

“ONLINE GAMBLING: WHAT IS IT AND HOW TO DEAL WITH IT?”

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ABSTRACT

Indonesia has been declared an emergency to deal with online gambling, many people are caught in online gambling, from children to adults, so the government has formed a special Task Force for Online Gambling since 2023 to eradicate the problem of online gambling in Indonesia. Online gambling addiction behavior does not recognize race, age, gender and occupation, including state officials, one of whom is an Indonesian Navy soldier. There has been an increase in violations committed by Indonesian Navy soldiers regarding online gambling issues in recent years. The negative impacts resulting from online gambling addiction include causing the risk of suicide, worsening financial conditions for oneself and one's family, triggering criminal acts and endangering others, destroying relationships with family and other parties, and being trapped in a vicious circle with online loans. This article discusses the history of gambling in Indonesia, the meaning of online gambling, types of online gambling, explanations from a psychological perspective, influencing factors and how to prevent online gambling addiction. Therefore, online gambling addiction needs to be discussed from a psychological perspective because it is a behavioral disorder that causes many problems and must be eradicated immediately.

Keywords: Indonesian Navy, Online Gambling

1 INTRODUCTION

In the last few months, we have heard that several Indonesian Navy Soldiers were caught in the problem of online gambling addiction which resulted in suicidal behavior when they were unable to pay their debts which reached hundreds of millions of rupiah and ended other people's lives to get money to use for playing online gambling. Of course, this problem is an alarm that must be immediately alerted and followed up by the Indonesian Navy because if prevention efforts are not made early on, it will affect the implementation of the main tasks of the Indonesian Navy. One important element in an organization is the human resources factor. Human resources are an important asset for an organization. If the organization's personnel commit many violations or are involved in problems, this will certainly affect the achievement of the organization's goals and the organization will not run well because it is busy resolving personnel problems.

Actually, gambling is not something new in Indonesia. Gambling has been part of Indonesian society since the early days of independence. Even though it was independent, it was recorded that from 1945 to 1960 Indonesia still did not have stability in the economic sector. As a solution to this problem, the government then launched a program called the Hope Fund Lottery under the auspices of the Social Rehabilitation Foundation, which is currently known as the Ministry of Social Affairs. Initially, the Hope Fund Lottery was a form of legitimizing gambling which was legalized by the government with the initial aim of raising the economic wheels in Indonesia and financing social problems (Zulfia et al., 2023)

In its development, this program continues to change names, such as SDSB (Social Generous Donations with Prizes) and continues to revise its regulations. Even though it was legalized by the government and regulated

in special regulations and had various positive influences on society, the government then realized that this legal gambling had more negative influences on the nation's morals. In the end, gambling in Indonesia reached a final decision which stated that all forms of gambling in Indonesia were considered illegal. This is then regulated in Law of the Republic of Indonesia no. 7 of 1974 concerning the Control of Gambling which is stated in Article 1 which reads "Declares all criminal acts of gambling as crimes" and explains the punishments determined for people who violate these regulations.

Since the law was passed, gambling has officially become absolutely illegal regardless of the form of the game. The government and competent authorities continue to strive to eradicate gambling by taking firm action against perpetrators and bookies. Even so, the practice of gambling continues to persist in society. Gambling remains the choice of some groups as entertainment to fill their free time. This behavior has even become embedded in some groups of society and has become part of their daily lives.

When the Covid-19 pandemic hit Indonesia, all humans adapted to a situation that required people to follow the government's recommendation not to do activities outside the home. In this situation, people then change all their activities online, from work, school, shopping, to entertainment. At that time, criminal activities such as gambling practices also contributed to the busy digital activity in Indonesia. Many bookies then developed and promoted gambling with a system similar to online games (Supratama, et al. 2022).

