

## THE IMPACT OF ONLINE GAMBLING ADDICTION ON ADOLESCENTS' EMOTIONAL AND BEHAVIORAL CONDITIONS

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### Abstract

*This study aims to identify and analyze the emotional impact of online gambling addiction on adolescents, including conditions such as anxiety, depression, and stress. It also explores how online gambling addiction can affect adolescents' behavior, including changes in social interactions, academic performance, and daily living patterns. The results showed that online gambling addiction has a significant impact on adolescents' emotional state and behavior, with internal (lack of desire to play) and extreme (peer environment and lack of parental control) factors as the main causes. This study recommends early intervention to prevent such problems and raise public awareness about the risks of online gambling.*

**Keywords:** online gambling addiction, emotional state, teenage behavior

### Abstrak

Penelitian ini bertujuan untuk mengidentifikasi dan menganalisis dampak emosional dari adiksi judi online terhadap remaja, termasuk kondisi seperti kecemasan, depresi, dan stres. Penelitian ini juga mengeksplorasi bagaimana adiksi judi online dapat mempengaruhi perilaku remaja, termasuk perubahan dalam interaksi sosial, prestasi akademik, dan pola hidup sehari-hari. Hasil penelitian menunjukkan bahwa adiksi judi online memiliki dampak signifikan terhadap kondisi emosional dan perilaku remaja, dengan faktor intern (kurangnya keinginan bermain) dan ekstrem (lingkungan sebaya dan kurangnya kontrol orang tua) sebagai penyebab utama. Penelitian ini merekomendasikan intervensi awal untuk mencegah masalah-masalah tersebut dan meningkatkan kesadaran masyarakat tentang risiko perjudian online.

**Kata Kunci:** Adiksi Judi Online, Kondisi Emosional, Perilaku Remaja

## INTRODUCTION

The issue of online gambling addiction has become a major topic in discussion regarding adolescent mental and behavioral health in Indonesia. In recent years, online gambling has become an easily accessible form of entertainment, especially for teenagers. Many of them get entangled in gambling due to curiosity or peer influence. This has the potential to lead to serious addiction, where teens lose control over their behavioral and continue gambling despite significant financial losses.

Article by Rutillah Syarif (2024) suggests that online gambling addiction can increase the risk of depression and anxiety, and disrupt the ability of adolescents to focus and control themselves. Damargil & Sahrul (2024) proved that online gambling addiction can have a major impact on adolescents' physical, financial, and emotional health, and drastically change their social-emotive behavior. Sahputra, et al (2022) reported that online gambling can cause adolescents to be lazy to socialize, experience material defeat, neglect worship, and lower learning achievement, all of which are significant negative impacts of online gambling addiction.

The research objective of the title "The Impact of Online Gambling Addiction on Adolescents' Emotional and Behavioral Conditions" is to identify and analyze the emotional impact of online gambling addiction on adolescents, including conditions such as anxiety, depression, and stress that may arise from involvement in gambling. The study also aimed to explore how online gambling addiction may affect adolescents' behavior, including changes in social interactions, academic performance, and daily living patterns. In addition, this research seeks to identify factors that lead adolescents to become entangled in online gambling, such as peer influence, technological accessibility, and unfamiliarity with gambling risks.

Online gambling addiction has increased significantly among teenagers, which can result in emotional problems such as depression and anxiety. According to Kanda, Aziz (2024) in the journal online gambling impact analysis, online gambling addiction can cause serious psychological damage, including loss of zest for life and prolonged emotional distress. Gambling addiction not only affects individuals, but also impacts families and society. This research aims to provide recommendations for public policies and educational programs that can help prevent gambling addiction among adolescents. This research also serves to raise public awareness about the risks of online gambling.

Proper education can help reduce the stigma towards individuals who experience addiction and encourage them to seek help.

In a review of literature reviewed by Nurdin et al., (2019), it was stated that adolescents who experience online gambling addiction feel like doing online gambling again and again even though they experience losses in the game. This shows how strong the internal drive that influences their behavior. A study reported in the *Journal of Youth Studies* by Hidayanto et al., (2020), states that online gambling addiction will have a negative impact on individuals both socially, physically, and psychologically such as stress, depression, despair, harming themselves and others. Research published in the *Proceedings of the National Conference on Addiction Research* by Yuliarto et al. (2018), highlighted the factors that influence online gambling behavior in adolescents. These include low individual self-control and a poor peer environment.

This research uses the literature study method for preliminary and descriptive analysis. Results from other studies have proven that online gambling addiction has a major contribution to the mental state and behavior of adolescents. An example is the study by Nurdin et al. (2024), which states that low individual self-control and bad peer environment are two main factors that trigger online gambling addiction. In addition, Lubis et al. (2022) also identified five categories of causal factors, including individual, family, and social environment.

