

The Effect of Online Gambling On Behaviour And Psychosocial Issues Among Generation Z Students

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Abstract

The advancement of digital technology has significantly altered the behavioral patterns of the younger generation, particularly among Generation Z students. One negative consequence of this technological progress is the increased accessibility of online gambling through various digital platforms. This research aims to analyze the impact of online gambling on the behavior and psychosocial conditions of Generation Z students. The study employs a quantitative approach utilizing survey methods. Data were collected through questionnaires and observations of Generation Z students. The findings indicate that involvement in online gambling has a significant effect on behavioral changes among students, such as a decline in learning motivation, impulsive behavior, and a decrease in academic discipline. Furthermore, online gambling negatively affects the psychosocial conditions of students, evidenced by heightened stress, anxiety, depression, and disrupted social relationships. Internal and external factors serve as the primary drivers of students' engagement in online gambling. Therefore, comprehensive prevention and intervention efforts are necessary through education, digital literacy, and the active roles of campuses, families, and the government.

Keywords: *Online Gambling, Student Behavior, Psychosocial, Generation Z*

Abstrak

Perkembangan teknologi digital telah membawa perubahan yang signifikan dalam pola perilaku generasi muda, khususnya di kalangan mahasiswa Generasi Z. Salah satu dampak negatif dari kemajuan teknologi ini adalah meningkatnya praktik judi online yang semakin mudah diakses melalui berbagai platform digital. Penelitian ini bertujuan untuk menganalisis pengaruh judi online terhadap perilaku dan kondisi psikososial mahasiswa Generasi Z. Penelitian ini menggunakan pendekatan kuantitatif dengan metode survei. Data dikumpulkan melalui kuesioner dan observasi terhadap mahasiswa Generasi Z. Hasil kajian menunjukkan bahwa keterlibatan dalam judi online berdampak signifikan terhadap perubahan perilaku mahasiswa, seperti penurunan motivasi belajar, perilaku impulsif, dan menurunnya disiplin akademik. Selain itu, judi online juga berpengaruh negatif terhadap kondisi psikososial mahasiswa, yang ditandai dengan meningkatnya stres, kecemasan, depresi, serta terganggunya hubungan sosial. Faktor internal dan eksternal menjadi pendorong utama keterlibatan mahasiswa dalam judi online. Oleh karena itu, diperlukan upaya pencegahan dan penanganan yang komprehensif melalui edukasi, literasi digital, serta peran aktif kampus, keluarga, dan pemerintah.

Kata kunci: *Judi Online, Perilaku Mahasiswa, Psikososial, Generasi Z*

Introduction

The development of information and communication technology in the digital age has brought significant changes to various aspects of human life, including behaviour patterns, lifestyles, and social interactions. Generation Z is a generation born and raised in a digital environment, making them highly dependent on the internet and technological devices (Sari, et.al, 2025). Students who are part of Generation Z are very familiar with social media, digital applications, and online entertainment that are available around the clock (Anugrahi, 2023).

The social changes that are currently taking place cannot be separated from the progress of the times, namely the emergence of technology. In the current era of globalisation, developments continue to take place compared to before, where every access was limited (Supriyanto, et.al, 2021). However, today, everything is made easier with the internet, AI capabilities, and the digitisation of every communication tool used by humans (Fikriana, 2024).

On the one hand, easy access to the internet provides enormous benefits in supporting the learning process, but on the other hand, it also opens up opportunities for deviant behaviour, one of which is online gambling (Amelia, et.al, 2025, Anggraini, et.al, 2023, Aravik, et.al, 2025). Online gambling is a gambling activity carried out via the internet using digital devices (Fathor, 2024). This activity is often presented as a game or entertainment that appears harmless, but has the potential to cause addiction (Saputra, et.al, 2025). Almost all users who engage in it tend to get caught in a cycle of addiction that is difficult to break. When a player experiences a win, it becomes the beginning of an addiction that drives them to continue playing in pursuit of the next win. Online gambling, often known as slots, is very popular among Generation Z (Gen Z). Teenagers are the group most involved in online gambling (Migu & Zaki, 2022), which states that teenagers are in the 10-24 age range (Erliana, 2016). In this online gambling cycle, players face three main phases: repeated wins, losses, and the desire to avenge those losses. Unwittingly, money that should be used for living expenses is instead diverted into gambling deposits (Afrioza, 2025).

Student involvement in online gambling not only affects their economic situation,

but also influences their behaviour and psychosocial health. Students who engage in online gambling tend to experience a decline in motivation to study, unstable emotional changes, and disturbances in social relationships. Therefore, this study is very important to examine in depth the influence of online gambling on the behaviour and psychosocial health of Generation Z students.

Research Methods

This study uses a quantitative approach with a survey method. The research population is Generation Z students. Data collection techniques were carried out through questionnaires and observation. The data were analysed using statistical analysis to test the influence of online gambling on student behaviour and psychosocial well-being.

