

THE NEGATIVE EFFECT OF INTERNET GAMBLING ON YOUTH PSYCHOLOGY

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ABSTRACT

This article discusses online internet gambling and its psychological dependence. In today's society, with the development of information technology, various computer games and their addictions are becoming more common among young people. Gambling can have a profound effect on a person's psychological well-being, leading to stress and depression. Internet gambling is becoming one of the most serious problems today. The article provides a psychological analysis of gambling addiction.

KEYWORDS: *Online Gambling, Addiction, Behavior, Stress, Depression, Emotional Disorders, Groups, Socio-Psychological.*

INTRODUCTION

Nowadays, various internet gambling games, which are rapidly entering our society and attracting young people to their network, are becoming one of the real psychological problems. Internet gambling differs from other games in that these games are largely non-selective. The development of modern technology is also creating the basis for the spread of gambling among the population, which has led to the emergence of new psychological dependencies among the population. For some, gambling or lotteries seem like a harmless way to have fun and relieve stress. The propensity to gamble is endless and varied. Gambling as a form of leisure or entertainment is ubiquitous and most people gamble from time to time, go to races, bet money, and buy lottery tickets. In this regard, many American researchers consider gambling to be a serious social problem that poses a threat to a section of the population.

In the process of the game, in some cases, the person is distracted from unpleasant problems and the game is considered as a pleasant time, which exacerbates the problem. Recently, researchers have been interested in the psychology of online gambling. As a result of the survey, scientists have identified the main reasons why most people prefer to play online. First is the ease of access. Second, you can play almost anywhere and anytime. One way to understand the nature of gambling addiction may be to study the image of this game in people's minds. Often there is an opinion in the scientific literature that emotions are one of the factors that attract people to the game, but there is no clear definition of who and what emotions attract people.

J.Henningrild explains the mechanism of dependence on anything, including gambling, through the emergence of a system of biological reinforcement. This system affects the synthesis and

alteration of many brain substances that are responsible for subjective perception. Thus, a person who has played once remembers the feelings (emotions) received and tries to recapture them. One of the reasons for the spread of online gambling among young people is the strong influence of advertisements on various social networks.

Gambling addiction is a complex phenomenon that can lead to serious changes in a person's psyche, and the most important are:

- ☐ Disorders of self-esteem;
- ☐ Offenses in the field of interpersonal relations;
- ☐ Inability to control oneself;

People who are addicted to gambling are more likely to experience emotional instability. A person who gambles experiences different emotions during the game and these feelings can be negative or positive. These conditions create a state of aggression in a person and lead to significant changes in behavior. Online gambling also has a significant impact on the system of interpersonal relationships, leading to a loss of entrepreneurial status. Constantly indulging in these games can lead to reluctance and depression.

In this regard, many American researchers consider gambling to be a serious social problem that poses a threat to a section of the population. In the process of the game, in some cases, relaxation, removal of emotional stress, distraction from unpleasant problems occur, and the view of the game as a pleasant time exacerbates the problem. According to this mechanism, retraction occurs gradually and addiction develops.

T.P. Korolenko and T. A. Donskikh (1990) identify a number of features characteristic of gambling as one of the types of addictive behaviors, including:

- ☐ Regular participation, increasing the time spent on the game.
- ☐ Constant thoughts about the game, the advantage in imagining situations related to game combinations;
- ☐ "Loss of control" expressed in the inability to stop the game both after a big win and after constant losses.

Psychological discomfort, anxiety, which develops in a relatively short period of time after the game, the emergence of an insurmountable desire to start playing again. Such cases are in some respects similar to cases of drug use, which are accompanied by headaches, sleep disturbances, anxiety, low mood, impaired concentration. The gradual increase in the frequency of participation in the game is characterized by the pursuit of high risk at all times.

1. The stage of mild infatuation. After a person has played a role-playing computer game once or several times, he begins to "feel the taste", he begins to like computer graphics, sound, the very fact of imitation of real life or some fantastic plots. Someone has dreamed all his life to shoot from a light machine gun, someone - to sit behind the wheel of a Ferrari or at the helm of a combat fighter. The computer allows a person with a fairly close proximity to reality to realize these dreams. An unconscious need for taking on a role begins to be realized. A person enjoys playing a computer game, which is accompanied by positive emotions. The nature of man is such that he seeks to repeat actions that give pleasure, satisfy needs. As a result, a person begins to

play, no longer randomly finding himself at the computer, the desire for gaming activity takes on some purposefulness. However, the specificity of this stage is that playing computer games is more situational than systematic. A stable, constant need for the game at this stage is not formed, the game is not a significant value for a person.[3.1]

2. Stage of passion. A factor indicating a person's transition to this stage of addiction formation is the emergence of a new need in the hierarchy of needs - playing computer games. In fact, a new need is only generally designated by us as a need for a computer game. In fact, the structure of the need is much more complex, its true nature depends on the individual psychological characteristics of the individual himself. In other words, the desire to play is, rather, a motivation determined by the needs of escaping from reality and accepting a role. Playing computer games at this stage takes on a systematic character. If a person does not have constant access to a computer, i.e. satisfaction of the need is frustrated, quite active actions are possible to eliminate the frustrating circumstances.[3.2]

3. Stage of dependence. This stage is characterized not only by a shift in the need to play to the lower level of the pyramid of needs, but also by other, no less serious changes - in the value-sense sphere of the individual. The socialized form of gaming addiction is distinguished by maintaining social contacts with society (albeit mostly with the same gaming fans). Such people are very fond of playing together, playing with each other using a computer network. Game motivation is mainly competitive in nature. This form of addiction is less detrimental in its effect on the human psyche than the individualized form. The difference is that people do not break away from society, do not go "into themselves"; the social environment, although consisting of the same fans, nevertheless, as a rule, does not allow a person to completely break away from reality, "leave" into the virtual world and bring himself to mental and somatic disorders. For people with an individualized form of addiction, such prospects are much more real. This is an extreme form of dependence, when not only normal human features of the worldview are violated, but also interaction with the outside world.[3.3]

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