencing

management financial behavior. Other studies suggest poor management financial behaviors are due to poor attitudes toward cash flows (Aydin & Selcuk, 2019; Pandey et al., 2020). Adolescents' financial attitudes are an essential factor widely used by the existing affecting a person's financial literacy (Aydin & Selcuk, 2019; Pandey et al., 2020; Yanto et al., 2021). Unfortunately, little research has been received on the relationship between young adults' attitudes toward money and financial management behaviors (Goyal & Kumar, 2021; Pandey et al., 2020).

Many young adults are exposed to a materialistic lifestyle following trends transmitted through social media and the internet. Moreover, the internet, social media, and technological developments are believed to have shaped young adults' lifestyles (Farrell & Hurt, 2014). However, studies on lifestyle because of exposure to social media and the internet concerning financial management behaviors have received little attention (Goyal & Kumar, 2021; Pandey et al., 2020). Because of the exposures, young adults are vulnerable to poor financial management behaviors reflected by low savings (Pandey et al., 2020), poor investment (Lusardi, 2012), lack of pension plans, and high-cost borrowing (de Bassa Scheresberg et al., 2014). This study fills this gap. This study, therefore, focuses on the nexus of lifestyles in moderating financial knowledge, attitude, and management behavior toward money.

This study is significant to the literature on how lifestyle strengthens or weakens the effect of financial attitudes and knowledge on management behavior. It demonstrated the planned behavior, value, and lifestyle theories underpinning how lifestyles affect relationships. Furthermore, this study related young adults' financial knowledge and attitude to financial managing behaviors. It assessed how lifestyles moderate the impact of financial knowledge and attitude on management behaviors. The finding would help policymakers, educators, and young adults in Indonesia develop the tools to make proper financial decisions independently.

2. Literature Review

2.1 The Theory of Planned Behavior

The planned behavior theory underpins how financial knowledge, attitudes, lifestyles, and financial management behavior correlate. The planned behavior theory explains how intention leads individuals to behave. Individuals develop behavior when they have intentions and goals. Ajzen (2005) explained how the theory predicts individuals' behavior. One factor affecting individuals' intention to behave is attitudes. According to Ajzen (1991), individuals generally have a positive attitude toward a particular behavior when they believe it is associated with something positive, and vice versa. This statement implies that attitude could lead individuals to develop a particular behavior. The theory also shows that individuals' attitude and knowledge determine their behavior toward financial management activities.

2.2 Lifestyle Approach (VALS)

Another theory used in this study is the value and lifestyle approach (VALS). VALS is a way of viewing individuals based on a lifestyle classification system (typology), such as attitudes, needs, wants, beliefs, and demographics (Mitchell, 1983). The system was developed to discern

individuals trying to recognize the marketplace's economic, political, sociological, and human movements (Mitchell, 1983). The VALS often explains consumer behavior by combining psychological and demographic factors related to individuals' perspectives. The behavior could be seen from the attitudes, needs, desires, and beliefs based on satisfaction regarding lifestyle. Stanford Research Institute International (Shih, 1986) classified individuals into nine lifestyles grouped into four classifications built upon self-image, aspirations, principles, and beliefs toward the products used. Values are adopted to develop principles that direct their minds regarding the importance of something in their life. This theory explains the motives encouraging and influencing individuals' attitudes adopted by considering the lifestyle that impacts their financial behavior.

2.3 Relevant Previous Studies

Most studies examine factors affecting young adults' financial literacy to improve their knowledge. In this regard, Goyal and Kumar (2021) highlighted a need to explore factors fostering positive financial behavior. Financial behavior is associated with how individuals manage money (Xiao, 2008). These behaviors are reflected in financial decisions regarding individuals' responsibilities involving cash flows, debts, savings, and investments (Yanto et al., 2021). Smart management behavior is a person's aptitude to accomplish and adjust a plan appropriate to circumstances and continually monitor the financial development status (Lusardi et al., 2010). Huston (2010) suggested that knowledge enhancement can help young adults make proper financial decisions independently. Individuals behave prudently in managing their finances when they have financial knowledge (Lusardi et al., 2010). In line with this finding, young adults' attitudes toward money affect their financial literacy (Aydin & Selcuk, 2019; Pandey et al., 2020; Yanto et al., 2021).

