THE EFFECT OF E-WALLET USAGE INTENSITY, LIFESTYLE, AND INCOME ON PERSONAL FINANCIAL MANAGEMENT WITH SELF-CONTROL AS A MODERATING VARIABLE AMONG PRIVATE EMPLOYEES IN PONTIANAK

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Abstract

This study aims to analyze the effect of e-wallet usage intensity, lifestyle, and income on personal financial management, with self-control as a moderating variable among private employees in Pontianak City. The method used is quantitative with moderated regression analysis (Moderated Regression Analysis/MRA). The research sample consisted of 150 respondents selected using purposive sampling techniques. Data were collected through a questionnaire measured using a Likert scale and analyzed with SPSS version 25. The correlation coefficient test showed a strong relationship in the first model (R = 0.725) and a very strong relationship in the second model (R = 0.857) after considering self-control as a moderating variable. The coefficient of determination test (R^2) in the first model shows that 52.5% of the variation in personal financial management is influenced by e-wallet usage intensity, lifestyle, and income, while in the second model, the R^2 value increased to 73.4%, indicating the role of self-control in moderating the relationship between these variables. Based on the Moderated Regression Analysis results, it can be concluded that self-control significantly moderates the effect of income on personal financial management, but does not moderate the effect of e-wallet usage intensity and lifestyle. The F test results show that e-wallet usage intensity, lifestyle, and income simultaneously have a significant effect on personal financial management. This study provides practical implications that to improve personal financial management among private employees in Pontianak City, attention needs to be given to the influence of e-wallet usage intensity, lifestyle, and income, by strengthening self-control to optimize financial management.

Keywords: E-Wallet Usage Intensity, Lifestyle, Income, Personal Financial Management, Self Control, Private Employees

INTRODUCTION

The ability to manage personal finances is a fundamental competency that determines the stability and sustainability of an individual's economic condition, especially in the digital era characterized by ease of transactions and access to financial services. Personal financial management reflects an individual's strategy in managing income, expenses, savings, and making financial decisions to meet current needs and prepare for future financial conditions. This practice not only involves the technical aspects of budgeting but also reflects an individual's responsibility in maintaining long-term financial balance.

In practice, personal financial management is realized through structured financial planning, including the ability to prioritize primary needs, set aside part of the income for savings or investment, and control expenses to ensure they do not exceed income capacity. The main goal of personal financial management is to maintain the balance between income and expenses so that individuals are financially prepared to face future economic risks. Therefore, the quality of personal financial management becomes an important indicator in assessing an individual's financial health.

The development of financial technology (fintech), specifically digital payment systems based on e-wallets, has significantly changed transaction patterns and financial behaviors in society. The convenience, speed, and flexibility of digital transactions provide opportunities for efficiency in financial management. However, on the other hand, this convenience also has the potential to increase consumer behavior if not accompanied by adequate financial literacy and self-control. Data from the 2024 National Financial Literacy and Inclusion Survey (SNLIK) shows that the financial literacy level of the Indonesian public reached 65.43%, while the financial inclusion level reached 75.02% (OJK & BPS, 2024). A gap of 9.59% indicates that some people have used financial products and services, including fintech, without adequate understanding of how to manage them.

Based on age groups, SNLIK 2024 shows that the highest financial literacy level is found in the 26-35 age group at 74.82%, followed by the 36-50 age group at 71.72%, and the 18-25 age group at 70.19%. Meanwhile, the 15-17 and 51-79 age groups show relatively lower literacy levels (OJK & BPS, 2024). This pattern shows that the productive age group is the main user of digital financial services and a key player in economic activities, making personal financial management in this group a strategic issue.

With the increasing adoption of fintech, the use of e-wallets in Indonesia has shown very rapid growth. The 2024 Indonesia Fintech Trends Survey conducted by JakPat recorded that 96% of Indonesians had used e-wallets in 2024 (JakPat, 2024). Bank Indonesia also reported that the value of electronic money transactions in 2024 reached Rp2,503.96 trillion with a growth of 34.62%, reflecting the massive acceleration of digital payment usage (Bank Indonesia, 2024). Furthermore, the Populix Consumer Confidence Index for 2025 shows that e-wallets have become the dominant payment method with a usage rate of 62%, surpassing other payment methods like QRIS, paylater, and cash transactions (Populix, 2025).