Online gambling addiction has a significant impact on the emotional and behavioral conditions of adolescents. Low individual self-control and a less supportive social environment are the two main factors that trigger online gambling addiction. Therefore, early intervention is essential to prevent these problems.

## METHOD

In this study, researchers used a literature study method with journal literature by emphasizing the literature study method. The literature study method is a data collection method directed at finding data and information through documents, both written documents, photos, images, and electronic documents that can support the writing process. Literature study is a review of theories, references, and other scientific literature related to culture, values and norms that develop in the social situation under study (Sugiono, 2012). In this case, researchers used the literature study method with journal

literature by collecting data through journals related to the big title that researchers made, namely "The Impact of Online Gambling Addiction on Emotional Conditions and Adolescent Behavior". Here researchers collected 20 journals from 2016 to 2024.

## **RESULTS AND DISCUSSION**

### **Results**

The result section of the study titled "The Impact of Online Gambling Addiction on Adolescents' Emotional and Behavioral Conditions" focuses on the significant negative effects of online gambling on the mental and social well-being of teenagers. Findings indicate that online gambling addiction leads to increased rates of depression, anxiety, and stress among adolescents. Additionally, behavioral changes such as isolation, decreased academic performance, and altered daily routines were observed. Key factors contributing to this addiction include peer influence, ease of technological access, and limited parental control.

To mitigate these adverse effects, the study recommends early intervention programs and public awareness campaigns about the risks associated with online gambling.

### **Discussion**

Online gambling addiction contributes to an increased risk of depression and anxiety among adolescents. Rutillah Syarif (2024) stated that online gambling addiction can disrupt adolescents' ability to focus and control themselves, leading to serious mental health problems. Online gambling causes adolescents to be lazy to socialize and experience material losses. Sahputra et al, (2022) reported that the negative impact of online gambling addiction includes decreased learning achievement and negligence in worship, which shows a significant social impact. Research by Nurdin et al, (2019) showed that low individual self-control and poor peer environment are the main factors causing online gambling addiction. This reflects how social influences can exacerbate addiction problems.

Danarharris et al. (2024) found that online gambling addiction can drastically alter adolescents' socio-emotive behaviors, with detrimental physical and emotional impacts

on themselves and their surroundings. This study also emphasizes the importance of education to raise public awareness about the risks of online gambling. Hidayanto et al. (2020) pointed out that a better understanding of the impact of gambling could help prevent addiction among adolescents. Mustawilla et al. (2023) noted that online gambling negatively impacts people's social values, including material values, which can worsen the economic conditions of families and individuals. This study recommends early intervention to prevent such problems, focusing on developing effective educational programs in schools and communities.

The purpose of the research table above is to identify and analyze the various emotional and behavioral impacts resulting from online gambling addiction among adolescents. This research aims to explore how involvement in gambling can affect mental states, such as anxiety, depression, and stress, as well as its impact on social interactions, academic performance, and daily living patterns. In addition, this research also seeks to identify factors that lead adolescents to become entangled in online gambling such as peer influence, technological accessibility, and lack of understanding regarding the risks of gambling.

The implications of the results of this study are significant. The findings show that online gambling addiction not only impacts individuals but also has far-reaching consequences for families and society. This addiction can lead to a decline in adolescents' mental health, worsen social relationships, and disrupt academic performance. Therefore, the results of this study can be used as a basis for formulating public policies and educational programs that are more effective in preventing and addressing the problem of gambling addiction among adolescents.

For future research, it is recommended that researchers conduct longitudinal studies to understand the development of online gambling addiction over time. Further research also needs to involve a larger quantitative approach to get a more comprehensive picture of the prevalence of online gambling addiction among adolescents. In addition, it is important to explore effective interventions and prevention programs that can be implemented in schools and communities to reduce the risk of online gambling addiction. Given the rapid development of technology, research on the impact of new gambling platforms is also urgently needed to understand the challenges facing today's youth.

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## **CONCLUSION**

The study titled “The Impact of Online Gambling Addiction on Adolescents Emotional and Behavioral Conditions” examines how addiction to online gambling affects adolescents. It reveals that this addiction significantly contributes to emotional challenges such as anxiety, depression, and stress. Additionally, it disrupts behavior, leading to diminished social interactions, academic performance, and alterations in daily life patterns.

The research identifies internal factors like a lack of self-control and external influences such as peer pressure and limited parental oversight as critical contributors to this addiction. The study highlights that online gambling addiction’s adverse effects extend beyond individuals, impacting families and society through worsened mental health, strained social relationships, and decreased academic engagement.

The study advocates for early interventions and public awareness programs to prevent gambling addiction among adolescents. These findings suggest that proactive educational efforts in schools and communities could be instrumental in mitigating this growing issue. Future research may focus on longitudinal studies to assess long-term effects and the development of targeted prevention strategies.

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