Other studies suggested poor financial management behaviors result from poor attitudes toward cash flows (Aydin & Selcuk, 2019; Pandey et al., 2020). A poor decision could harm the individuals' financial safety, lower living standards, and hinder economic prosperity. Poor management behaviors emerge when young adults transition from financial dependence on their parents to self-fulfillment (Pandey et al., 2020). According to Widdowson & Hailwood (2007), individuals' welfare affects societal welfare. Therefore, financial management behavior would improve a country's well-being (Çoşkun & Dalziel, 2020).

Financial attitude refers to a person's mindset and perspective toward finances (Bocchialini et al., 2022). More studies on a person's demeanor have received more attention in academic literature, showing that individuals' positive attitudes toward money affect their financial behavior (Ameliawati & Setiyani, 2018; Aydin & Selcuk, 2019; Herdjiono & Damanik, 2016). This argument is based on planned behavior theory and underpinned by rational actions. According to the theory, individuals act when considering beneficial actions by calculating the impact. Studies show that individuals' attitudes toward money ascertain their financial behavior and management style. The tendency of attitudes is reflected in individuals' subjective acts based on gain or loss consideration (Ameliawati & Setiyani, 2018). Therefore, applying an appropriate financial attitude could build proper financial management behavior. Young adults'

financial management behavior could change by continuously implementing financial attitudes to determine goals and plans for individuals' finances. Someone with an excellent financial attitude demonstrates a prudent approach to money and intelligent financial management behavior.

Financial knowledge refers to one's aptitude to comprehend, analyze, and manage finances (Mien & Thao, 2015) to make the best decisions and avoid problems. Individuals' financial knowledge requires developing skills and practicing tools such as budgeting, investment, and insurance plans. People can learn from formal and non-formal education. According to Danes (1987), university students with financial knowledge lead better future earnings and savings. In contrast, university students needing more financial knowledge tend to face financial hitches after graduation. The theory of planned behavior shows that individuals' background, such as financial knowledge, influences their actions or behavior toward financial management activities. The statement indicates that increasing financial knowledge could promote proper financial management behavior.

Furthermore, Asaff et al. (2019), Çoşkun & Dalziel (2020), Nobriyani & Haryono (2019), Nusron et al. (2018), and Rahayu et al. (2020) found that financial knowledge is understanding the financial world. It is reflected in activities such as conducting a cost-benefit analysis before making decisions. This analysis implies that someone with high financial knowledge makes prudent decisions and shows good financial management behavior.

Lifestyle describes individuals' daily activities, such as controlling desires, allocating income, spending money, satisfying oneself, and interacting with the community (Seegebarth et al., 2016). Technological developments cause individuals to utilize digital advances and the internet to meet their daily needs with easier transactions. VALS theory provides how individuals adopt lifestyles that impact their financial management behavior. The fast technological development could benefit young adults when they utilize the opportunity wisely. In contrast, because they rely significantly on the internet (Pangestu & Karnadi, 2020) and are very active on social media, they are very active in showing off a luxurious lifestyle (Bossi, 2018). This condition has increased wants and consumerism lifestyles (Pangestu & Karnadi, 2020). This bad financial attitude is worsened by their inability to control their desire to show trending and luxurious lifestyles on social media (Nyoto., et al., 2021). Their expenses increase because they finance unnecessary lifestyles. The want lifestyles mainly comprise gathering and hanging out with friends, shopping online, spending time and money in coffee shops, and trying a new expensive experience. These activities are unproductive, flexing, and involve hidden and unintended gambling. The desires become financial problems because the young adults' lifestyles require unnecessary costs, resulting in debts. These poor decisions cause young adults financial distress (Mandell, 2008). Several studies show the positive effect of lifestyle on financial management behavior, such as Kartawinata et al. (2021) and Gunawan et al. (2020). Lifestyle could positively impact individuals' financial management when they plan and control their cash flows. Conversely, the impact is negative when individuals lead an uncontrolled consumptive lifestyle, spending money to fulfill desires. When uncontrollable lifestyles become custom activities, they discourage making prudent financial decisions.

Furthermore, the planned behavior theory states that financial knowledge and attitude influence an individual management behavior toward finance. This attitude and behavior denotes that improving financial attitude (Herdjiono & Damanik, 2016; Nusron et al., 2018) and knowledge (Asaff et al., 2019; Rahayu et al., 2020) is necessary to obtain smart management behavior toward money. In turn, financial knowledge leads to the improvement of financial management behavior. Someone with a good financial attitude demonstrates a wise outlook on money and thorough management behavior. Moreover, knowledge facilitates making smart financial decisions reflecting careful management behavior. The VALS theory explains how lifestyles influence individuals' attitudes and financial management behaviors. Lifestyles could become an inspiration or dissuasion that strengthens or weakens the influence of financial attitudes towards management behaviors.

