By Erin Bendig, Kiplinger Consumer News Service (TNS)

A recent study published by Credit Karma found that 69% of Gen Z (adults aged 18-26) are now using cash more often than 12 months ago, compared to 47% of Gen X and 37% of boomers. Further, 23% Of Gen Z are using their cash for a good portion of their purchases, including groceries, clothing, takeout and other nonessentials.

The study was made up of 2,118 U.S. adults ages 18+ (331 were Gen Z adults) and was conducted by The Harris Poll on behalf of Credit Karma.

So why is Gen Z opting to pay more with cash? Credit Karma reports that of Gen Z

Other reasons driving cash usage among Gen Z include the feeling of having more control of spending when using cash (18%) and being more thoughtful about spending when paying for purchases with cash (19%).

Not focused on savings account interest or credit card points

This preference for spending cash has Gen Z choosing to avoid using bank savings accounts or maximizing credit card points, which can have a negative impact on credit scores.

Savvy credit card users pay off purchases within a few weeks of having made them, during which time the money allocated for that spending can be earning interest in the bank. Some banks offer a high-yield savings account that lets the user withdraw money on demand.

In today's economy, some accounts pay up to 4.81% interest. When choosing a savings account, besides the interest rate, consider the minimum deposit and minimum balance requirements, and determine if there are any additional fees.

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