Results and Discussion

1. Online Gambling and the Characteristics of Generation Z

Online gambling is a type of gambling conducted via the internet using digital media such as websites, applications, or social media platforms. According to Law No. 11 of 2008 concerning Electronic Information and Transactions, online gambling activities are classified as illegal. From a psychological perspective, online gambling is a non-substance addictive behaviour that affects the brain's reward system through the release of dopamine (Fitri, 2025).

Generation Z has characteristics such as high curiosity, instant gratification orientation, and dependence on digital technology. These characteristics make Generation Z students more vulnerable to the influence of online gambling, especially when combined with academic and social pressures.

2. The Impact of Online Gambling on Students' Psychosocial Health

In addition to influencing behaviour, online gambling also has a significant impact on the psychosocial health of Generation Z students. From a psychological perspective, students involved in online gambling exhibit higher levels of stress and anxiety. This stress generally arises from financial pressure, guilt after experiencing losses, and fear

of being found out by family or university authorities. In the long term, this condition can develop into more serious psychological disorders such as depression and sleep disorders. Students addicted to online gambling often experience difficulty concentrating, feel easily discouraged, and lose self-confidence. These findings reinforce the view that online gambling is a non-substance addictive behaviour that has similar effects to substance addiction, particularly in terms of its impact on an individual's emotional and motivational systems (Saputra, 2025).

From a social perspective, involvement in online gambling also causes disruption to students' interpersonal relationships. Students tend to withdraw from their social environment, reduce interaction with family and friends, and experience conflict due to changes in attitude and behaviour. Dependence on online gambling causes students to spend more time in the virtual world than building healthy social relationships in the real world (Indira, 2025). This phenomenon can be explained through social psychology theory, which states that individual behaviour is greatly influenced by the social environment and interpersonal interactions. When students interact more frequently with the online gambling community than with positive social environments, the values and norms that are formed tend to deviate. This has the potential to weaken the social function of students as part of the academic community (Nurhasanah, 2025).

3. Factors that Strengthen Online Gambling Involvement

The discussion of the research results also shows that student involvement in online gambling is influenced by a combination of internal and external factors. Internal factors include curiosity, the need for entertainment, academic pressure, and unstable psychological conditions. Generation Z students are in the early stages of adulthood and are still searching for their identity, making them more susceptible to activities that offer instant gratification (Bakhtiar, 2024).

Meanwhile, external factors include peer influence, exposure to online gambling advertisements on social media, ease of access to technology, and weak supervision from family and the campus environment. Social media plays an important role in reinforcing the normalisation of online gambling through promotional content that is packaged in

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an attractive and persuasive manner. When online gambling is considered a 'normal' or 'trendy' activity, students tend to ignore the long-term risks it poses (Eltarik, 2025).

4. The Impact of Online Gambling on the Behaviour of Generation Z Students

Generation Z students who engage in online gambling have a significant impact on behavioural changes, particularly in terms of academics, discipline, and self-control. Students who are actively involved in online gambling tend to experience a decline in motivation to study and academic achievement. This is due to a shift in priorities from academic activities to gambling activities that offer instant thrills (Zaidan, 2024).

These findings are in line with Skinner's behaviourism theory, which states that individual behaviour is influenced by a reinforcement system. Online gambling provides positive reinforcement in the form of winnings or a feeling of euphoria that encourages students to repeat the behaviour, even though they are rationally aware of the risk of loss. As a result, students focus more on gambling than on academic obligations such as attending lectures, completing assignments, and preparing for exams.

In addition to a decline in learning motivation, online gambling also triggers impulsive and aggressive behaviour. Students who experience repeated losses often exhibit negative emotions such as irritability, frustration, and loss of patience. This condition reflects a decline in self-control, which is an important aspect of student personality development. This impulsive behaviour can even develop into deviant actions, such as borrowing excessive amounts of money, lying to loved ones, or violating social norms in order to obtain betting capital (Fitri, 2025).

Online gambling also encourages an instant gratification mindset and a consumptive lifestyle. Students become accustomed to the expectation of obtaining large returns without going through a long process. This mindset contradicts academic values that emphasise process, hard work, and discipline. If left unchecked, this condition can hinder the formation of students' character as responsible and future-oriented individuals.

Conclusion

Online gambling is a digital phenomenon that has a negative impact on the behaviour and psychosocial conditions of Generation Z students. The characteristics of Generation Z, who are familiar with technology, oriented towards instant results, and

have a high level of curiosity, make them more vulnerable to engaging in online gambling. This involvement results in decreased motivation and academic achievement, weakened discipline and self-control, and the emergence of impulsive and consumptive behaviour.

In addition, online gambling also has an impact on students' psychosocial health, such as increased stress, anxiety, emotional disorders, and disrupted social relationships with family and friends. Student involvement in online gambling is influenced by internal and external factors, including academic pressure, peer influence, exposure to digital media, and ease of access to technology. Therefore, integrated prevention and treatment efforts are needed through digital literacy education, strengthening moral values, and support from campuses, families, and the government.

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