The increasing use of e-wallets is closely related to changes in the lifestyle of urban society, which is increasingly oriented towards convenience and instant consumption. Lifestyle, which is reflected in the pattern of using time, money, and resources, is now increasingly influenced by digital technology and social pressure from social media. This phenomenon is clearly seen among young workers, where experience-based consumption and social existence have become part of their lifestyle identity. In Pontianak, this

phenomenon is reflected in the rapid growth of coffee shops and cafes. Data from the Pontianak Regional Revenue Agency records that there are 1,035 coffee shop businesses as of August 2025, with the highest concentration in South Pontianak District (Bapenda Kota Pontianak, 2025). The Work From Cafe (WFC) trend that emerged after the COVID-19 pandemic further strengthens this consumption pattern.

Previous research shows that social pressures like Fear of Missing Out (FOMO) positively affect impulsive buying behavior in viral coffee shops in Pontianak (Tantri et al., 2025). This condition has the potential to encourage the imprudent use of financial instruments, such as excessive spending and misallocation of funds that do not align with prioritized needs. In such a situation, income level becomes a crucial factor determining an individual's ability to manage the pressure of a consumer lifestyle. The minimum wage in Pontianak for 2025 is set at Rp3,024,820, which, although increased, still demands careful financial management to meet the growing cost of living (Kalbarprov, 2025).

In addition to income, the characteristics of private employees as the dominant group in Pontianak's workforce structure further strengthen the urgency of this research. Data from the Pontianak Civil Registration and Population Agency in 2025 shows that private employees are the second largest worker group, accounting for 36.61% of the total productive population, far exceeding public sector workers. The lack of job security and a structured pension system makes private employees more vulnerable to financial risks, thus requiring stronger personal financial management capabilities.

Based on these conditions, this study aims to analyze the effect of e-wallet usage intensity, lifestyle, and income on personal financial management, with self-control as a moderating variable among private employees in Pontianak City. This study is expected to provide an empirical understanding of individual financial behavior dynamics in the digital era and identify the role of self-control in mitigating the negative impacts of transaction convenience and the pressures of consumer lifestyles.

REVIEW OF LITERATURE

Intensity of E-Wallet Usage

The intensity of e-wallet usage is understood as the level of involvement of users in utilizing digital wallets routinely and deeply in daily financial activities. Venkatesh et al. (2012) explain that the intensity of technology usage reflects the extent to which the technology is integrated into the user's life, measured by frequency, duration, and variation of use. Regarding digital payments, Kim et al. (2010) assert that the intensity of mobile payment usage includes frequency of use, transaction volume, and the variety of transactions conducted. Frequency of use indicates how often individuals use e-wallets for transactions, while transaction volume reflects the financial value managed through digital platforms. Usage diversity describes the extent of e-wallet feature utilization, such as bill payments, fund transfers, online purchases, and offline transactions. Together, these three indicators reflect an individual's adoption and dependency on digital financial technology.

Research by Fritiwi et al. (2024) found that using e-wallets can help financial management by automatically recording transactions and making it easier to monitor expenses. However, Octary (2023) shows that the intensity of e-wallet usage correlates with an increase in consumptive behavior, especially due to easy access and low transaction barriers. A similar study by Sari & Rinofah (2019) emphasized that the speed and ease of

digital transactions encourage increased frequency and volume of purchases. Thus, the intensity of e-wallet usage does not inherently improve or worsen personal financial management. Its impact largely depends on how individuals control their financial behaviors while taking advantage of the convenience of digital payment technology.

Lifestyle

Lifestyle represents an individual's behavior pattern in allocating time and financial resources, reflected through activities, interests, and consumption decisions. Gunawan et al. (2020) define a hedonistic lifestyle as a life orientation focused on the pursuit of pleasure, comfort, and self-satisfaction through consumptive activities. Trimartati (2014) operationalized a hedonistic lifestyle into three main indicators: pleasure, luxury, and waste. Pleasure refers to an individual's tendency to seek entertainment and emotional satisfaction through consumption. Luxury reflects an orientation towards high-value goods or experiences that are often symbolic. Waste indicates unplanned spending behaviors that exceed rational needs. These three aspects describe a lifestyle that potentially drives financial decisions based on emotional impulses rather than long-term planning.

This hedonistic lifestyle is closely related to the influence of technological developments, globalization, and mass media that shape the social and cultural dynamics of urban society. Research by Tantri et al. (2025) shows that the coffee culture and the Work From Cafe phenomenon in Pontianak have become social identities that encourage unplanned spending. This research emphasizes that an urban lifestyle can increase social pressure for consumption, especially when linked to the need for social recognition. Asisi & Purwantoro (2020) found that lifestyle significantly negatively impacts the quality of financial management because it encourages consumptive behavior and neglects long-term financial priorities. Therefore, lifestyle, particularly hedonistic-oriented lifestyles, becomes a behavioral factor that can weaken an individual's ability to manage finances rationally and sustainably.