Online gambling then became widespread in society because it could be done more easily and practically. This is because most people need activities to fill their free time during the pandemic which requires them to stay at home. With just an internet quota and a smartphone, they can access sites that provide online gambling. Not only adults, children and teenagers can also access online gambling and play it as entertainment because online gambling games are designed to be attractive like online games in general (Sahputra et al., 2022). Not only in terms of how to use it, how to make transactions or deposit money into a gambling account as a bet is also very easy. Online gambling sites provide various payment methods, including credit transfers, transfers via digital accounts, or via e-wallet.

Even though there have been changes in the usage system, the perception of online gambling has not changed compared to conventional gambling. Online gambling continues to have many negative impacts on various aspects of life. The victory felt by online gambling players makes them then obsessed with repeating or what is usually called preoccupation. Even though the victory presented was small in scale compared to the defeat experienced afterwards.

A report from Databoks (2023) shows that online gambling transaction activity in the country has continued to increase over the five years from 2017 to 2022. According to data from the Financial Transaction Reports and Analysis Center (PPATK), during the 2017-2022 period there were 157 million gambling transactions online in Indonesia. The total circulation of money reaches up to 190 trillion.

The circulation of funds is the flow of funds for betting purposes, payment of winnings, costs of organizing gambling, transfers between bookie networks, as well as transactions suspected of money laundering by bookie networks. The data obtained is the result of searches and analysis of 887 parties included in the online bookie network.

Based on the latest data from the National Police Public Relations Division, there has been a significant decline in online gambling cases in Indonesia, recorded at 792 cases in 2024. In the previous year, online gambling cases were recorded at 1,196 cases in 2023. The Financial Transaction Reports and Analysis Center (PPATK) said there were 3.2 million Indonesians play online gambling with turnover reaching IDR 327 trillion in

2023. The majority of online gambling users are those with low incomes with profiles as students, students, workers, farmers, housewives.

The data above shows that quantitatively there is a decrease in the number of online gambling cases, however problems continue to emerge and are still worrying because many people are involved as online gamblers and have not been able to overcome them completely. Therefore, in this article we will review the meaning of online gambling, including its types, the factors that cause it and its impact, and how to prevent it (preventive measures) and how to overcome online gambling addiction from a psychological perspective.

2 PROBLEM FORMULATION

- 1) What is the meaning of online gambling?
- 2) What are the types of online gambling?
- 3) What are the factors that cause online gambling?
- 4) What are the impacts of playing online gambling?
- 5) How to prevent gambling behavior *on line*?
- 6) How to deal with online gambling?

3 RESULTS AND DISCUSSION

3.1 RESULTS

a. Definition of Online Gambling

According to Adli (2015) online gambling is a gambling game that uses the internet as a betting medium, where in the game the gambler makes an agreement on the terms of the game and what the bet will be. According to Kartono (2011), gambling is risking a value or something that is considered valuable by realizing certain risks and expectations in games, matches, competitions and events that cannot yet be determined. In Article 303 paragraph (3) of the Criminal Code, it is explained that "what is called a gambling game is any game, where in general the possibility of making a profit depends on "luck" or unpredictable luck, also because the player is trained and skilled.

From the definition above, it can be concluded that gambling is a game that uses money or valuables as bets. These bets can take the form of playing dice, cards, or scores). Online gambling is the practice of betting or gambling actions carried out by individuals online via the internet or web to applications that provide gambling content. Online gambling can take the form of gambling games such as slot machines, poker, Dominoes, Casino, Football, Capsa, and so on.

b. Forms of Online Gambling

The forms of online gambling mentioned by Ardiansyah, Sudarmanto, et al., (2023), include:

1) Gambling, namely gambling games in the form of online gambling such as online betting, online casino, online football, online poker and online lottery.

2) Sociable games, gambling where everyone who plays will win or lose together. For example, baccarat, pai gow poker, blackjack, craps.

3) Analytical Games, gambling that requires research and accurate information as well as analyzing various events. For example, horse racing and sports betting.

