

The Effect of Online Gambling Addiction (Slot) on Family Harmony: A Case Study of Family Leaders in Bunga Tanjung Village

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ABSTRACT

The purpose of this study is to analyze the impact of online gambling addiction (slot) on family harmony. This study was conducted with a qualitative case study approach on five heads of households in Bunga Tanjung Village who are known to have online slot gambling addiction. The results showed that the higher the online game addiction of family members, the greater the negative impact on family harmony. The main impacts of online gambling is including to reduce interaction and communication within the family, the loss of the role of husband/father as head of the family, the development of long-term conflicts, and the destruction of family welfare. The conclusion of this study is that online gambling addiction has a significant impact on the quality of family harmony. The solutions provided include the need for prevention and treatment through socialization, counseling, rehabilitation, and social support to help affected families recover from online gambling addiction.

Keywords

Addiction, Online Gambling, Slot machine, Family Harmony, Head of Household.

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1. INTRODUCTION

The development of information and communication technology today has brought many convenience in various aspects of people's lives. One of them is the rise of online gambling known as online slots. Although this phenomenon provides entertainment and opportunities to make money, it also has a negative impact if exploited. One of the one of the impacts is the disruption of family harmony due to online gambling addiction. As the internet becomes more accessible, people utilize it for gambling. People access online games, and then the general public participates in online gambling out of curiosity. The increase of online slot gambling in society can be caused by several factors: (1) Ease of access to online slot gambling sites and applications through gadgets and the internet; (2) Online slot gambling is widely advertised and attracts many people; (3) Lack of public understanding and education about the dangers of online slot gambling; (4) Due to the urgent economic situation, so some people are interested in earning additional income through online gambling; (5) Regulations do not provide a deterrent effect for online slot gambling operators. Therefore, it is necessary to analyse the impact of online gambling addiction on family harmony to understand its impact in more detail. This case study provides an overview of how online gambling addiction can affect family life and help to avoid the impact of online slot gambling addiction on family harmony. There are several other factors that influence people to do online gambling including: (1) Technological developments and online gambling trends: The development of digital technology and the internet have given birth to the innovation of online gambling platforms that are increasingly sophisticated with attractive features. features. Online gambling trends in recent years have been dominated by online slots because they are considered more practical and easy to play. practical and easy to play; (2) Environmental factors: The social environment and the availability of online gambling facilities are also a risk factor.

Online gambling, especially slot gambling, has become a global phenomenon that is growing rapidly in line with the development of digital technology. in line with the development of digital technology. In Indonesia, although legally prohibited, This online gambling practice remains widespread due to the lack of law enforcement and the many loopholes that are utilized by online gambling service providers. Various studies show that online gambling has the potential to have a wide range of negative impacts, both on the individual gambler and their environment. One of the closest social environments that will be greatly affected is the family, especially if the addicted person is the head of the family. This study is important to understand in depth the specific impacts on family life and harmony. Previous research has focused on the individual impact, whereas online gambling has the potential to damage the joints of the family. There have not been many studies that analyse the impact on husband-wife relationships, parenting, internal conflicts, to the overall economic welfare of the household due to the actions of the addicted head of the family. Therefore, in-depth studies focusing on families are needed to understand this phenomenon more comprehensively.

Online slot gambling itself is actually prohibited in Indonesia under Law Number 11 of 2008 concerning Electronic Information and Transactions. Gambling involves games of chance or expectation, where something is wagered in the hopes of winning it. Gambling is considered a deviation from social norms. However, online slot gambling remains prevalent due to legal loopholes and weak law enforcement. One of the negative impacts of the increasing prevalence of online slot gambling is the rise in gambling addiction cases in society (Ministry of Health of the Republic of Indonesia, 2018). According to a study by the Ministry of Health (2018), the prevalence of gambling disorders in Indonesia reaches 3.8 percent of the adult population.

Addiction to online gambling can damage family cohesion by leading to compulsive behaviour, tolerance, impulsivity, and financial problems for the head of the family (Griffiths 2005; Kuss & Griffiths 2012; Kim et al. 2016). Gambling can be seen as a form of social deviation because this behaviour diverges from the prevailing social norms in certain communities. Social norms generally reflect values, rules, and actions considered appropriate and expected by community members (van der Maas, 2016). When someone engages in gambling behaviour, they violate these norms because gambling is often seen as inappropriate or forbidden in certain societies. Several reasons why gambling can be considered a social deviation include legal prohibitions, economic disturbances, impacts on family harmony, and social disruption. Uncontrolled gambling can lead to conflict and tension within social and community environments.

