

The Relationship between Personal Financial Planning and Saving Behavior on Self-Immunity and Enhancing Quality of Life of Students in the Faculty of Management Science, Buriram Rajabhat University

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Received: 2025-5-3; Revised: 2025-10-31; Accepted: 2025-10-31

Abstract

This research aimed to study the relationship between personal financial planning and saving behavior and the self-immunity and quality of life enhancement of students in the Faculty of Management Science, Buriram Rajabhat University. The sample group comprised 313 students. Data were collected using a validated self-administered questionnaire and analyzed using descriptive and inferential statistics, including multiple correlation and regression analyses. Key findings revealed that 1) personal financial planning in terms of consumption had a statistically significant relationship with self-immunity; 2) financial planning regarding life goals was significantly associated with quality of life enhancement; 3) saving behavior in terms of attitude towards saving and saving discipline was significantly associated with self-immunity; and 4) saving behavior in terms of saving discipline was significantly associated with quality of life enhancement. The results highlight that financial planning and saving behavior are crucial for fostering resilience and enhancing life quality through disciplined saving.

Keywords : Personal Financial Planning, Saving Behavior, Self- immunity / Enhancing Quality of Life

Introduction

At present, individuals' lifestyles have changed according to economic and social conditions, resulting in higher living costs and prices for consumer goods, which in turn lead to an increase in the cost of living (Pongpal et al., 2020). Financial planning has thus become a crucial factor and the starting point of the life planning process. Individuals who engage in financial planning develop skills to manage their lives effectively, enabling them to achieve various life goals with quality, ultimately improving their financial status and living standards. Personal financial planning is vital because it provides individuals with direction in life, acting as a tool for managing finances in accordance with their life goals and objectives (Chotithamkarn, 2017). In times of economic volatility and uncertainty, unforeseen events can easily occur. Therefore, cultivating beneficial saving habits can help mitigate the impacts. Initiating savings and investments early is an essential first step. Consistently saving and

investing helps achieve set financial goals, ensuring sufficient savings for future needs and contributing to the country's development by enhancing individual financial security (Somkhumpa, et al., 2019).

Thus, according to the philosophy of the Sufficiency Economy, a key characteristic for individuals to live peacefully and sustainably in society is having good immunity, which acts as a safeguard against risks and instability, enabling them to cope with impacts and changes and to manage problems effectively. In today's society, globalization trends influence lifestyles, promoting consumerism aligned with Western culture and encouraging overspending, which undermines saving discipline and frugality. Such issues can be addressed by instilling a consciousness of sufficiency—being content with what one has and avoiding extravagance—and following the correct path of a sufficient lifestyle (Kaewmat et al., 2015). Improving quality of life is therefore crucial for individuals to develop themselves and society toward desired goals at the personal, family, and community levels. Development must encompass both physical and mental aspects, fostering self-management attitudes, care for others, sufficient occupation and income for living, and the cultivation of morality and ethics. Achieving these would elevate both individuals and society, adding value and fostering prosperity while reducing social problems such as family issues and crime. Many countries, therefore, strive to develop and enhance the quality of life of their citizens to promote general well-being and happiness (Ishoh, 2019).

In order to achieve a comfortable life and secure future financial stability, saving plays a crucial role in financial planning, ensuring future security through accessible savings. It is important to instill saving habits and rational spending from a young age to build financial discipline. Saving becomes possible for individuals who are employed and receive wages, salaries, or other income. However, most people in society exhibit extravagant consumption behaviors and increasing debt, neglecting savings because they rely on regular income from stable jobs. They often overlook the fact that employment spans only a portion of one's life, forgetting that the future is unpredictable. Events such as injury, illness, sudden job loss, or retirement could occur, causing a loss of regular income (Teerakittikon & Woenthong, 2020).