Many studies focused on the factors that affect financial literature, including attitudes. However, few have explored the nexus of young adults' financial attitudes and management behaviors (Goyal & Kumar, 2021; Pandey et al., 2020). Moreover, studies on lifestyles due to technological developments have received low attention concerning developing financial management behaviors. Hence, this study aims to analyze the moderating role of lifestyles on the nexus of financial knowledge, attitude, and management behaviors. Fig. 1 shows the research framework developed based on the relationship between exogenous, endogenous, and moderation variables.

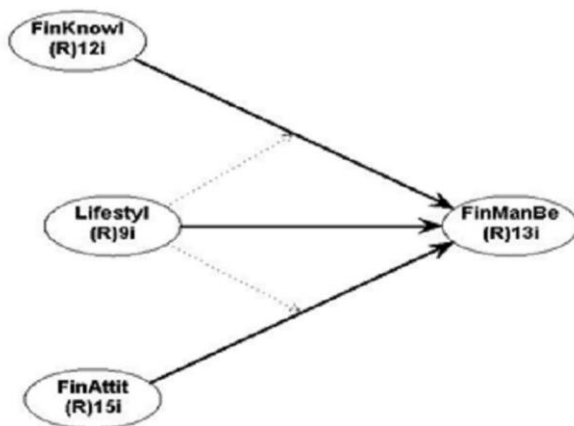


Figure 11 Research Framework

Based on the research framework, five hypotheses were drawn:

- H₁: Young adults' financial attitude significantly affects management behavior.
- H₂: Young adults' financial knowledge significantly affects management behavior.
- H₃: Young adults' lifestyle significantly affects management behavior.
- H₄: Young adults' lifestyles moderate the relationship between financial attitudes and management behavior.

H₅: Young adults' lifestyles moderate the relationship between financial knowledge on management behavior.

3. Research Method

This study used cross-sectional data to examine the moderating effect of lifestyles on the relationship between financial knowledge, attitudes, and management behaviors. Furthermore, a moderating regression analysis was applied. Data were collected using questionnaires distributed online. The questionnaires were designed using the Google form platform and distributed to young adults in Pekanbaru due to personal contact restrictions. A Google form link was circulated through the social network using email, Facebook, WhatsApp, and Instagram from January to March 2022. Each person was requested to respond to the questionnaires once to ensure data precision.

The purposive sampling technique was used to select respondents comprising young Indonesian adults in Pekanbaru aged 18 to 25, smartphone users, and those who volunteered to participate in the survey. The criteria resulted in 400 respondents being selected to participate in the survey by providing valid answers. Before answering the questionnaires, respondents are asked for the consent form. Respondents are anonymous to ensure their confidentiality. The involvement is voluntary. If they agree to be involved in the research, they can fill in the answers, and vice versa.

The questionnaires contained two sections with demographic information and the scale of financial management behavior (FMB), financial attitude (FA), financial knowledge (FK), and lifestyle (LS). All respondents answered demographic questions on gender, age, working and housing status, and income level.

Financial management behavior (FMB) implies individuals' actions in streamlining and optimizing income by organizing, managing, and planning their daily finances (Kholilah & Iramani, 2013). The four indicators used to measure FMB are consumption patterns, cash flow, savings and investment, and loan management, comprising 13 questions (Dew & Xiao, 2011). Likert scale was used to score the participants' responses ranging from 1 to 5, from totally disagree, disagree, neutral, agree, to agree totally.

Lifestyle (LS) describes individual daily activities of channeling interests and income by spending money, satisfying oneself, and interacting with the community (Yusanti, 2020). The three indicators used to measure lifestyles are activities, interests, and opinions, including nine questions (Kartawinata et al., 2021). Likert five scales were used to score the participants' responses.

Financial attitudes (FA) are individuals' financial mindsets and perspectives reflected in their attitudes toward making financial decisions. The five study indicators used to measure FA are power prestige, retention, anxiety, distrust, and quality, comprising 15 questions (Yamauchi & Templer, 1982).

Financial knowledge (FK) is individuals' understanding regarding financial matters reflected in analyzing before making decisions. The indicators used to measure FK are basic individual

finance, credit management, saving and investment, and risk management (Mien & Thao, 2015), comprising 12 questions.

