



The Impact of Gambling Problems on Individual & Families

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Abstract

Gambling addiction is a serious chronic disorder of the reward, motivation, memory, and associated circuitry of the brain. Gambling addiction can cause major problems in a person's life, including difficulties at work, financial and emotional hardship, social repercussions, and legal troubles. The purpose of this article is to increase understanding of the negative effects that gambling has on people's mental health and wellness, both on an individual and family level. The harmful effects of problem gambling include such as physical, psychological, behavioral & social problems on individual. As well as also impacted family environment (intimate partner, children, and another family member) such as financial difficulty, strained family ties, deteriorated mental and physical health, family conflict, mistrust, neglect, a breakdown in communication, and uncertainty about roles and obligations. Their lives can be improved by providing different types of intervention, medications, counselling family support & peer support.

Keyword:- Gambling, Gambler, Family, Physical, Psychological, Behavioral problem.

Introduction:

A major chronic illness of the brain's reward, incentive, memory, and related circuitry is gambling addiction. Problems with gambling can have serious negative effects on a person's life, such as emotional and financial distress, negative social effects, job challenges, and legal issues. Gambling is classified by the World Health Organization as DSM-5 Diagnostic Criteria that, "gambling is a persistent and recurrent problematic gambling

behavior leading to clinically significant impairment or distress". Furthermore, a variety of physiological, neurological, and psychological problems can arise from an addiction to gambling that impact multiple facets of life. They may also have a big effect on communities and families. While the majority of literature on gambling disorders focuses on interpersonal relationships and children, extended family members like parents, grandparents, and siblings can also be

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impacted by gambling issues.

This articles goal to raise awareness of the ways that gambling impacts people's mental health and wellbeing, both individually and in families. It also sought to describe the difficulties of recovering from gambling addiction and how it affects families. It highlights how crucial it is to increase awareness of these intricacies through public health and mental health programs.

Causes of Gambling

Problem gambling, like other addictions, is complex and can arise from various factors. One significant risk factor is having a family member, particularly a parent, with a history of gambling issues. Exposure to gambling at a young age and peer pressure from friends can also contribute to the development of a gambling problem. Additionally, certain personality traits such as competitiveness, impulsivity, restlessness, or boredom susceptibility can increase the likelihood of developing a gambling addiction. These characteristics may make individuals more prone to seeking excitement and stimulation through gambling activities.

The Impact of Gambling on Individual- An addiction to gambling can have numerous detrimental effects on one's physical, mental, and social well-being. It is a progressive addiction. The gambling related

problems impact on individuals in different ways-

1. Physical & psychological problem:

Problem gambling is bad for individual physical and mental well-being. Individuals who suffer from this addiction may go through periods of sadness, migraines, anguish, digestive ailments, and other issues linked to anxiety. The effects of gambling, like those of other addictions, can cause hopelessness and a helpless feeling. Suicide attempts may result from this in certain situations.

2. Behavioral problem:

One prominent behavioral problem among gamblers is the inability to control their impulses to gamble, even when it has detrimental consequences. This compulsive behavior leads to persistent gambling despite negative outcomes, such as financial losses, strained relationships, and deteriorating mental health. Additionally, gamblers may exhibit signs of denial, minimizing the severity of their problem or rationalizing their behavior to continue gambling, often leading to a cycle of escalating risk-taking and further harm.

3. Social problems:

The social problems associated with gambling include addiction leading to financial ruin, strained relationships, and even criminal behavior to fuel the habit. It can also contribute to

mental health issues like depression and anxiety, affecting not just the gambler but also their family and community. Additionally, gambling addiction can lead to neglect of responsibilities such as work, family, and personal well-being.