Indeed, online gambling addiction has detrimental effects on family harmony. The impacts of online slot gambling itself can be highly damaging economically, socially, psychologically, and to health. Aside from the addiction afflicting gamblers, financial consequences such as debt and bankruptcy are also common. In social life, online gambling addiction strains relationships with family and the community. Online gamblers are also reported to suffer from mental disorders such as depression and anxiety. Therefore, preventive measures against the proliferation of online slot gambling are crucial to protect society from its dangers. Heads of households addicted to online slots often spend household funds intended for their wives, money for their children's education, and even borrow money to continue playing these games. Consequently, financial crises occur within the family, marital conflicts ensue, and divorce cases arise.

The village of Bunga Tanjung is one of the villages experiencing an increasing number of cases of online slot gambling addiction. According to village authorities, it is estimated that several heads of households are seriously addicted to online slot games. This situation is indeed concerning and requires serious attention and intervention. From various aspects, this condition is threatening which could rise serious negative impacts on family harmony and the well-being of the village community. Therefore, this research focuses on a case study involving several heads of households in Bunga Tanjung village reported to be addicted, aiming to conduct a deeper analysis of the impacts of online slot gambling addiction on family harmony.

2. METHODOLOGY

This study employs a qualitative approach with a case study design. Data collection involves in-depth interviews and observations of several household heads in Bunga Tanjung Village who are suspected of experiencing online slot gambling addiction. The interviews instrument was arranged based on several indicators which refers to the addiction towards gambling, such as gambling duration and frequencies, daily spending, family interaction, etc. Moreover, the interviews is attempt to investigate the impact on gambling towards behavior. Research participants were selected based on the severity of their online slot gambling addiction. The participants consist of 5 household heads aged between 30 to 45 years old.

3. RESULTS AND DISCUSSION

Based on data from five respondents, online gambling addiction (specifically slots) has negative impacts on family harmony. The findings of this research indicate that online gambling addiction, particularly slot gambling, significantly affects family harmony. The involvement of household heads in online gambling activities directly impacts crucial aspects of the family, including finances, behavior, mental health, and family relationships. The table 1 illustrates the

influence of online game addiction on each respondent differently, (The specific details of the table 1 would need to be provided based on the actual research findings, which are not available here).

Table 1. Respondents result about gambling addiction

Indicator	Respondent 1	Respondent 2	Respondent 3	Respondent 4	Respondent 5
Addiction Level	Mild-Moderate	Mild-Moderate	Severe	Severe	Severe
Daily Playing Duration	3-4 Hours	3-4 Hours	7-12 Hours	7-12 Hours	7-12 Hours
Daily Spending	Rp100,000 - Rp300,000	Rp100,000 - Rp300,000	> Rp2 million	> Rp2 million	> Rp2 million
Weekly Playing Frequency	2-3 times	2-3 times	Every day	Every day	Every day
Family Interaction	Decreased	Decreased	Severed	Severed	Severed
Fulfillment of Family Role	Fairly good	Fairly good	Very poor	Very poor	Very poor
Conflict Arising	Arguments	Arguments	Regular fights	Regular fights	Regular fights
Emotional Closeness with Family	Somewhat reduced	Somewhat reduced	Disappeared	Disappeared	Disappeared
Impact on Family Welfare	Still sufficient	Still sufficient	Very suffering	Very suffering	Very suffering

This study indicates that online gambling addiction, particularly in slots, significantly impacts family harmony. The negative effects vary from mild to very severe, depending on the respondents' level of addiction. For mild to moderate addiction levels, the main impact is decreased interaction and communication with other family members. For respondents with mild to moderate addiction, although the quality of family interaction and communication decreases, the impact on family harmony is not excessively detrimental. According to Al Hakim & Dewi (2024), at lower levels, online gamers may still divide their attention between gambling and family interaction, although not as intensely as before. They typically play 2-3 times a week, for 3-4 hours per day, spending between Rp100,000 and Rp300,000. This situation results in less time spent together as a family and competition over money spent on online gambling. However, at this level, respondents are still able to fulfill their roles adequately, maintain some emotional closeness with family members albeit somewhat reduced, and conflicts that arise are typically limited to verbal arguments and trivial matters, mainly formal arguments.

According to Suciati (2013), those in the early stages of online gaming addiction are usually still able to maintain self-control and not neglect their roles and functions within the family. Overall, despite evident potential losses, the impacts on family welfare and the well-being of respondents with mild to moderate addiction levels remain relatively stable. According to Puspitasari & Krisnatuti (2018), the negative impacts of online gambling on families typically become significantly felt only at moderate levels of addiction. On the other hand, at severe

levels of addiction, the negative impacts significantly harm family harmony. For respondents with severe addiction, the effects on family harmony are highly detrimental. According to Griffiths' (2005) the greater the online gambling addiction, the more severe the negative impacts. This aligns with the statements from respondents in the study, indicating that the impacts are much more severe for those with severe addiction compared to those with mild addiction levels. Respondents play for 7 to 12 hours every day and spend more than Rp 2 million per day. The longer a respondent plays online gambling, the higher the risk of addiction. According to Kuss & Griffiths (2012), this is related to the frequency of exposure to gaming stimuli that trigger addictive responses. The more frequent and prolonged the exposure, the stronger the addiction it induces.