4) Patience Games, where patience gambling games are played in a relaxed manner without rushing to get results. Players are required to wait patiently for their numbers to come out. For example, lottery, keno, and bingo.

c. Causative factor

There are factors that cause someone to do gambling online, according to .Asriadi (2021) and Pratama (2022) describe and divide these factors into two types, namely:

a. Internal factors

1) Personality

A strong desire for online gambling games triggers individuals to be able to gamble. This is obtained because individuals feel obsessed and curious about gambling so there is a desire to try. Habits carried by individuals from childhood can also trigger the desire to play online gambling into adulthood.

2) Learning factors

The learning factor is considered reasonable because it has a big effect on gambling behavior, especially the desire to continue gambling. What has been learned and obtained produces something enjoyable for the individual so that it will continue to be stored and can be repeated at a later time.

3) Low human resources

Someone who enjoys gambling will have lazy, careless behavior, speculate easily and be quick to take risks without thinking twice.

4) Customs

Gambling behavior is considered to be a habitual behavior because it is considered a habit that has been carried out for a long time so it is believed to be a normal thing to do.

b. External Factors

1) Friends of the same age

Peer factors can also influence individuals playing online gambling. This behavior can arise if peers who are also "players" have encouraged and taught how to gamble. Thus, individuals will be more easily influenced by a friendship environment that has a negative impact on them and will imitate bad actions in their lives.

2) Family economy

Someone with a lower middle class economy tends to more easily fall into gambling to meet their daily needs. They think that by gambling someone can improve their economy quickly.

3) Community disobedience to the law

People have become addicted to gambling games so that their activities take place freely. Weak enforcement of gambling laws and lack of socialization of gambling regulations means that people are increasingly free to gamble.

d. Impact

All forms of gambling, including online gambling, certainly have their own impacts on the parties involved. These impacts can be classified into several aspects such as economic aspects, social aspects and psychological aspects. The impacts caused by online gambling games:

a. Economic Impact

To carry out online gambling, an individual must of course have money as capital costs for deposits and the main requirement is to be able to play the game. However, someone who plays online gambling more often experiences running out of capital rather than winning. Someone who is addicted to online gambling, then he will try to make money even by using any means including carrying out criminal activities such as fraud, money laundering, illegal gambling) which may occur due to debt, confusion about finding money, so he commits acts of robbery (Adli, 2015). Apart from that, the impact of playing online gambling can also cause unstable finances and possibly change in personality.

b. Social Impact

Indirectly, online gambling also affects the condition of the people around the online gambler himself.

1) Impulsivity and poor decision making

Limited thinking due to being crushed by debt. Individuals find it difficult to think and tend to rush when they see money.

2) Feelings of shame and guilt

Occurs because the individual feels he has neglected his family and spends his time gambling.

c. Psychological Impact

1) Addicted

A condition where individuals are encouraged to continue gambling despite experiencing negative consequences.

2) Anxiety and depression

Occurs because debts accumulate and worse, suicidal thoughts can arise. The suicide rate since 2023 has recorded 14 cases of attempted suicide due to online gambling. In 2023, 10 cases were recorded and 4 cases occurred between January - April 2024. Most of the victims were aged 19 to 30 years. This provides an illustration of the impact of online gambling (Vishnu, 2024).

3) Emotional problems

Online gambling also indirectly affects a person's emotional attitude. Constant defeat. Santoso (2019) in a journal on Domestic Violence (KDRT) against women from a social work perspective revealed that one of the impacts caused by online gambling is the emergence of an unstable emotional attitude. Furthermore, if left unchecked, this emotional attitude can even increase the potential for domestic violence.