Moreover, saving is a fundamental factor for living that aligns with the principle of sufficiency. The "Sufficiency Economy" philosophy guides how people at all levels should live and act, emphasizing moderation, prudence, and morality. Therefore, sufficiency economy principles are integral to saving, encouraging mindful spending, avoiding extravagance, and saving for the long term. It also involves planning and managing one's quality of life within the middle path as a protective measure, leading to good financial health (Dealers & Seeda, 2018).

Research Objectives

1. To examine the relationship between personal financial planning and self-immunity among students.
2. To explore the relationship between personal financial planning and quality of life enhancement among students.

3. To investigate the relationship between saving behavior and self-immunity among students.

4. To analyze the relationship between saving behavior and quality of life enhancement among students.

Research Hypothesis

The research hypotheses are formulated as follows:

H1: Personal financial planning is associated with good resilience.

H1a: Personal financial planning regarding consumption is associated with good resilience.

H1b: Personal financial planning regarding investment opportunities is associated with good resilience.

H1c: Personal financial planning regarding financial planning creation is associated with good resilience.

H1d: Personal financial planning regarding life goals is associated with good resilience.

H2: Personal financial planning is associated with enhancing quality of life.

H2a: Personal financial planning regarding consumption is associated with enhancing quality of life.

H2b: Personal financial planning regarding investment opportunities is associated with enhancing quality of life.

H2c: Personal financial planning regarding financial planning creation is associated with enhancing quality of life.

H2d: Personal financial planning regarding life goals is associated with enhancing quality of life.

H3: Saving behavior is associated with good resilience.

H3a: Saving behavior regarding the purpose of saving is associated with good resilience.

H3b: Saving behavior regarding saving planning is associated with good resilience.

H3c: Saving behavior regarding saving methods is associated with good resilience.

H3d: Saving behavior regarding attitudes toward saving is associated with good resilience.

H3e: Saving behavior regarding saving discipline is associated with good resilience.

H4: Saving behavior is associated with enhancing quality of life.

H4a: Saving behavior regarding the purpose of saving is associated with enhancing quality of life.



H4b: Saving behavior regarding saving planning is associated with enhancing quality of life

H4c: Saving behavior regarding saving methods is associated with enhancing quality of life.

H4d: Saving behavior regarding attitudes toward saving is associated with enhancing quality of life.

H4e: Saving behavior regarding saving discipline is associated with enhancing quality of life.

Literature Review

1. Personal Financial Planning

Personal financial planning is the process of systematically and continuously managing an individual's or a family's finances with the goal of effectively achieving financial objectives throughout various life stages. These objectives may include saving, investing, tax planning, retirement planning, and risk management. According to the Certified Financial Planner (CFP) framework, personal financial planning consists of six key steps: 1) Defining financial goals, 2) Gathering data and analyzing the current financial situation, 3) Evaluating options and developing a financial plan, 4) Implementing the plan, 5) Monitoring progress and adjusting the plan as needed, and 6) Reviewing the financial plan regularly. This aligns with the perspective of Gitman, Joehnk, & Billingsley (2017), who state that effective financial planning enables individuals to optimize the use of financial resources and achieve life goals—such as home ownership, children's education, or retirement—without incurring excessive debt.

2. Saving Behavior

Saving behavior refers to the patterns or approaches individuals use in making decisions and taking actions related to setting aside a portion of their income for future use. This may take the form of cash, bank deposits, or other assets, driven by personal goals, economic security, or uncertainty about the future. This behavior is grounded in several theoretical frameworks:

1. Life-Cycle Hypothesis (LCH) by Modigliani & Brumberg (1954) explains that individuals tend to save during their high-earning years (working age) and dissave during periods without income (retirement).

2. Consumer Behavior Theory suggests that saving results from the gap between income and consumption, and is influenced by attitudes, financial literacy, and personal motivation.

3. Behavioral Economics, including concepts such as self-control and framing, highlights psychological factors influencing saving. Thaler & Benartzi (2004) point out that people are more likely to save when using motivational strategies like automatic payroll deductions.

The benefits of saving behavior include enhancing financial security, reducing stress from unexpected events, and supporting the achievement of long-term financial goals, such as purchasing a home, funding children's education, or preparing for retirement.