Income

Income is a structural factor that determines an individual's economic capacity in managing personal finances. Wati & Mustaqim (2024) define income as all the receipts an individual earns from their work or business activities, which directly affect purchasing power and the ability to allocate funds. Income is measured through three main indicators: the earnings received, the type of occupation, and the family burden that must be borne (Wati & Mustaqim, 2024). Monthly income reflects the amount of financial resources available to meet needs and financial goals. The type of occupation is related to the stability and sustainability of income, while the family burden indicates the level of dependents that need to be supported by this income. The combination of these three indicators determines the individual’s fiscal space in financial planning.

Research by Wijaya et al. (2025) shows that stable income significantly contributes to the financial wellbeing of Generation Z, as it allows for more structured allocation of funds for savings and investment. However, higher income does not automatically guarantee better financial management if it is not accompanied by expenditure control. The Pontianak government set the minimum wage (UMK) for 2025 at IDR 3,024,820 (West Kalimantan Provincial Government, 2024), which is the minimum income for private sector employees. This condition highlights that income limitations, especially for workers without long-term

job security, require more disciplined financial management. Therefore, income is a crucial factor that shapes both opportunities and limitations in personal financial management.

Personal Financial Management

Personal financial management refers to an individual's ability to plan, organize, and control financial resources to achieve financial wellbeing. Nurulhuda & Lutfiati (2020) state that financial management includes the organization of income, expenses, savings, investments, and financial protection. The indicators used include fund utilization, determining the source of funds, risk management, and future planning (Nurulhuda & Lutfiati, 2020). Fund utilization emphasizes the ability to allocate expenses according to needs and priorities. Determining the source of funds is related to understanding the origin and sustainability of income. Risk management reflects an individual's readiness to face uncertainty through emergency funds or insurance. Future planning demonstrates a long-term orientation in financial management.

Wati & Mustaqim (2024) show that financial management is influenced by a combination of behavioral and economic factors, including lifestyle and income. Meanwhile, the National Financial Literacy and Inclusion Survey by OJK (2024) reveals a gap between the use of financial products and the understanding of their management. This condition indicates that access to financial technology is not necessarily followed by effective financial management. For private sector employees, personal financial management becomes crucial due to the lack of pension guarantees and job security. Therefore, the ability to manage finances in a disciplined and planned manner becomes the main foundation in maintaining long-term economic stability.

Self-Control as a Moderating Variable

Self-control is an individual's ability to control thoughts, emotions, and behaviors in order to achieve long-term goals. Baumeister & Vohs (2016) explain that self-control involves impulse control, discipline, the ability to delay gratification, and emotion regulation. This ability, in the financial domain, determines how an individual responds to consumption temptations and the ease of digital transactions. Impulse control is related to the ability to resist spontaneous buying urges. Financial discipline reflects consistency in following budgets and financial plans. The ability to delay gratification indicates a willingness to sacrifice immediate satisfaction for long-term financial goals. Emotion regulation plays a role in preventing financial decisions driven by stress or social pressure.

Research by Damayanti & Mahfudz (2024) shows that self-control can moderate the influence of Fear of Missing Out (FOMO) and ease of use on impulsive buying. Helisastri & Kusumawati (2022) also found that self-control can weaken the negative effects of social media usage on financial behavior. This study emphasizes that self-control acts as a balancing mechanism in a digital environment filled with consumptive stimuli. Therefore, self-control plays the role of a moderating variable that determines whether the intensity of e-wallet usage, lifestyle, and income will strengthen or weaken the quality of personal financial management.

RESEARCH METHOD

This study uses a quantitative approach with an associative research type. A quantitative approach is chosen because the research data is processed using statistical techniques, and the results of the analysis are expressed in numerical form (Sahir, 2021). The

associative research aims to test the relationship between two or more variables (Sahir, 2021). This study analyzes the influence of e-wallet usage intensity (X1), lifestyle (X2), and income (X3) on personal financial management (Y), with self-control (Z) as a moderating variable for private sector employees in Pontianak City.

