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Effects of Cannabis Use on Lifestyle Choices

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Abstract

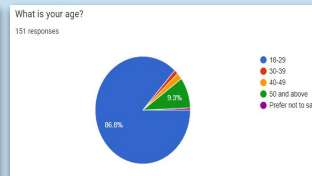
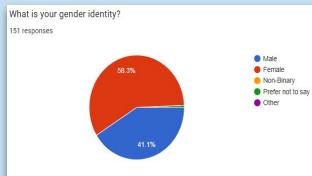
- This study explores the use of cannabis among young adults and its impact on health behaviors.
- Chronic cannabis use disrupts sleep patterns, leading to decreased slow-wave and REM sleep.
- Cannabis use is associated with mental health disorders and heightened substance use in college students.
- To further investigate this relationship, an anonymous survey was administered and correlations were analyzed
- Our research reveals that frequent cannabis use correlates with reduced sleep duration, increased tossing and turning, negative impacts on personal traits, and reduced physical activity
- Our findings highlight the intricate relationship between cannabis use and adverse health behaviors, emphasizing the importance of awareness and resilience against peer pressure among college students.

Introduction

The use of cannabis products of young adults in modern society is extremely prevalent, especially those of attending university. Its relative effect on health behaviors including that of sleep, exercise, substance use, and personality are imperative relationships to be researched. This study was designed to further investigate respective gaps in the literature regarding these health behaviors. It is known that chronic cannabis use can lead to less slow-wave-sleep and REM sleep (Angarita et. al, 2016). In addition, it is also known that short-term cannabis users have an easier time falling asleep while chronic cannabis used experienced poorer sleep quality and quantity which is correlated with increased chances of other substance use (Troxel et. al, 2021). Cyclically, marijuana use is also associated with increased substance use and probability of mental health disorders (Drazdowski et. al, 2019). Cannabis use specifically in college students was positively correlated with other substance use, reports of depression, and probability of being treated for anxiety disorders (De Faria, 2019). This is pivotal data that is crucial in understanding and promoting the dynamic of healthy college living especially due to the principle that more than 40% of American college students report having symptoms of depression, and 80% of students report that they feel stress daily (*Mental Health Guide - CollegeStats.org* -, 2016)

Methods

- Survey: Substance Use and Lifestyle Choices
- 151 respondents who took survey willingly
- All participants were 18 years of age and older
- Distribution: Social Media, Group messages, Word of mouth,



Results

$p < 0.01 = **$	$p < 0.05 = *$	Frequent Marijuana Use
Hours of Sleep		-0.230**
Toss and Turn in Sleep		0.162*
Exercise Frequency		-0.185*
Involved in Sports		-0.163*
ADHD Medication Dependency		0.340**
Nicotine Use		0.275**
Alcohol Consumption		0.268**
Feel Disorganized/Careless		0.241**
Feel Dependable/Self-Disciplined		-0.207*

Discussion

The contribution of the study

- Those who smoke cannabis frequently are more likely to get fewer hours of sleep, while also having an increased chance of tossing and turning
 - Chronic cannabis use leads to white matter microlesions which could cause a disruption in neural communication
- Those who smoke cannabis frequently are more likely to feel disorganized and careless, while also feeling less dependable and self-disciplined
- There is a strong correlation between cannabis use and substance abuse, as we saw through our survey that those who smoke cannabis frequently are more likely to be dependent on ADHD medication, drink alcohol, and smoke nicotine products
 - Drug use causes a decrease in the frontal cortex activity, which can lead to poor decision-making

In conclusion

- We learn that cannabis use is a slippery slope, which can lead to bad decisions involving the abuse of other substances, along with poor health behaviors.
- College students frequently experience “FOMO”, or fear of missing out. Because of this phenomenon, it is important that college students become confident with who they are and completely avoid substance use, as even a single use can create poor health behaviors

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References
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