3. Self-immunity (SIM)

Good immunity refers to an individual's ability to cope with stress, change, or life challenges in a mindful, flexible, and effective manner. It involves the capacity to recover from negative experiences and maintain psychological stability. This concept aligns with what is known as "Psychological Immunity" or "Immune Competence", which describes internal psychological mechanisms that protect individuals from the adverse effects of undesirable environmental conditions. Several theoretical perspectives support this concept:

1. Resilience Theory (Masten, 2018) suggests that internal immunity enables individuals to recover quickly from crises or adversity.
2. Self-Determination Theory (Ryan & Deci, 2019) emphasizes that self-regulation and having a sense of purpose can strengthen psychological resilience.
3. Salutogenesis, proposed by Antonovsky, explains that a Sense of Coherence (SOC) the perception that life is comprehensible, manageable, and meaningful is a key factor in enhancing internal immunity.

The benefits of strong psychological immunity include reducing the risk of stress or depression, improving decision-making under pressure, and promoting long-term physical and mental well-being.

4. Enhancing Quality of Life

Enhancing quality of life refers to the process or approach aimed at developing and improving the well-being of individuals or groups across all dimensions—physical, psychological, social, economic, and environmental. The goal is to enable individuals to live well, experience happiness, feel satisfied with life, and live meaningfully and with dignity. According to recent studies, such as those by Skevington & Epton (2021) and Schalock & Verdugo (2020), key strategies for enhancing quality of life include: 1) Promoting ongoing physical and mental health, 2) Fostering life skills and personal goals, 3) Encouraging participation in social activities and cultivating positive relationships, 4) Ensuring adequate income, job security, and access to basic resources, and 5) Implementing goal-oriented financial planning and saving behavior.

Conceptual Framework

This research is a quantitative study. The researcher has developed the research framework based on the concept/theory of "The Relationship Between Personal Financial Planning and Saving Behavior on Self-Immunity and Enhancing Quality of Life of Students in the Faculty of Management Science, Buriram Rajabhat University." The details are as follows:

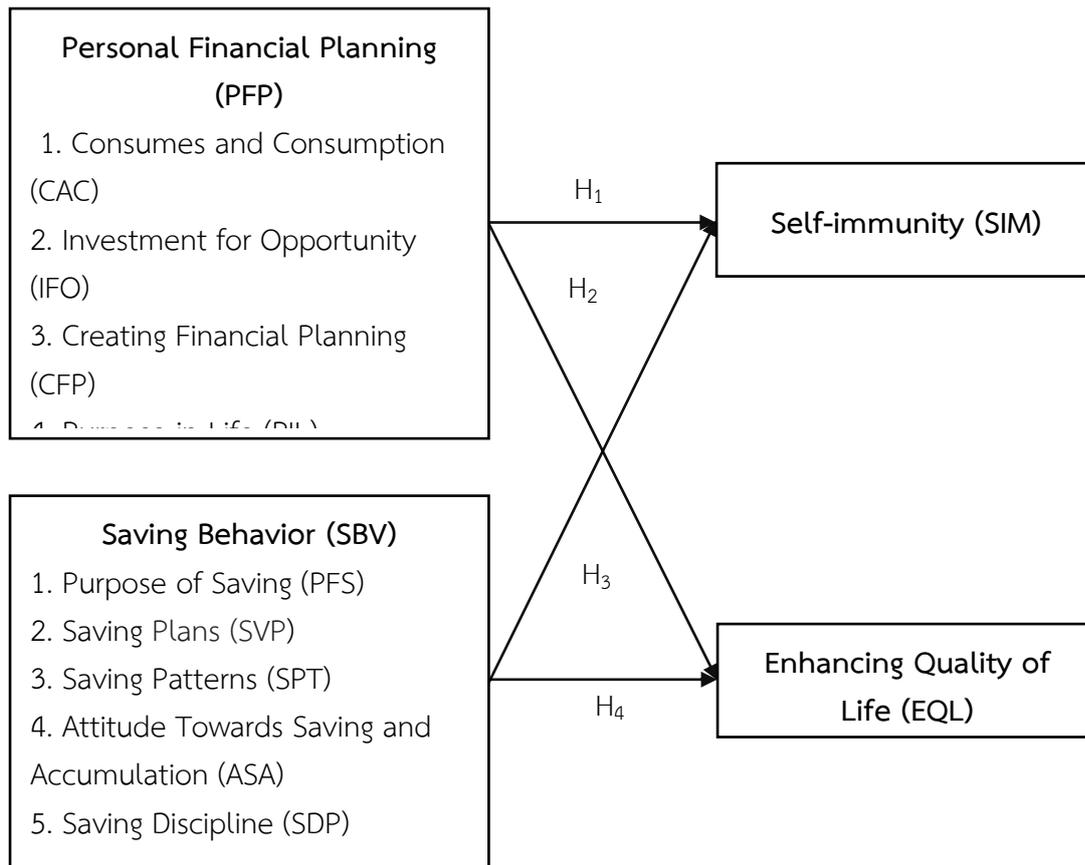


Figure 1 Conceptual Framework of the Research

Research Methodology

This study employed quantitative research methods, collecting data through surveys. The study covered the population, sample, research instruments, instrument validation, and data analysis, as follows:

Population and Sample

The population comprised 1,664 students from the Faculty of Management Science at Buriram Rajabhat University (Office of Academic Promotion & Registration, Buriram Rajabhat University, 2024). The sample consisted of 313 students selected using the Krejcie & Morgan Table and simple random sampling.

Research Instruments

The research instrument was a questionnaire, developed based on the research objectives and conceptual framework, and validated by experienced faculty members. It was divided into six parts:

Part 1: General information of respondents using a checklist format, including gender, major, age, year of study, and class group.

Part 2: Opinions on personal financial planning using a rating scale, covering four aspects: consumption, investment opportunities, planning creation, and life goals.

Part 3: Opinions on saving behavior using a rating scale, covering five aspects: purpose of saving, saving plans, saving methods, saving attitudes, and saving discipline.

Part 4: Opinions on good immunity using a rating scale, covering four aspects: career planning, financial planning, participation in decision-making, and moderation.

Part 5: Opinions on quality of life enhancement using a rating scale, covering four aspects: personal integrity, social relationships, development opportunities, and life stability.

Part 6: Additional suggestions.

Development and Validation of Research Instruments

The development process included

1. Studying documents and related research to define the conceptual framework regarding the relationships among personal financial planning, saving behavior, good immunity, and quality of life enhancement.

2. Conducting a brainstorming session with 13 student leaders and top-performing students from years 1–4 (excluding them from the sample) to refine the elements of each variable and align the questions with the research outcomes.

3. Drafting the questionnaire based on the framework and brainstorming input, ensuring alignment with the research objectives and hypotheses.

4. Reviewing the questionnaire with finance, investment, and accounting professors for appropriateness, language correctness, and content coverage, and revising as recommended.

5. Checking the content validity using the Index of Item Objective Congruence (IOC) evaluated by three experts in finance, investment, accounting, and economics: Personal financial planning IOC = 0.82; saving behavior IOC = 0.96; good immunity IOC = 0.80; and quality of life enhancement IOC = 0.77.

6. Testing the questionnaire quality:

- 6.1 Try it out with 30 non-sample students from the Department of Social Development, Faculty of Humanities and Social Sciences.

- 6.2 Item-total Correlation to find discriminant power: Personal financial planning: $r = 0.691-0.834$; saving behavior: $r = 0.728-0.823$; good immunity: $r = 0.745-0.867$; quality of life enhancement: $r = 0.0678-0.882$

- 6.3 Reliability Testing using Cronbach's alpha: a Personal financial planning: $\alpha = 0.776-0.833$; saving behavior: $\alpha = 0.742-0.818$; good immunity: $\alpha = 0.801-0.872$; quality of life enhancement: $\alpha = 0.762-0.885$. These values were consistent with Hair et al. (2006), confirming that an alpha value above 0.7 is acceptable.