Data collection is carried out using primary and secondary data. Primary data is obtained directly from respondents using an online questionnaire distributed via Google Forms (Hidayati, 2019). Secondary data is obtained through literature studies from methodology books and scientific references relevant to the research (Sugiyono, 2019). The population of this study consists of all private-sector employees in Pontianak City, totaling 88,127 people based on data from the Pontianak City Population and Civil Registration Office as of July 2025. Sample determination uses Slovin's formula with a margin of error of 10%, resulting in a minimum sample size of 99 respondents, which is then set to 150 respondents. The sampling technique used is purposive sampling, with the criteria that respondents are at least 17 years old, actively use e-wallets, and have a minimum income of IDR 2,000,000 per month.

All variables are measured using a 5-point Likert scale, with scores ranging from 1 to 5 (Sugiyono, 2019). Data analysis begins with validity and reliability tests, with a Cronbach's Alpha criterion of > 0.60 (Siregar, 2020). Then, classical assumption tests are conducted, including the Kolmogorov–Smirnov normality test (sig ≥ 0.05), linearity test (sig deviation from linearity > 0.05), and multicollinearity test with Tolerance > 0.10 and VIF < 10 criteria (Siregar, 2020). Hypothesis testing is conducted using Moderated Regression Analysis, as well as F-test and t-test with a significance level of 0.05 to assess the simultaneous and partial effects between variables (Ghozali, 2018).

RESULTS AND DISCUSSION

Test Research Instruments

a. Validity Test

The validity test is used to measure whether a questionnaire is valid or not. A questionnaire is said to be valid if the questions in the questionnaire can reveal what is intended to be measured. The method used to assess the validity of the questionnaire is the product-moment correlation or the bivariate Pearson correlation. The results of the test are presented in Table 1.

Table 1. Validity Test Results

Variable	Indicator	r-calculate	r-table	Description
Intensity of E-Wallet Usage (X1)	X1.1	0.622	0.160	Valid
	X1.2	0.705		
	X1.3	0.622		
	X1.4	0.719		
	X1.5	0.591		
	X1.6	0.697		
	X1.7	0.738		
	X2.1	0.639	0.160	Valid
	X2.2	0.791		
	X2.3	0.612		

Lifestyle (X2)	X2.4	0.617		
	X2.5	0.574		
	X2.6	0.573		
	X2.7	0.694		
	X2.8	0.638		
	X2.9	0.558		
Income (X3)	X3.1	0.677	0.160	Valid
	X3.2	0.612		
	X3.3	0.669		
	X3.4	0.634		
	X3.5	0.667		
	X3.6	0.662		
	X3.7	0.615		
	X3.8	0.609		
	X3.9	0.606		
Personal Financial Management (Y)	Y1	0.684	0.160	Valid
	Y2	0.741		
	Y3	0.688		
	Y4	0.648		
	Y5	0.678		
	Y6	0.582		
	Y7	0.730		
	Y8	0.690		
Self Control (Z)	Z1	0.669	0.160	Valid
	Z2	0.590		
	Z3	0.699		
	Z4	0.535		
	Z5	0.656		
	Z6	0.691		
	Z7	0.711		
	Z8	0.688		

Source: Data diolah, 2026

Based on the validity test results presented in Table 1, all indicators for the five research variables—Intensity of E-Wallet Usage, Lifestyle, Income, Personal Financial Management, and Self-Control—are valid. This is reflected in the fact that the r-calculate values for each indicator are higher than the r-table value of 0.160.

b. Reliability Test

After the instrument is declared valid, a reliability test is conducted to assess the consistency level of the questionnaire as a measurement tool. The reliability test uses Cronbach's Alpha method, with a value greater than 0.60 considered an indicator of reliability. The results of the reliability test are presented in Table 2.

Table 2. Reliability Test Results

Variable	Cronbach's Alpha	Description
Intensity of E-Wallet Usage (X1)	0.789	Reliable

Lifestyle (X2)	0.838
Income (X3)	0.825
Personal Financial Management (Y)	0.838
Self Control (Z)	0.792

Source: Processed Data, 2026

Based on the reliability test results in Table 2, all variables in this study have a Cronbach's Alpha value > 0.60. This indicates that all research instruments are consistent and stable.

Classical Assumption Test

a. Normality Test

The normality test is conducted to check if the residual data is normally distributed. The normality test in this study used data transformation with the natural logarithm (Ln) method. The results of the normality test using the Kolmogorov-Smirnov (K-S) method can be seen in Table 3.

Table 3. Normality Test Results

Test	Value
N (Sample)	150
Test Statistic	0.069
Asymp.Sig.(2-tailed)	0.080[c]

Source: Processed Data, 2026

Based on Table 3 above, the Kolmogorov-Smirnov significance value is 0.080. The significance value is greater than 0.05, indicating that the data is normally distributed.

b. Linearity Test

The linearity test is necessary to determine whether the required model is linear or not. The linearity test in this study was conducted using the Test for Linearity. The results of the linearity test are shown in Table 4.