2.2 GAMBLING MODELS ON LINE

The model that discusses the gambling decision-making model is from Clark, et al., (2013) explaining how someone decides to engage in gambling behavior. According to Clark, et al. (2013) when someone plays gambling for the first time, there is a feeling of excitement, curiosity and finally trying for the first time, a neuro-chemical process occurs in the brain. The brain releases "happy" hormones, namely dopamine and serotonin. Dopamine and serotonin play a role in a person's thinking function, when the individual feels "happy" and pleasant feelings arise

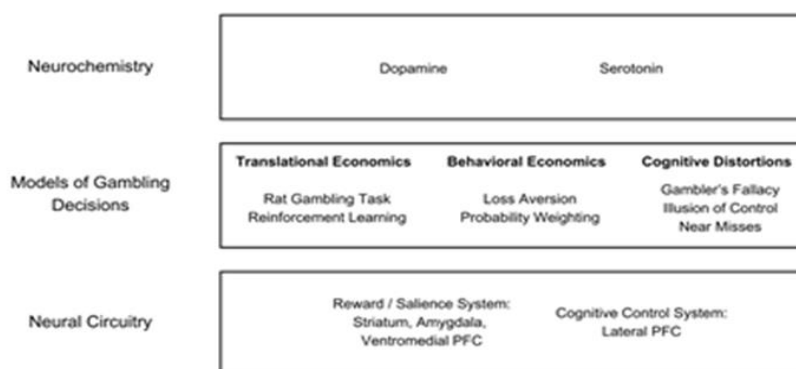


Fig. 1. Model of Gambling Decision dari Clark, et al. (2013)

then behavior that creates feelings of "happy and enjoyable" will tend to be repeated. Serotonin plays a role in increasing impulsive behavior which results in Obsessive Compulsive Disorder (OCD). Gambling behavior will continue to be carried out repeatedly when the individual receives positive reinforcement, such as winning the lottery or getting a jackpot, or conversely, receives negative reinforcement, such as almost winning or when the individual actually experiences defeat. Gamblers experience errors in thinking when making gambling decisions, due to excessive production of neurotransmitters, namely dopamine and serotonin, which damages the function of the amygdala, which plays a role in controlling a person's emotions. The relationship between the amygdala and these brain structures links cognitive functions (thinking, learning, and remembering) to the physiological functions of the body. If there is a resistance response to overcome fear/anxiety, the amygdala will signal the hypothalamus to release the hormones cortisol and adrenaline. Apart from that, thinking becomes irrational and feels confident that the decisions taken will provide a great opportunity from failures in previous games. When they become addicted to gambling, individuals experience a loss of control over their behavior. Gamblers experience errors in the decision-making process and are more tolerant of losing. Basically, people are afraid of losses, but gamblers don't think too deeply about losing because it is considered a pure transaction. They feel like they almost won instead of experiencing defeat. Gamblers hate losing more than enjoying winning. Therefore, the aversion to losing influences the way he bets. The implication of loss aversion is one of the most important drivers in gamblers' decision making. In addition, gamblers experience the gambler's fallacy, namely a logical error or fallacy in which a person believes that the results of random events in the past influence the results of random events in the future, even though each of these events is actually independent. In the context of gambling, the gambler's fallacy can cause gamblers to continue betting in the belief that "their luck will change" or that it is "time for them to win" after a series of losses. This often leads to greater financial losses (Clark, et al., 2013).

2.3 MODELS OF ORGANIZATIONAL STIMULUS RESPONSE (SOR MODEL)

Model *Stimulus Organism Response* (McQuail, 2010) explains that humans as organisms receive stimuli and respond according to the stimuli received by the individual. This model explains the mechanism of influence of an individual's internal conditions and influences the behavior of the individual concerned. Stimulus means input that enters the five human senses such as smell, taste, sight, hearing, touch. Stimulus has three elements, namely ambient, design and social, when related to online gambling, it is a stimulus that includes these three elements.

Ambient is the comfortable atmosphere felt by gamblers when playing online gambling. Design is the physical design of an online gambling site which includes layout and function, signs and symbols, beauty such as color and game visualization and other elements. Related to social factors are factors related to the existence of gambling players and opponents in online gambling games. Social factors will have an impact on the quality of online gambling games. This model also describes the individual before displaying a response through a cognitive process, namely the gambler's judgment (perception) based on mental processes and knowledge structures as a person's response to the environment. Apart from perception, it also involves evaluation of an affective nature, namely based on feelings of pleasure as a gambler's motive. Feelings (affection aspect) select the quality of the game environment in terms of the enjoyment felt, the feeling of interest due to eye contact and the feeling of relief when playing gambling. Individuals become accustomed or experience habituation to playing online gambling games. The emergence of behavior will be stronger if given positive reinforcement or negative reinforcement. Addictive behavior towards online gambling is a response to stimuli originating from outside the individual, thus forming addictive behavior.