7. Finalizing the validated questionnaire for data collection.

Data Collection

The research team collected data as follows:

1. Prepared the questionnaires according to the sample size, ensuring accuracy and completeness.

2. Conducted data collection in person from 313 students at the Faculty of Management Science: Day 1: 235 students; Day 2: 41 students; Day 3: 29 students; Day 4: 8



students; and Completed data collection over four days with a 100% response rate and verified the completeness of all 313 returned questionnaires. And prepared the complete responses for data analysis.

Data Analysis

Data collected was analyzed using computer software as follows:

Parts 1-4: Testing the relationships between personal financial planning and saving behavior with good immunity and quality of life enhancement using multiple correlation analysis and multiple regression analysis.

Statistical Methods Used

Hypothesis testing utilized multiple correlation analyses and multiple regression analyses.

Research Summary

The research on "The Relationship Between Personal Financial Planning and Saving Behavior with Good Immunity and the Enhancement of Quality of Life among Students of the Faculty of Management Science, Buriram Rajabhat University" can be summarized as follows:

1. The results of the test on the relationship between personal financial planning and good immunity (SIM) among students of the Faculty of Management Science, Buriram Rajabhat University, are shown in Table 1.

Table 1 Test of the Relationship between Personal Financial Planning and Strong Immunity (SIM) among Students of the Faculty of Management Science, Buriram Rajabhat University

Variables	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
	B	Std. Error	Beta			Tolerance	VIF
(Constant)	3.722	0.332		11.198	0.000**		
CAC	0.141	0.050	0.169	2.828	0.005*	0.874	1.144
IFO	-0.028	0.044	-0.037	-0.635	0.526	0.924	1.083
CFP	0.086	0.061	0.082	1.398	0.163	0.913	1.095
PIL	-0.045	0.052	-0.052	-0.866	0.387	0.857	1.167

R Square = 0.033, Adjusted R Square = 0.021, Durbin-Watson = 1.861, F = 2.669

** Significant at the 0.01 level

* Significant at the 0.05 level

From Table 1, it was found that the tolerance values ranged from 0.857 to 0.924. Since these values are close to 1, it indicates that the variables are weakly correlated with other variables (Hair et al., 1998). The VIF values ranged from 1.083 to 1.167, which are less than 10, suggesting that multicollinearity among the independent variables is not a significant concern, consistent with the findings of Black (2006). Therefore, it can be concluded that the independent variables do not suffer from multicollinearity.

The results of the multiple regression analysis revealed that the significance value (Sig.) was 0.000, indicating that at least one independent variable is significantly associated

with strong immunity (SIM). The independent variables could explain 21% of the variance in strong immunity (SIM).

When considering the relationship between personal financial planning and strong immunity, it was found that personal financial planning in the area of consumption and allocation control (CAC) was significantly related to strong immunity (SIM) at the 0.05 level. Thus, the research hypothesis H1a is accepted. On the other hand, personal financial planning in the areas of investment opportunities (IFO), financial plan creation (CFP), and life goals (PIL) was not significantly related to strong immunity (SIM) (Sig. > 0.05).

2. Results of the relationship test between personal financial planning and enhancement of quality of life (EQL) among students of the Faculty of Management Science, Buriram Rajabhat University, as shown in Table 2.