Table 4. Linearity Test Results

Variable	Deviation From Linearity	Description
Personal Financial Management * Intensity of E-Wallet Usage	0.303	Linear
Personal Financial Management * Lifestyle	0.980	
Personal Financial Management * Income	0.440	
Personal Financial Management * Self Control	0.309	

Source: Processed Data, 2026

From Table 4, it can be seen that each variable has a Deviation From Linearity value greater than 0.05. The applicable criterion is that if the significance value for Deviation From Linearity > 0.05, it means there is a linear relationship between the independent and dependent variables.

c. Multicolinearity Test

The multicollinearity test in this study was conducted to ensure that the independent variables do not have a high correlation that could affect the stability of the regression model. This test uses Tolerance and Variance Inflation Factor (VIF) indicators, where the model is

considered free from multicollinearity if Tolerance is greater than 0.10 and VIF is less than 10. The results of the multicollinearity test in this study are presented in Table 5.

Table 5. Multicolinearity Test Results

Variabel	Tolerance	VIF
Intensity of E-Wallet Usage	0.628	1.592
Lifestyle	0.666	1.501
Income	0.635	1.575
Self Control	0.483	2.069
Dependent Variable: Personal Financial Management		

Source: Processed Data, 2026

Based on Table 5, the multicollinearity test shows that there is no multicollinearity between the independent variables in the regression model. This is indicated by the tolerance values for Intensity of E-Wallet Usage, Lifestyle, Income, and Self-Control being greater than 0.10, and VIF values being less than 10.

Hypothesis Test

a. Moderated Regression Analysis (MRA)

The statistical test in this study uses Moderated Regression Analysis (MRA). MRA aims to test the relationship between independent and dependent variables where there are factors that either strengthen or weaken the relationship (moderating variables). MRA has two equations. The results of MRA for Equation 1 are shown in Table 6.

Table 6. Moderated Regression Analysis Results Equation I

Research Variable	Coefficients	T Statistic	Significance Value
(Constant)	1.267	7.484	0.000
Intensity of E-Wallet Usage	0.179	3.579	0.000
Lifestyle	0.267	5.901	0.000
Income	0.206	4.595	0.000
Dependent Variable: Personal Financial Management			

Source: Processed Data, 2026

Based on the results of the Moderated Regression Analysis (MRA) in Table 6, the regression equation is as follows:

$$Y = 1.267 + 0.179X1 + 0.267X2 + 0.206X3 + e$$

This regression equation can be explained as follows:

1) The constant value of 1.267 (positive) indicates that when the values of E-Wallet Usage intensity, Lifestyle, and Income are zero, the value of Personal Financial Management will be 1.267.
2) The Intensity of E-Wallet Usage (X1) variable has a value of 0.179 (positive), meaning that if the Intensity of E-Wallet Usage variable increases by one unit, the Personal Financial Management value will increase by 0.179.
3) The Lifestyle (X2) variable has a value of 0.267 (positive), meaning that if the Lifestyle variable increases by one unit, the Personal Financial Management value will increase by 0.267.

4) The Income (X3) variable has a value of 0.206 (positive), meaning that if the Income variable increases by one unit, the Personal Financial Management value will increase by 0.206.

The results of MRA for Equation II are shown in Table 7.

Table 7. Moderated Regression Analysis Results Equation II

Research Variable	Coefficients	T Statistic	Significance Value
(Constant)	3.878	7.587	0.000
Intensity of E-Wallet Usage	-0.068	-0.342	0.733
Lifestyle	0.055	0.305	0.761
Income	-0.575	-3.340	0.001
Self-Control	-0.616	-3.394	0.001
Intensity of E-Wallet Usage * Self Control	0.055	0.890	0.375
Lifestyle * Self Control	0.044	0.798	0.426
Income * Self Control	0.206	3.740	0.000
Dependent Variable: Personal Financial Management			

Source: Processed Data, 2026

Based on Table 7, the MRA results show the following regression:

$Y = 3.878 – 0.068X1 + 0.055X2 – 0.575X3 – 0.616Z + 0.055X1*Z + 0.044X2*Z + 0.206X3*Z + e$

This regression equation can be explained as follows:

1) The constant value of 3.878 (positive) indicates that when the values of E-Wallet Usage Intensity, Lifestyle, Income, and Self-Control are zero, the value of Personal Financial Management will be 3.878.
2) The Intensity of E-Wallet Usage (X1) variable has a value of -0.068 (negative), meaning that if the Intensity of E-Wallet Usage variable increases by one unit, the Personal Financial Management value will decrease by 0.068.
3) The Lifestyle (X2) variable has a value of 0.055 (positive), meaning that if the Lifestyle variable increases by one unit, the Personal Financial Management value will increase by 0.055.
4) The Income (X3) variable has a value of -0.575 (negative), meaning that if the Income variable increases by one unit, the Personal Financial Management value will decrease by 0.575.
5) The Self-Control (Z) variable has a value of -0.616 (negative), meaning that if the Self-Control variable increases by one unit, the Personal Financial Management value will decrease by 0.616.
6) The Intensity of E-Wallet Usage with Self-Control as a moderator has a value of 0.055 (positive), meaning that if the Intensity of E-Wallet Usage variable with Self-Control as a moderator increases by one unit, the Personal Financial Management variable will increase by 0.055.
7) The Lifestyle with Self-Control as a moderator has a value of 0.044 (positive), meaning that if the Lifestyle variable with Self-Control as a moderator increases by one unit, the Personal Financial Management variable will increase by 0.044.

8) The Income with Self-Control as a moderator has a value of 0.206 (positive), meaning that if the Income variable with Self-Control as a moderator increases by one unit, the Personal Financial Management variable will increase by 0.206.

b. Correlation Coefficient Analysis (R)

The correlation coefficient test in this study was conducted to determine the level of the relationship between the independent and dependent variables, as well as to test the effect of the moderating variable on this relationship. The results of the correlation coefficient test for Equation I are shown in Table 8.

Table 8. Correlation Coefficient Test Results (R) Equation I

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.725a	0.525	0.515	0.61786
Predictors: (Constant), Income, Intensity of E-Wallet Usage, Lifestyle				
Dependent Variable: Personal Financial Management				

Source: Processed Data, 2026

Based on Table 8 for the first model, the correlation coefficient (R) value is 0.725. This value indicates a strong relationship between the independent variables, which include Intensity of E-Wallet Usage, Lifestyle, and Income, and the dependent variable, which is Personal Financial Management. The following are the results of the correlation coefficient test for Equation II:

Table 9. Correlation Coefficient Test Results (R) Equation II

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.857a	0.734	0.721	0.46859
Predictors: (Constant), Income *Self Control , Intensity of E-Wallet Usage, Lifestyle, Self Control , Income, Lifestyle *Self Control, Intensity of E-Wallet Usage *Self Control.				
Dependent Variable: Personal Financial Management				

Source: Processed Data, 2026

Based on Table 9 for the second model, the correlation coefficient (R) value is 0.857. This value indicates a very strong relationship between the variables of E-Wallet Usage Intensity, Lifestyle, and Income with Self-Control as a moderating variable, and Personal Financial Management.

c. Determination Coefficient (R^2)

The determination coefficient (R^2) test is used to measure how much the independent variables can explain the variation in the dependent variable. This analysis aims to evaluate the accuracy of the regression model that was built and to see the proportion of changes in the dependent variable that can be explained by the independent variables used. The R^2 calculations for each model are presented in Tables 8 and 9.

In the first model equation, the R^2 value of 0.525 indicates that 52.5% of financial management is influenced by the variables of E-Wallet Usage Intensity, Lifestyle, and Income, while 47.5% is influenced by other variables. In the second model equation, the R^2 value increases to 0.734, which means that 73.4% of personal financial management is influenced by these three variables plus Self-Control as a moderating variable, with the remaining 26.6% influenced by other variables.

d. Simultaneous Test (F test)

The F test is used to test the simultaneous effect of all independent variables on the dependent variable. The F test results for Equation 1 are shown in Table 10.

Table 10. Simultaneous Test Results (F Test) Equation I

Model	Sum of Squares	Mean Square	F	Significance
Regression	61.624	20.541	53.808	0.000b
Residual	55.736	0.382		

Dependent Variable: Personal Financial Management
Predictors: (Constant), Income, Intensity of E-Wallet Usage, Lifestyle

Source: Processed Data, 2026

Based on the F test results in Table 10, the significance value of the F test is 0.000 < 0.05, so it can be concluded that Intensity of E-Wallet Usage, Lifestyle, and Income have a significant effect on Personal Financial Management for private sector employees in Pontianak City.

The F test results for Equation 2 are shown in Table 11.