Data were analyzed using moderating regression analysis with path analysis involvement and employing structural equation modeling (SEM). According to Ghazali and Latan (2015), SEM is a multivariate analysis technique that combines factors with path analyses. The technique tests and estimates the relationship between exogenous and endogenous variables with multiple factors. The regression model was developed as follows.

$$Y_i = \alpha_i + \beta_1 X_{1i} + \beta_2 X_{2i} + \beta_3 M_i + \beta_4 X_{1i} M_i + \beta_5 X_{2i} M_i + \varepsilon_i$$

where,

α : Constant

β_{1-5} : Coefficient

X_1 : Financial attitudes (FA)

X_2 : Financial knowledge (FK)

M : Lifestyles (LS)

Y : Financial management behaviors (FMB)

i : The respondent i

ε_i : Error term.

4. Finding and Discussion

This study aimed to analyze the moderating effect of lifestyles on the relationship between young adults' financial knowledge, attitudes, and management behavior. Table 1 presents the descriptive statistics and the average score of each questionnaire.

Table 1. Descriptive Statistics

Descriptive Statistics								Each question score	
Variables	Dimensions	Indicators	N	Min	Max	Mean	Std. Deviation	Average Score	Grand Average
			Statistic	Statistic	Statistic	Statistic	Statistic		
Financial Management Behavior (FMB)	Consumption pattern	FMB1	400	1	5	3.99	.944	3.99	3.90
		FMB2	400	1	5	3.89	.806	3.89	
		FMB3	400	1	5	3.83	.856	3.83	
	Cash Flow	FMB4	400	1	5	3.57	1.004	3.57	3.42
		FMB5	400	2	5	3.40	.843	3.40	

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Descriptive Statistics								Each question score	
	managem ent	FMB6	400	1	5	3.37	.995	3.37	3.38
		FMB7	400	1	5	3.36	.962	3.36	
	Saving & Investme nt Managem ent	FMB8	400	1	5	3.81	.883	3.81	
		FMB9	400	1	5	3.17	1.269	3.17	
		FMB10	400	1	5	3.15	1.148	3.15	
	Debt Managem ent	FMB11	400	1	5	3.61	1.059	3.61	
		FMB12	400	2	5	4.02	.764	4.02	
		FMB13	400	1	5	3.91	.907	3.91	
	Prestige power	FA1	400	1	5	2.46	.978	2.74	
		FA2	400	1	5	3.96	.986	3.96	
		FA3	400	1	5	3.66	.991	3.66	
Financial Attitudes (FA)	Retention	FA4	400	1	5	3.79	.989	3.79	3.73
		FA5	400	1	5	4.06	.924	4.06	
		FA6	400	1	5	3.34	1.066	3.34	
	Anxiety	FA7	400	1	5	3.71	1.054	3.71	3.94
		FA8	400	2	5	4.01	.724	4.01	
		FA9	400	1	5	4.10	.808	4.10	
	Distrust	FA10	400	1	5	3.72	1.021	3.72	3.81
		FA11	400	1	5	3.87	.985	3.87	
		FA12	400	1	5	3.85	.950	3.85	
	Quality	FA13	400	1	5	3.96	.929	4.31	4.01
		FA14	400	1	5	3.83	.822	3.83	
		FA15	400	1	5	3.89	.924	3.89	
Financial Knowledge (FK)	Basic Individua l Finance	FK1	400	1	5	3.78	.946	3.78	3.73
		FK2	400	1	5	3.70	.879	3.70	
		FK3	400	1	5	3.72	1.131	3.72	
	Credit	FK4	400	1	5	4.05	.991	4.05	3.86
		FK5	400	1	5	3.83	.843	3.83	
		FK6	400	1	5	3.72	.993	3.72	
	Saving & Investme nt	FK7	400	1	5	3.79	1.021	3.79	3.78
		FK8	400	1	5	3.76	1.023	3.76	
		FK9	400	1	5	3.78	.975	3.78	
	Risks	FK10	400	1	5	3.70	1.020	3.70	3.41
		FK11	400	1	5	3.26	1.138	3.26	
		FK12	400	1	5	3.28	1.099	3.28	