Table 2 Test of the Relationship between Personal Financial Planning and Enhancement of Quality of Life (EQL) among Students of the Faculty of Management Science, Buriram Rajabhat University

Variables	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
	B	Std. Error	Beta			Tolerance	VIF
(Constant)	2.676	0.313		8.556	0.000**		
CAC	0.004	0.047	0.005	0.089	0.929	0.874	1.144
IFO	0.067	0.042	0.089	1.598	0.111	0.924	1.083
CFP	0.101	0.058	0.098	1.750	0.081	0.913	1.095
PIL	0.220	0.049	0.260	4.482	0.000**	0.857	1.167

R Square = 0.111, Adjusted R Square = 0.100, Durbin-Watson = 1.796, F = 9.625

** Significant at the 0.01 level

From Table 2, it was found that the total tolerance values ranged from 0.857 to 0.924. Since these values are close to 1, it indicates that the variables have a low correlation with other variables (Hair et al., 1998). The VIF values ranged from 1.083 to 1.167, which are less than 10, suggesting that although the independent variables are correlated, the correlation is not statistically significant. This finding is consistent with the research of Black (2006). Therefore, it can be concluded that multicollinearity is not a concern among the independent variables.

The results of the multiple regression analysis revealed that the significance value (Sig.) was 0.000, indicating that at least one independent variable is significantly related to the enhancement of quality of life (EQL). The independent variables could explain 10% of the variance in the enhancement of quality of life (EQL).



Considering the relationship between personal financial planning and quality of life enhancement, it was found that personal financial planning in the area of life goals (PIL) was significantly related to EQL at the 0.01 level. Therefore, the research hypothesis H2d is accepted. On the other hand, personal financial planning in the areas of consumption and allocation control (CAC), investment opportunities (IFO), and financial plan creation (CFP) was not significantly related to the enhancement of quality of life (Sig. > 0.05).

3. Results of the Test of the Relationship between Saving Behavior and Strong Immunity (SIM) among Students of the Faculty of Management Science, Buriram Rajabhat University, as shown in Table 3.

Table 3 Test of the Relationship between Saving Behavior and Strong Immunity (SIM) among Students of the Faculty of Management Science, Buriram Rajabhat University

Variables	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
	B	Std. Error	Beta			Tolerance	VIF
(Constant)	2.303	0.562		4.102	0.000**		
PFS	0.028	0.042	0.038	0.680	0.497	0.995	1.005
SVP	0.042	0.057	0.041	0.734	0.463	0.995	1.005
SPT	0.138	0.074	0.105	1.879	0.061	0.993	1.007
ASA	0.121	0.056	0.121	2.167	0.031*	0.993	1.007
SDP	0.143	0.062	0.129	2.310	0.022*	0.995	1.005

R Square = 0.049, Adjusted R Square = 0.033, Durbin-Watson = 1.854, F = 3.137

** Significant at the 0.01 level

* Significant at the 0.05 level

From Table 3, it was found that the tolerance values ranged from 0.993 to 0.995. Since these values are close to 1, it indicates that the variables have a low correlation with other variables (Hair et al., 1998). The VIF values ranged from 1.005 to 1.007, which are less than 10, suggesting that although the independent variables are correlated, the correlation is not statistically significant. This finding is consistent with the research of Black (2006). Therefore, it can be concluded that multicollinearity is not an issue among the independent variables.

The results of the multiple regression analysis revealed that the significance value (Sig.) was 0.000, indicating that at least one independent variable is significantly related to strong immunity (SIM). The independent variables could explain 33% of the variance in strong immunity (SIM).

Considering the relationship between saving behavior and strong immunity, it was found that saving behavior in terms of attitude toward saving (ASA) and saving discipline (SDP) were significantly related to SIM at the 0.05 level. Therefore, the research hypotheses H3d

and H3e are accepted. On the other hand, saving behavior in terms of purpose for saving (PFS), saving plan (SVP), and saving patterns (SPT) were not significantly related to strong immunity (SIM) (Sig. > 0.05).

4. Results of the test of the relationship between saving behavior and enhancement of quality of life (EQL) among students of the Faculty of Management Science, Buriram Rajabhat University, as shown in Table 4.

