

## Description Of Stress In College Students Online Gambling Perpetrator

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### ABSTRACT

*Technological developments are so rapid, one of the effects of technological and internet advances is online gambling which can cause addiction and difficulty in self-control, thus triggering stress as a reaction to the imbalance between individual demands and abilities. This study aims to determine the picture of stress in online gambling students. The research participants were 2 students involved in playing online gambling. The research method uses a qualitative approach with a phenomenological method, which aims to understand the subjective experiences of students who experience stress due to their involvement in online gambling. The results of the study showed that online gambling students experienced stress that had physical impacts such as insomnia and fatigue, as well as psychological ones such as anxiety, despair, and withdrawal from the social environment. This stress also interferes with their mental well-being and academic activities.*

**Keywords:** Online gambling, university students, stress

### INTRODUCTION

The development of technology and the internet in recent decades has provided many conveniences in human life, including access to information, entertainment, and communication. However, this progress has also created various risks, one of which is the rise of online gambling practices. Online gambling is now easily accessible through devices such as mobile phones and laptops, and is often seen as a means of entertainment that promises instant profits. Unfortunately, among students, this activity is often used as an escape from academic, social, and economic pressures. When done continuously, online gambling can lead to addiction and difficulties in self-control (Kartono, 2014).

Students who engage in online gambling are at risk of experiencing mental health disorders, one of which is stress. Stress is a physiological and psychological response that arises when someone feels the demands of life exceed their ability to cope with the pressure (Bressert, 2016). Stress not only affects physical conditions such as sleep disturbances, fatigue, or muscle tension, but also affects emotional conditions such as anxiety, guilt, and despair (Sarafino in Saputri, 2020). If left untreated, the stress experienced can disrupt students' psychological balance and reduce their academic and social performance.

So far, several studies have addressed stress in university students in an academic context, such as the pressure of assignments, exams, and online lectures (Musabiq & Karimah, 2018; Ramadhani & Rasyid, 2021). However, studies that specifically highlight the link between online gambling addiction and students' psychological conditions are limited. In fact, this addictive behaviour can form a continuous cycle of stress, where losing at gambling exacerbates mental distress and

strengthens the urge to gamble again. Therefore, it is important to explore more deeply the subjective experiences of university students who experience stress due to involvement in online gambling.

This study aims to describe the forms of stress experienced by university students who engage in online gambling. The method used is a qualitative approach with a phenomenological method, which aims to understand subjective experiences in depth (Creswell & Creswell, 2018). The formulation of the problem in this study is: how is the picture of stress in students involved in online gambling? The benefits of this research are to provide theoretical contributions in the development of clinical psychology studies and practical benefits as a basis for education and interventions to deal with stress and addictive behaviour among students.

## **RESEARCH METHOD**

This study uses a qualitative approach with phenomenological methods to understand the subjective experiences of students who experience stress due to their involvement in online gambling (Creswell & Creswell, 2018). The subjects were two students selected through purposive sampling technique. Data were collected through in-depth interviews, observations, and interviews with significant others, then analysed using the Miles and Huberman model which includes data reduction, data presentation, and conclusion drawing (Sugiyono, 2016). Data validity was strengthened by triangulating sources and methods. Based on previous studies, involvement in online gambling has the potential to trigger stress that appears in the form of physical and psychological disorders (Wulandari, 2016).

## **RESULT AND DISCUSSION**

The results showed that students who play online gambling experience stress that appears in two main aspects, namely biological and psychological. From the biological side, the subjects experienced disorders such as sleeplessness (insomnia), fatigue, dizziness, changes in diet, and muscle tension. One subject even showed somatic symptoms such as trembling, palpitations, and chest tightness after experiencing gambling losses. These findings reinforce Bressert's (2016) theory, that stress has a real impact on the physical condition of individuals.

Psychologically, subjects experienced impaired concentration, difficulty in decision-making, and decreased interest and enthusiasm for learning. Negative emotions such as guilt, anxiety, anger and hopelessness dominated their experiences. In terms of behaviour, both showed patterns of withdrawal from social environments and academic activities, as well as repeated gambling behaviour despite being aware of the negative consequences. This is in line with Sarafino's view (in Saputri, 2020), that stress arises from an imbalance between demands and individual adaptability.

This phenomenon shows that online gambling is not just deviant behaviour, but a complex psychological problem, which can create an addictive cycle and exacerbate students' mental stress. These results indicate that the stress experienced is not just temporary, but can have long-term impacts on psychological, academic and social well-being.

Issues arising from these findings include the lack of supervision of online gambling access among university students, the lack of education related to mental health, and the lack of self-control in the face of stress and instant temptation. Theoretical solutions can be made by strengthening clinical psychology and experiential counselling approaches, while practically campus interventions are needed through psychological services, counselling, and supervision of students' online activities.

## CONCLUSION

This study concludes that students who engage in online gambling experience stress that is evident in physical aspects such as fatigue and sleep disturbances, as well as psychological aspects such as anxiety, guilt, and social withdrawal. These findings suggest that involvement in online gambling negatively impacts students' mental health and academic life. The implications of these results confirm the importance of attention to digital-based addictive behaviours among university students, as well as the need for responsive counselling service support. Future research is recommended to involve more participants and integrate quantitative approaches to strengthen the generalisability of the findings and develop more effective intervention strategies.

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