Descriptive Statistics								Each question score	
Lifestyle	Basic activities	LS1	400	1	5	3.98	.894	3.98	3.98
		LS2	400	1	5	3.83	.822	3.83	
		LS3	400	2	5	4.14	.635	4.14	
	Desire	LS4	400	1	5	3.94	.827	3.94	4.20
		LS5	400	1	5	4.28	.778	4.28	
		LS6	400	2	5	4.40	.686	4.40	
	Trend Opinion	LS7	400	1	5	3.82	.870	3.82	3.87
		LS8	400	1	5	3.95	.798	3.95	
		LS9	400	1	5	3.83	.778	3.83	
Samples	Valid samples	Valid N (listwise)	400						

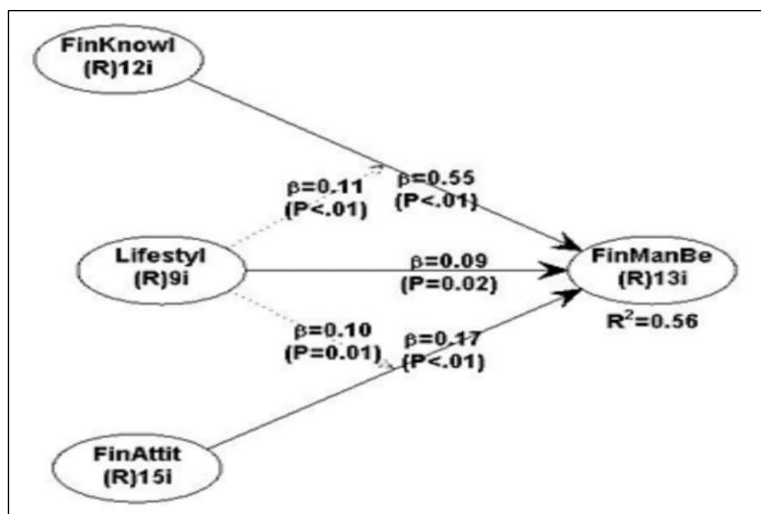


Figure 2. The statistical results of the research model

Data in Table 1 shows that each score exceeds 3.25 out of 5, except for financial attitudes about money's power to influence other individuals, which only gets 2.74. These figures indicate that young adults have low incomes. Overall, the scores are high enough, with most exceeding 3.5. Statistical tests were conducted using partial least squares. Fig. 2 shows the moderating regression analysis results.

Discriminant validity tests were conducted using AVE square roots provided in Table 2. The square root of AVE in the diagonal line beats the correlation between latent variables in the same column, implying good construct validity. A variable is valid when its correlation is

higher than other variables in the same column. Table 2 shows that all the items fit the validity specification.

Table 2. Discriminant Validity Test Results of Square Roots of AVE

Variable	FMB	LS	FA	FK	FA*L S	FK*L S
Financial Management Behavior (FMB)	(0.754)					
Life Style (LS)	0.273	(0.759)				
Financial Attitude (FA)	0.545	0.160	(0.767)			
Financial Knowledge (FK)	0.684	0.108	0.631	(0.771)		
Financial Attitude*Lifestyle (FA*LS)	0.042	-0.060	-0.221	-0.059	(0.538)	
Financial Knowledge*Lifestyle (FK*LS)	0.160	0.054	-0.077	-0.059	0.517	(0.538)

Ghozali and Latan (2015) stated that an instrument is reliable when its Cronbach's alpha coefficient is more than 0.7. The results in Table 3 show that all items meet the reliability requirements.

Table 3. Reliability Test Results

Variable	Composite Reliability	Cronbach's Alpha
Financial Management Behavior (FBM)	0.945	0.938
Lifestyle (LS)	0.924	0.907
Financial Attitude (FA)	0.955	0.950
Financial Knowledge (FK)	0.946	0.938
Financial Attitude * Lifestyle (FA*LS)	0.987	0.987
Financial knowledge * Lifestyle (FK*LS)	0.975	0.974

Several indicators were checked to ensure the structural model's fitness. Table 4 shows that this model is a good fit. Between indicators and independent variables do not correlate. The moderating regression model is free from the multicollinearity problem. The model fit is excellent, implying that all indicators fit the requirements.