Table 4 Test of the Relationship between Saving Behavior and Enhancement of Quality of Life (EQL) among Students of the Faculty of Management Science, Buriram Rajabhat University

Variables	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
	B	Std. Error	Beta			Tolerance	VIF
(Constant)	2.395	0.554		4.327	0.000**		
PFS	0.048	0.041	0.065	1.164	0.245	0.995	1.005
SVP	0.090	0.056	0.090	1.601	0.110	0.995	1.005
SPT	0.098	0.073	0.075	1.345	0.180	0.993	1.007
ASA	0.078	0.055	0.080	1.420	0.157	0.993	1.007
SDP	0.122	0.061	0.112	2.003	0.046*	0.995	1.005

R Square = 0.040, Adjusted R Square = 0.024, Durbin-Watson = 1.786, F = 2.550

* Significant at the 0.05 level

From Table 4, it was found that the tolerance values ranged from 0.857 to 0.924. Since these values are close to 1, it indicates that the variables have a low correlation with other variables (Hair et al., 1998). The VIF values ranged from 1.083 to 1.167, which are less than 10, suggesting that although the independent variables are correlated, the correlation is not statistically significant. This finding is consistent with the research of Black (2006). Therefore, it can be concluded that multicollinearity is not an issue among the independent variables.

The results of the multiple regression analysis revealed that the significance value (Sig.) was 0.000, indicating that at least one independent variable is significantly related to the enhancement of quality of life (EQL). The independent variables could explain 24% of the variance in the enhancement of quality of life (EQL).

Considering the relationship between saving behavior and quality of life enhancement, it was found that saving behavior in terms of saving discipline (SDP) was significantly related to EQL at the 0.05 level. Therefore, the research hypothesis H4e is accepted. On the other hand, saving behavior in terms of purpose for saving (PFS), saving plan (SVP), saving patterns (SPT), and attitude toward saving (ASA) were not significantly related to the enhancement of quality of life (Sig. > 0.05).

Discussion of the Research Findings

The study entitled "The Relationship between Personal Financial Planning and Saving Behavior with Good Immunity and Quality of Life Enhancement among Students of the Faculty of Management Science, Buriram Rajabhat University" discusses the research findings according to the research objectives as follows:

1. To examine the relationship between personal financial planning and good immunity among students of the Faculty of Management Science, Buriram Rajabhat University The findings revealed that personal financial planning in terms of consumption and expenditure had a statistically significant relationship with good immunity. Effective financial planning for consumption and expenditure is essential for individuals' daily living, enhancing their financial resilience. This result is consistent with the concept of Chotithamkarn (2017), who stated that efficient financial management enables individuals to plan their personal and family finances correctly. The financial planning process involves setting life and financial goals and organizing personal finances effectively through saving, spending, and investment activities.

2. To examine the relationship between personal financial planning and the enhancement of quality of life among students of the Faculty of Management Science, Buriram Rajabhat University; The study found that personal financial planning related to setting life goals was significantly associated with quality of life enhancement. Financial planning serves as a life planning process that enables individuals to achieve their goals effectively, thereby enhancing their quality of life. This finding is consistent with the study by Sudsiri et al. (2020), which identified factors that could hinder financial planning, including occupation, main income, regular expenses (occupational expenses and debt repayments), debt burdens from financial institutions and various funds, and the use of bank deposits or savings bonds. Therefore, developing financial planning capacity involves supporting community enterprise groups in appropriate areas to build stable occupations for farmers, leading to stable and sustainable income.

3. To examine the relationship between saving behavior and good immunity among students of the Faculty of Management Science, Buriram Rajabhat University The findings indicated that saving behavior, particularly attitudes toward saving and saving discipline, had a statistically significant relationship with good immunity. Individual saving behavior varies according to the objectives of saving. As consumption expenditures increase, individuals who practice regular saving are better equipped to build financial resilience for the future. This is in line with the research by Maneethorn and Liamwarangkun (2017), which found that social factors such as family roles, community membership, and the duration of residence in different communities significantly influenced the practice of the Sufficiency Economy Philosophy. Furthermore, differences in knowledge and understanding of this philosophy were found to significantly affect individuals' behavior in applying its principles.