Table 11. Simultaneous Test Results (F Test) Equation II

Model	Sum of Squares	Mean Square	F	Significance
Regression	86.180	12.311	56.070	.000b
Residual	31.180	0.220		

Dependent Variable: Personal Financial Management
Predictors: (Constant), Income, Intensity of E-Wallet Usage, Lifestyle

Source: Processed Data, 2026

Based on the F test results for the second model in Table 11, it is known that the independent variables have a significant effect on the dependent variable. This is indicated by the significance value (Sig.) of 0.000 < 0.05, with an F value of 56.070. These results show that Self-Control moderates the relationship between Intensity of E-Wallet Usage, Lifestyle, and Income on Personal Financial Management for private sector employees in Pontianak City.

e. Partial Test (t Test)

The t-test is used to assess the partial effect of each independent variable on the dependent variable, either by comparing the t-statistic value and the t-table value or based on the significance (Sig.) value at a 95% confidence level ($\alpha = 0.05$). The t-test results for Equation 1 and 2 are presented in Tables 12 and 13.

Tabel 12. Partial Test Results (t Test) Equation I

Research Variable	Coefficients	T Statistic	Significance Value
(Constant)	1.267	7.484	0.000
Intensity of E-Wallet Usage	0.179	3.579	0.000
Lifestyle	0.267	5.901	0.000
Income	0.206	4.595	0.000

Dependent Variable: Personal Financial Management

Source: Processed Data, 2026

Based on Table 12, the significance value for Equation I is as follows:

a) The Intensity of E-Wallet Usage (X1) variable shows a significance value of 0.000 < 0.05, so the hypothesis is that the Intensity of E-Wallet Usage (X1) variable has a partial effect on Personal Financial Management (Y).
b) The Lifestyle (X2) variable shows a significance value of 0.000 < 0.05, so the hypothesis is that the Lifestyle (X2) variable has a partial effect on Personal Financial Management (Y).
c) The Income (X3) variable shows a significance value of 0.000 < 0.05, so the hypothesis is that the Income (X3) variable has a partial effect on Personal Financial Management (Y).

Table 13. Partial Test Results (t Test) Equation II

Research Variable	Coefficients	T Statistic	Significance Value
(Constant)	3.878	7.587	0.000
Intensity of E-Wallet Usage	-0.068	-0.342	0.733
Lifestyle	0.055	0.305	0.761
Income	-0.575	-3.340	0.001
Self-Control	-0.616	-3.394	0.001
Intensity of E-Wallet Usage * Self Control	0.055	0.890	0.375
Lifestyle * Self Control	0.044	0.798	0.426
Income * Self Control	0.206	3.740	0.000
Dependent Variable: Personal Financial Management			

Source: Processed Data, 2026

Based on Table 13, the significance value for Equation II is as follows:

a) Intensity of E-Wallet Usage (X1) has a significance value of 0.733 > 0.05, so the hypothesis is that the Intensity of E-Wallet Usage (X1) variable does not have a partial effect on Personal Financial Management (Y).
b) Lifestyle (X2) has a significance value of 0.761 > 0.05, so the hypothesis is that the Lifestyle (X2) variable does not have a partial effect on Personal Financial Management (Y).
c) Income (X3) has a significance value of 0.001 < 0.05, so the hypothesis is that the Income (X3) variable has a partial effect on Personal Financial Management (Y).
d) Self-Control (Z) has a significance value of 0.001 < 0.05, so the hypothesis is that the Self-Control (Z) variable has a partial effect on Personal Financial Management (Y).
e) Intensity of E-Wallet Usage * Self-Control (X1 * Z) has a significance value of 0.375 > 0.05, so the hypothesis is that Intensity of E-Wallet Usage does not have a partial effect on Personal Financial Management with Self-Control as moderation.
f) Lifestyle * Self-Control (X2 * Z) has a significance value of 0.426 > 0.05, so the hypothesis is that Lifestyle does not have a partial effect on Personal Financial Management with Self-Control as moderation.
g) Income * Self-Control (X3 * Z) has a significance value of 0.000 < 0.05, so the hypothesis is that Income has a partial effect on Personal Financial Management with Self-Control as moderation.

The Influence of E-Wallet Usage Intensity on Personal Financial Management

The results of this study show that the intensity of e-wallet usage intensity (X1) has a positive and significant effect on personal financial management (Y). These results differ

from the study by Aprillia et al. (2025), which found that e-wallet usage did not significantly affect financial management behavior. This difference indicates that the effect of e-wallet usage on financial management is contextual and influenced by the characteristics of the respondents. The use of e-wallets allows individuals to more easily manage and monitor their expenditures in real-time, thereby improving overall financial management. This indicates that technological advancements, such as e-wallets, can contribute to improved financial discipline and more efficient financial management, especially among private-sector employees in Pontianak City.