Table 4. Results of Model Fit and Quality Indices

Indicators	Index	P-Value	Criteria	Decision
APC	0.203	<0.001	$P < 0.5$	Received
ARS	0.555	<0.001	$P < 0.5$	Received
AARS	0.549	<0.001	$P < 0.5$	Received
AVIF	1,784		Accepted if 5, Ideally 3,3	Received
AFVIF	1,783		Accepted if 5, Ideally 3,3	Received

GoF	0.523		Small 0.1; Medium 0.25; Large 0.36	Large
SPR	1,000		Accepted if 0.7, Ideally 1	Received
RSCR	1,000		Accepted if 0.9, Ideally 1	Received
SSR	1,000		Accepted if 0.7	Received
NLBCDR	1,000		Accepted if 0.7	Received

The adjusted R-squares and R-square values also checked the goodness of fit. These values represent the exogenous variables' ability to predict the endogenous variable. Table 5 shows that the R-square adjusted value of the financial management behavior variable is 0.549. It signifies that 54.9% of management behaviors can be explained by financial knowledge, attitude, and lifestyle. The remaining 45.1% is affected by other variables not included in the regression model.

Table 5. Adjusted R-square & R-square values

Structural Model	R-squared Coefficients	Adjusted Coefficient	R-squared
Financial Management Behavior	0.555	0.549	

This study used a significant level of 5% with a p-value of 0.05, to test the hypothesis. Table 6 presents the hypothesis test result.

Table 6. Hypothesis Test Results

Hypothesis	Exogenous	Moderation	Endogenous	Path Coefficient	P-value	Decision
H1	Financial Knowledge		Financial Management Behavior	0.555	<0.001	Accepted
H2	Financial Attitude		Financial Management Behavior	0.167	<0.001	Accepted
H3	Lifestyle		Financial Management Behavior	0.086	0.025	Accepted
H4	Financial Attitude	Lifestyle	Financial Management Behavior	0.096	0.014	Accepted
H5	Financial Knowledge	Lifestyle	Financial Management Behavior	0.112	0.005	Accepted

This study analyzed how lifestyles moderate the relationship between financial knowledge,

attitude, and management behavior toward money among Indonesian young adults. The results showed that financial management behavior is affected by financial knowledge and that high financial knowledge improves financial management behavior. This study showed that young adults' financial knowledge is above average. This result is better than the Katadata Insight Center survey (2021), showing that from 2,491 respondents, 36% have sufficient financial literacy, and 64% have low financial literacy. Meanwhile, similar results were recorded by (Davoli & Rodríguez-Planas, 2020; De Beckker et al., 2020).

Meanwhile, other studies in developed countries show that people behave more smartly in managing money than those in low-income countries. People in developed countries learned financial management in childhood, so they were trained to manage their finances smartly (Annamaria et al., 2015). Meanwhile, Indonesian young adults with income and smartphones are familiar enough with credit management, investment, and insurance products. It may be because they know about personal finance and sufficient income to afford the investment, insurance, and credit. Thus, this finding revealed that good financial knowledge could build management behavior about money. Unfortunately, the opportunity may not be gained by young adults living in remote areas, not having sufficient income levels, without a smartphone, and needing good financial management knowledge. Therefore, education and communication programs are needed to enhance their knowledge and skills in personal finance management. This study's results agree with the results found in the literature, such as the results of Nobriyani & Haryono (2019), Rahayu et al. (2020), Asaff et al. (2019), and Nusron et al. (2018). The results confirm the planned behavior theory that background knowledge about financial management influences individuals to handle money wisely. When individuals know how to generate money, manage risks, budget, achieve financial freedom, and prepare for retirement security financially, they spend money smartly.

Furthermore, Table 6 shows that financial attitudes affect financial management behavior. Young adults with excellent financial attitudes are more intelligent in financial management than those with bad attitudes. A good young adult's financial attitude becomes a habit that develops behaviors difficult to change. For instance, an individual might have thoughts, judgments, and minds that saving is not essential, developing an attitude to wasting money. When these attitudes become consistent and regular activities, it becomes difficult to change behaviors. The results confirm the planned behavior theory that backgrounds such as attitudes toward finances influence individuals' behavior reflected in their financial management. It means that for young adults to have smart Financial Management Behavior, they should have excellent financial attitudes indicated as appreciation, show a good mindset about money, and be aware of money as a symbol of power, success, and a tool to obtain power-prestige status.

Furthermore, they should preserve time and understand money as a source of anxiety and protection, controlling doubtful, suspicious, and distrustful situations about money. They also should understand that life quality can be achieved through controlling desires. The findings also support Herdjiono & Damanik (2016), Rahayu et al. (2020), Asaff et al. (2019), and Nusron et al. (2018), which showed that financial attitude significantly and positively affects management behavior.