Based on the explanation above, it can be concluded that online gambling addiction behavior has a basic learning pattern in humans, namely stimulus and response and gets reinforcement from the response displayed.

3. DISCUSSION

Online gambling addiction behavior is included in obsessive compulsive behavior disorder, namely behavior that occurs intensely and repeatedly to reduce anxiety in the mind. The impulsive and obsessive behavior of online gamblers means they cannot let go easily when an intense habit has been formed. Of course, this behavior needs to be achieved special attention and must be prevented from an early age, because if TNI AL personnel are involved in online gambling they will show ineffective behavior when working. He just focuses and spends most of his time playing online gambling. Apart from that, what is most dangerous is when the individual has access or authority to misuse the agency's budget. When they experience an addiction to online gambling, all they think about is playing and how to get money, so it is not uncommon for any means to justify themselves.

Gambling behavior *on line* This is a behavior that is included in addictive behavior and is quite difficult to intervene. Therefore, preventive efforts need to be made to the wider community, because if viewed from a sociological perspective, giving prison sentences cannot be considered as the only way to solve the problem (Susanti, 2021). Efforts to prevent online gambling can be done in various ways. Efforts that can be made include preventive, pre-emptive and repressive methods. Preventive methods are efforts made by carrying out control and supervision measures, environmental development to reduce and suppress crime so that it does not spread further in society. Usually in this method, the authorities will patrol areas prone to gambling and provide legal education with other institutions.

Preventive methods are methods that eliminate elements of potential disturbance and focus on the root causes of crime using social, situational and community approaches. This method is more psychological in nature and has the aim of persuading or inviting people to comply with applicable norms. The next method is repressive, where this method is carried out by blocking and preventing gamblers from gambling again. Generally, the authorities will carry out raids on gambling places and arrest the perpetrators. Efforts that can be taken to prevent online gambling addiction :

- 1) Do not open and access online gambling advertisements.
- 2) Avoid joining communities that engage in gambling.
- 3) Avoid crowded places that can invite the desire to gamble online.
- 4) Spend more time with your family.
- 5) Stay away from bad company.
- 6) Do positive activities and hobbies

4. CONCLUSIONS AND RECOMMENDATIONS

Based on all the explanations above, it can be concluded that gambling behavior *online* is an addictive behavior that can be categorized as gambling disorder in DSM 5 (Petry, et al., 2013). including obsessive compulsive behavioral disorder (Ardiansyah, 2023). This addictive behavior towards online gambling is clearly dangerous not only for individuals but also their families. The war against online gambling should not only be carried out alone but together, in this case, especially the Indonesian Navy, also taking preventive measures as an effort to prevent the increasing number of violations due to online gambling. All unit commanders carry out outreach about the dangers of online gambling and carry out close supervision regarding the use of smartphones and other gadgets, especially for personnel who have access to finances. Apart from that, the Indonesian Navy also needs to immediately form a task force to handle online gambling consisting of health, legal, psychological, military, security and law enforcement personnel from the Indonesian Navy and carry out rehabilitation for online gambling perpetrators with the aim of overcoming the problems caused by online gambling perpetrators.

The task force for handling online gambling within the Indonesian Navy is an effort to prevent and eradicate the practice of online gambling within the Indonesian Navy and basically the handling of online gambling problems is not only carried out by sector but requires synergy from various fields which declare a joint war against online gambling. Steps for handling Indonesian Navy personnel who are caught in online gambling need to be considered immediately because the facilities and infrastructure for rehabilitation of online gambling perpetrators which aim to modify behavior and create an intention or commitment to change do not yet exist until now, the treatment carried out is more focused on handling the problem. law.

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