The Influence of Lifestyle on Personal Financial Management

This study also shows that lifestyle (X2) has a significant effect on personal financial management (Y). This result aligns with the research by Arifin and Bachtiar (2023), which found that, simultaneously, lifestyle has a significant effect on personal financial management. Individuals with a consumptive lifestyle tend to allocate most of their income for consumption expenditures rather than savings or investments, which ultimately affects their financial health. This study further strengthens the importance of controlling lifestyle to ensure that individuals can better manage their finances. This finding confirms that a consumptive lifestyle tends to influence individuals' financial decisions. In this context, individuals with a hedonistic or consumptive lifestyle often allocate most of their income to unplanned expenditures, which ultimately puts their long-term financial stability at risk. A lifestyle focused on the consumption of goods and experiences, as reflected in consumption patterns in Pontianak City, strengthens the negative influence on personal financial management.

The Influence of Income on Personal Financial Management

This study shows that income (X3) has a significant effect on personal financial management (Y). This result is consistent with the research conducted by Izza (2020), which found that income and financial literacy have a significant relationship with financial management behavior. However, although higher income provides more room for better financial management, this study also emphasizes the importance of other factors, such as expenditure control and financial planning in determining the success of financial management. Therefore, while income plays an important role, individuals must be equipped with good financial management skills to maximize their financial potential.

The Role of Self-Control as a Moderating Variable

The results of the Moderated Regression Analysis (MRA) in this study show that self-control (Z) only moderates the effect of income on personal financial management. This indicates that higher self-control can help individuals manage their income more wisely, increase their ability to save and invest, and avoid uncontrolled expenditures. However, self-control does not play a significant moderating role in the relationship between the intensity of e-wallet usage intensity and lifestyle on personal financial management.

Nevertheless, this result reinforces the findings of previous research by Khoirunnisa & Purnamasari (2024), which showed that self-control has a significant effect on financial management, especially in the context of moderation against income. Conversely, in the case of a consumptive lifestyle, although self-control does not show a significant moderating effect, it remains important in mitigating the impact of unnecessary expenditures and helping individuals focus on long-term financial goals, such as saving and investing wisely.

Therefore, improving self-control in personal financial management is crucial. Individuals with high self-control can manage their expenditures better.

The Simultaneous Effect of Variables on Personal Financial Management

The results of the F test in this study show that the independent variables—e-wallet usage intensity, lifestyle, and income—simultaneously have a significant effect on personal financial management (Y). The R^2 value for the first equation is 0.525, indicating that 52.5% of personal financial management can be explained by these three variables, while the remaining 47.5% is influenced by other factors. After adding self-control as a moderating variable, the R^2 value increased to 0.734, which shows that the model can explain 73.4% of the variation in personal financial management.

These results reinforce the research by Winnalta (2018), which explained that self-control and income levels have a positive effect on financial management. The research by Fitriyani (2025) showed that self-control has a positive and significant effect on personal financial management. The higher the level of self-control, the better the financial management, with the ability to control expenditures, budget, and prioritize needs over wants. This study highlights the importance of financial management based on a combination of both external and internal influencing factors, where self-control acts as a binding element determining the overall effectiveness of personal financial management.

CONCLUSION

Based on the results of this study, it can be concluded that there is a significant effect between the intensity of e-wallet usage intensity, lifestyle, and income on personal financial management among private-sector employees in Pontianak City. The correlation coefficient test shows that the first model has a strong relationship (R = 0.725), and the second model has a very strong relationship (R = 0.857) after considering self-control as a moderating variable. The results of the determination coefficient test (R^2) show that 52.5% of the variation in personal financial management is influenced by the intensity of e-wallet usage intensity, lifestyle, and income in the first model. In the second model, the R^2 value increases to 73.4%, indicating the significant role of self-control in moderating the relationship between these variables. From the results of the Moderated Regression Analysis, it can be concluded that self-control significantly moderates the effect of income on personal financial management, but does not moderate the effect of e-wallet usage intensity and lifestyle. The F-test shows that these three variables simultaneously have a significant effect on personal financial management, with the R^2 value indicating that this model can explain most of the variation in personal financial management. Overall, this study demonstrates the importance of income and self-control in improving personal financial management. Therefore, it is important to strengthen self-control skills to overcome the impact of a consumptive lifestyle and use digital transaction facilities wisely. Future research is recommended to consider other variables such as financial literacy and expand the sample and research object to increase the validity of the results.

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