Lifestyle positively and significantly affects financial management behaviors as a dependent variable. A better lifestyle improves behavior in managing their finances. Young adults with good lifestyles behave wisely in managing money. Furthermore, good lifestyles motivate individuals to manage their finances more efficiently by controlling their desires. Individuals sort and select their needs and desires without affecting the surrounding environment. This ability to control needs and desires enables them to manage their finances. Those with good lifestyles are careful in shopping activities, spend time and money wisely, and prioritize function more than buying branded goods. They have better control over their life. Although gadgets and entertainment develop fast, those with good lifestyles ignore unnecessary things. They prioritize comfort and compare products based on quality and value. These individuals ignore unimportant trends that do not fit their needs. The results support Kartawinata & Wijayangka (2021), Gunawan et al. (2020), and Yusanti & Lutfi (2020), which stated that lifestyle affects individual financial management behavior.

With a positive coefficient, lifestyles moderate the relationship between financial knowledge, attitudes, and management behaviors. The role is to strengthen financial knowledge and attitude's influence on young adults' management behaviors. Lifestyles also independently affect management behaviors and moderate the effect of financial knowledge and attitude. Hence, attitudes play a quasi-moderation or pseudo-moderation role (Ghozali & Latan, 2015). The result revealed that Indonesian young adults are wise enough to respond to the internet and technological development surrounding their daily lives. The intelligent device utilization of young adults could shape their lifestyles. With good financial knowledge and attitude, the smart device provides financial management applications that can promote young adults' financial attitudes. Financial management tools can promote and speed up learning about financial management (Aoun, 2017). Thereby, management behavior regarding finance can be shaped. Although using smart devices and financial management tools can expose users to extensive materialism and lead users to adopt extravagant lifestyles, behave consumptively, and potentially draw more loans (Panos & Wilson, 2020), smart devices and financial management tools' benefits are undeniable. Financial smartphone applications could significantly establish financial attitudes such as tracking proceeds/expenses, becoming tough before the financial shock (French et al., 2020), and often updating new information to minimize financial fines (Carlin et al., 2019). Massive free training on stock investment and trading conducted by the Indonesian Financial Services Authority (OJK) in collaboration with financial institutions supervised by professional coaches, investment, and stock trading has become a new trend in young adults' lifestyles in Indonesia. Positive lifestyles strengthen their good financial attitudes, making financial decisions based on the benefits and risks. A frugal lifestyle develops an individual ability to manage their finances.

Generally, this study's results align with those found in the literature. The results support the planned behavior theory that individuals with financial management knowledge behave prudently and diligently in managing their finances. It demonstrates that financial knowledge helps individuals make prudent financial decisions. This study also gives empirical evidence that VALS theory underpins the role of lifestyles in moderating the influence of financial

knowledge on management behavior.

Young adults must develop their financial attitudes, knowledge, and wise lifestyle to be prudent and smart in financial management. This result suggests some implications. Firstly, it implies that the government to improve the young generation's financial management behavior. The government should provide massive training by utilizing the internet to teach them about financial literacy, particularly financial literacy managing cash flows, budgeting, investing, and debts. Secondly, it may be essential to include basic financial literacy in the curriculum at any level of schools so that students can continually develop their prudent and smart financial management behavior. Thirdly, educators must develop financial literacy curricula for students at any school level.

This study has several limitations. First, the samples were limited to young adults with smartphones living in Pekanbaru, a big city. Young adults living in a small city or remote area and not using smartphones were excluded. Second, the study did not include education, income levels, or age, failing to capture that information. Therefore, future studies should include these factors and their effect on improving financial attitudes, knowledge, lifestyles, and financial management behaviors.

5. Conclusion

This study aims to analyze the role of lifestyles in moderating the relationship between financial knowledge and attituded and management behavior toward money among Indonesian young adults. The result of the study shows that financial knowledge positively affects financial management behavior. This result reveals that higher young adults' financial knowledge and attitude improve their financial management behavior. Young adults with high financial knowledge and attitudes make wise decisions reflected in their financial management behaviors.

Lifestyles motivate individuals to manage their finances more efficiently by controlling their desires. Lifestyles shaped by enhancing intelligent devices and financial management applications can positively affect financial management behavior. Furthermore, lifestyles moderate the relationship between financial knowledge, attitudes, and financial management behavior. A better lifestyle improves behavior in managing young adults' financial management.

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