4. To examine the relationship between saving behavior and the enhancement of quality of life among students of the Faculty of Management Science, Buriram Rajabhat

University; The study showed that saving behavior, particularly saving discipline, had a statistically significant relationship with quality of life enhancement. Saving behavior is a crucial personal attribute whereby individuals allocate the remaining portion of their income for future expenditures, ensuring quality living in the future. This finding aligns with the study by Netsawang et al. (2022), which revealed that savings goals, such as saving when possible, saving monthly for purchasing assets, using savings in family emergencies, and saving for future career changes, were related to saving behavior. Methods such as frugality and avoiding luxury goods were found to significantly lead to financial prosperity and quality of life at the 0.05 significance level. Additionally, it supports the findings of Wongkoey (2023), who found that saving behavior related to inspiration and decision-making had a positive correlation with life satisfaction. Furthermore, financial planning regarding income, savings, and debt burdens was positively associated with life satisfaction. However, planning savings for expenses was not found to have a significant relationship with life satisfaction among employees of the Seventh-day Adventist Foundation.

New Knowledge from the Research

The findings of this study can be synthesized into new knowledge indicating that personal financial planning and saving behavior are crucial factors influencing students' self-immunity and quality of life. Specifically: 1) Financial planning related to consumption is positively associated with self-immunity. 2) Planning for life goals is linked to the enhancement of quality of life. 3) A positive attitude toward saving and saving discipline play a significant role in promoting self-immunity. And 4) Saving discipline directly contributes to long-term quality of life improvement. This new knowledge highlights that cultivating appropriate financial behaviors during the student years serves as a vital mechanism for enhancing life potential and building long-term stability and well-being.

Conclusion

From the study *The Relationship Between Personal Financial Planning and Saving Behavior on Self-Immunity and Enhancing Quality of Life of Students in the Faculty of Management Science, Buriram Rajabhat University*. It can be concluded that Personal Financial Planning (PFP) is highly important and essential for students, as it enables them to develop effective financial planning skills that can be applied to enhance their quality of life in terms of Consumes and Consumption (CAC) and Purpose in Life (PIL), thereby fostering strong self-immunity. Furthermore, Saving Behavior (SBV) is a key factor that promotes a positive attitude toward saving among students, which in turn cultivates saving discipline that contributes to a better quality of life in the future.

Suggestions

Based on the research findings, the researcher offers the following recommendations:

1. *Suggestions for Applying the Research Findings*

1. 1 Students of the Faculty of Management Science, Buriram Rajabhat University, should place greater importance on personal financial planning, particularly regarding investment opportunities, saving behavior, attitudes toward saving, resilience, career planning, and quality of life, especially in the area of social relationships, as these aspects recorded the lowest average scores for each variable.

1. 2 Students of the Faculty of Management Science, Buriram Rajabhat University, should emphasize personal financial planning in the areas of consumption and expenditure, as this variable was found to be related to resilience.

1. 3 Students of the Faculty of Management Science, Buriram Rajabhat University, should prioritize personal financial planning concerning life goals, as this variable was found to be related to the enhancement of quality of life.

1. 4 Students of the Faculty of Management Science, Buriram Rajabhat University, should give importance to saving behavior, particularly attitudes toward saving and saving discipline, as these variables were found to be related to resilience.

1. 5 Students of the Faculty of Management Science, Buriram Rajabhat University, should also emphasize saving behavior in terms of saving discipline, as it was found to be related to the enhancement of quality of life.

2. Suggestions for Future Research

2.1 Future studies should explore personal financial planning among other sample groups, such as students from other faculties, to enhance the generalizability and accuracy of the findings.

2. 2 Future research should examine personal financial planning in other dimensions, such as asset acquisition planning, debt management planning, and life goal setting, to provide a more comprehensive reflection of the actual study results.

2.3 Future studies should focus on personal financial planning related to risk management, such as readiness for unexpected events, illnesses, accidents, and emergency fund allocation, to broaden and deepen the research perspectives and further reflect the true outcomes.

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