The Impact of Gambling on Family Environment

Families with gambling problems also tend to have high levels of conflict and rage, poor communication skills, a lack of independence, low involvement in intellectual and cultural pursuits, a lack of commitment and support, little emotional expression, and low involvement in social and recreational activities. Additionally, a variety of family stressors, such as financial and emotional deprivation, physical isolation, inconsistent discipline, parental abuse and rejection, poor role modeling, family conflict, and diminished

security and stability, are experienced by the children of people with gambling problems.

Relationship between Gambling Problems and Family Violence

International research has now consistently shown a link between gambling issues and both family violence in general and intimate partner violence (IPV). IPV is defined by the World Health Organization (2002) as any behavior in a close relationship that harms the other person physically, psychologically, or sexually. This might involve controlling behaviors, emotional (psychological) abuse, sexual assault, and physical violence. People with gambling addictions may also use violence against family members as a result of stress, rage, and financial difficulties at home, which can be brought on by gaming losses and other issues. These arguments suggest that there is a higher likelihood of family violence

Effects on the health and wellbeing of family member		
Difficulties	Intimate Partner	Children
Emotional disturbances	<ul style="list-style-type: none"> • Anger • Discontent • Depression • Anxiety 	<ul style="list-style-type: none"> • Hopelessness • Anxiety • Confusion • Guilt • Depression
Physical complaints	<ul style="list-style-type: none"> • Chronic headaches • Asthma • Hypertension 	<ul style="list-style-type: none"> • Panic attack • Insomnia • Headaches
Behavioral difficulties	<ul style="list-style-type: none"> • Excessive drinking • Smoking • Over/under-eating • Impulsive spending 	<ul style="list-style-type: none"> • Running away • Alcohol and tobacco abuse • Over/under eating • Illegal activities • Low academic performance

because of the stress and strain of living with a family member who has a gambling issue. It is important to acknowledge, nevertheless, that a widely held belief is that some individuals use gambling as a coping method to deal with experiencing abuse in their families. We still have a long way to go in understanding the intricate connection between family violence and gambling addictions.

Diagnosis & treatment

Treatment for gambling may include these approaches:

Counseling- Cognitive behavioral treatment or behavioral therapy could be beneficial. Behavioral therapy teaches you techniques to lessen your impulse to gamble by exposing you to the habit you wish to forget. The goal of cognitive behavioral therapy is to replace harmful, illogical, and negative ideas with constructive, constructive ones. Family therapy could be beneficial as well.

Medications- Bipolar illness, depression, and anxiety are conditions that frequently accompany compulsive gambling and can be treated with antidepressants and mood stabilizers. It's possible that some medications can help cut down on gambling. Narcotic antagonists, which are effective in treating substance abuse, may also be able to treat compulsive gambling.

Self-help groups- As part of their treatment, some people discover that talking to other people who struggle with gambling can be beneficial. Physician or mental health professional for recommendations on other services and self-help organizations, like Gamblers Anonymous. Depending on individual needs and available resources, treatment for compulsive gambling may involve an inpatient, outpatient, or residential program. Some people may benefit from self-help therapies like telephone consultations with mental health professionals and structured online programs.

Conclusion

Families may be greatly impacted by gambling issues. While intimate partners are the focus of the majority of the research that is currently available, other family members, including parents, grandparents, siblings, and children, are also impacted. Financial difficulty, strained family ties, deteriorated mental and physical health, family conflict, mistrust, neglect, a breakdown in communication, and uncertainty about roles and obligations are common family consequences. Consistent data also suggests that gambling issues are passed down from one generation to the next and are linked to family violence.

Family members frequently use non-professional coping mechanisms, such as

trying to quit gambling, but these rarely work and don't stop the emergence of related behavioral, emotional, and medical issues. Despite the fact that family members frequently seek out gambling counseling services, there aren't many tools and therapeutic modalities created especially for them. It is obvious that more research is required to understand the effects on family members and to find practical coping mechanisms for handling a gambling problem within the family. Additionally, it is necessary to create and assess fresh therapeutic strategies that can be used with self-help, in-person, over the phone, and online modalities.

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