This condition leads to almost severed interaction and communication with family members, unfulfilled roles of household heads, and reduced emotional intimacy due to worsening online gaming addiction, making conflicts and arguments within the family commonplace. According to Mulyaningsih et al. (2020), this is because the attention and time of online gambling addicts are mostly spent on gambling activities rather than interacting with family members. Such families suffer greatly and are often embroiled in disputes due to the actions of household heads severely addicted to online slot gambling. In fact, severe addiction often leads to divorce and family breakdown. Interactions and communications among family members may become very rare or even cease entirely. Furthermore, the impact of online gambling addiction affects children's development. Respondents admit that their children often feel neglected and lack attention due to their involvement in online gambling activities. This neglect can hinder children's psychological development and social skills. Moreover, this situation severely impairs respondents' ability to fulfill their roles and responsibilities as heads of their households. Emotional intimacy among family members diminishes, replaced by frequent conflicts and arguments. Consequently, families suffer greatly and lose their harmony.

Therefore, early prevention is crucial to prevent the widespread risk of internet gaming addiction in society. Healing and rehabilitation for family members suffering from addiction are essential and require the involvement of counselors and psychologists. Full support from family and the community is also necessary for optimal recovery. Proper management is expected to reduce the negative impacts of online gambling and restore family harmony and well-being. Education about the dangers of online gambling addiction can be disseminated through school programs, workplaces, and community settings via workshops and seminars. Pre-marriage and family counseling can involve therapy sessions and group discussions facilitated by counselors or psychologists.

Several strategies can be implemented to prevent and manage the negative impacts of online gambling addiction on families: (1) Comprehensive education for the public about the dangers of online gambling addiction and its effects on family harmony to increase public awareness; (2) Pre-marriage counseling for couples to equip them with knowledge and mindset to prevent online gambling issues; (3) Family counseling services for couples experiencing issues due to one partner's online gambling addiction; (4) Educating children and adolescents about the negative impacts of online gaming addiction to prevent similar behaviors in the future; (5) Facilitating the formation of support communities for former online gambling addicts to share experiences and inspire each other; (6) Collaborating with religious and community leaders to provide moral understanding and motivation to individuals suffering from online gambling addiction who wish to quit; (7) Providing medical and psychosocial rehabilitation services for online game addicts to assist them in recovery and overcoming their addiction.

Additionally, some additional strategies need to be implemented to eradicate online gambling addiction within affected families, including: (1) Implementing village regulations that prohibit online gambling practices, considering that 3 out of 5 respondents in this study showed very high levels of online gambling addiction that adversely affected their families; (2) Economic empowerment programs for families can serve as a long-term alternative solution to break the cycle of dependence on online gambling due to economic hardships; (3) Establishing peer support communities can provide a supportive system for former online gamblers to prevent relapses into their old habits. This is supported by findings that addiction tends to recur without strong support from the environment.

Based on the findings and discussion of this study, efforts to prevent online gaming addiction need to be intensified. If addiction has already occurred, seeking treatment as early as possible before it reaches a serious level is advisable. Medical rehabilitation services may involve the administration of specific medications under doctor supervision to reduce symptoms of addictive withdrawal. Psychosocial rehabilitation, on the other hand, includes counseling, cognitive behavioral therapy, and training in independent living skills without dependence on online gambling. To restore family harmony, interventions such as family counseling, cognitive behavioral therapy, and comprehensive rehabilitation are necessary. Social support from those around them is also crucial to maximize the recovery process. Proper and comprehensive management is expected to help affected families recover and create harmony and well-being within a healthy and productive family environment.

4. CONCLUSION

Based on previous discussion, it can be concluded that online gambling addiction, particularly in household heads, has a significant negative impact on family harmony. The higher the addiction level to online gambling among household heads, the more severe the negative impact on family harmony. Key impacts of online gambling addiction include reduced interaction and communication within the family, loss of the head of the household's role, prolonged conflicts, and family welfare issues. Preventive and treatment efforts should include socialization, counseling, rehabilitation, and providing social support to help affected families recover. It is essential to promote multidisciplinary cooperation involving government agencies, academics, counselors, and community/religious leaders to raise awareness about the dangers of online gambling and how to address it. Furthermore, further research is needed to explore the effectiveness of various rehabilitation approaches for online gambling addicts.

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