

Why Millennials Are Using Marijuana More Than Alcohol

It is said in society that millennials are the most stressed and depressed generation out there. Between their childhoods being shortened due to the technology boom and the impact of student loan debt on their income; millennials only have so much to look forward to in life. With all these stresses, it's no wonder that they turn to alcohol and marijuana to relax. But which is more popular among the millennial crowd and why?

Marijuana Products and Availability

There are many products on the market containing marijuana or that are marijuana-based. CBD (cannabidiol) lotions, gummies, and oils are on the rise. These products do not get the user high, but still give off calming effects for anxiety. They also are known to help with muscle pain. More and more states are legalizing the use of CBD products, aiding in their draw. Also, nine states and Washington D.C. have recreational marijuana use legalized. Most of these states have dispensaries, stores in which marijuana products are sold. From vape pens to edibles, shoppers can find anything weed-related in these stores. On top of this, a portion of states are decriminalizing marijuana while more are legalizing medical use. With marijuana becoming more readily available, it is becoming increasingly used among millennials.

Why Alcohol Use is Declining

Despite its social aspects, alcohol use is on the decline. One of the main reasons is the after-effects alcohol has on the body. Blackouts and hangovers are common with alcohol use. While legal, drinking and driving are a concern when planning an evening out to drink. This can add to the cost of a night out at the bar. Between drink costs, tips to servers and bartenders, and cab fare home, a night out can turn into a nice chunk of a paycheck. Alcohol can have negative effects on the body as well. Blood pressure rises anytime one uses alcohol and can keep it elevated with extended use. All forms of alcohol have extra calories which can also cause weight gain over time. Alcohol is also habit-forming and can cause the user to become dependent.

Benefits of Marijuana Over Alcohol

Even using marijuana for the THC (tetrahydrocannabinol) effect has more of an appeal for millennials than alcohol. While still providing a calming, relaxed feeling, the user doesn't have to worry about forgetting the events of the evening. There is also no fear of throwing up the next day either. The cost of a gram of marijuana can average between \$8 and \$18. Depending on usage, this is a much cheaper alternative than a night at the bar. Health concerns are also minimal with using marijuana. It can cause increased appetite which can lead to weight gain, however; marijuana has no addictive qualities. Millennials are using marijuana for social aspects also. In 2017, a Yahoo News poll stated that only 25% of marijuana users do so alone.

Marijuana Wins the Destress Battle

All in all, millennials are looking for the most cost-effective and health-beneficial way to relax and destress. Marijuana provides a sense of calm while keeping the user able to function. It is cheaper than a night out drinking and can still be fun in a social setting. Without the health concerns of alcohol and the legalities becoming less and less of an obstacle, it's no wonder marijuana is the new millennial go-to.