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The Impact of Online Gambling Intensity on Anxiety, Stress, and Depression in Adolescents in Cilegon City: A Social and Education Approach

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Abstrak

Fenomena judi online di kalangan remaja Kota Cilegon terus meningkat dan dikaitkan dengan masalah kesehatan mental. Namun, bukti empiris mengenai seberapa besar intensitas permainan memengaruhi kecemasan, stres, dan depresi masih terbatas. Penelitian kuantitatif kausal-komparatif ini melibatkan 30 remaja usia 15-21 tahun yang dipilih secara purposive sampling. Subjek dibagi dua kelompok: 15 orang "kadang-kadang" dan 15 orang "sering" bermain judi online. Instrumen berupa kuesioner skala Likert 4 poin untuk kecemasan ($\alpha = 0{,}763$), stres ($\alpha = 0{,}745$), dan depresi ($\alpha = 0{,}781$). Validitas item memenuhi kriteria $r > 0{,}3$. Data dianalisis dengan MANOVA bantuan SPSS 31.0. MANOVA menunjukkan pengaruh simultan yang signifikan (Wilks' Lambda = 0,176; $F = 13{,}004$; $p < 0{,}001$). Uji lanjutan memperlihatkan pengaruh kuat intensitas terhadap kecemasan ($F = 31{,}136$; $\eta^2 = 0{,}536$), stres ($F = 15{,}942$; $\eta^2 = 0{,}368$), dan depresi ($F = 20{,}806$; $\eta^2 = 0{,}424$). Rerata ketiga aspek psikologis kelompok "sering bermain" lebih tinggi secara signifikan. Temuan ini sejalan dengan studi terdahulu yang menekankan bahwa paparan berulang terhadap risiko finansial dan sosial dalam judi online meningkatkan beban kognitif-emosional remaja. Kontribusi efek hingga 53,6 % menandakan intensitas sebagai prediktor utama. Semakin sering remaja bermain judi online, semakin tinggi tingkat kecemasan, stres, dan depresinya. Intervensi berbasis keluarga, sekolah, dan regulasi digital diperlukan untuk mencegah dampak psikopatologis lebih lanjut.

Kata Kunci: Judi Online, Pendekatan Sosial, Dampak pada Remaja

Abstract

The phenomenon of online gambling among adolescents in Cilegon City continues to rise and is linked to mental health problems. However, empirical evidence on how much the intensity of play influences anxiety, stress, and depression remains limited. This causal-comparative quantitative study involved 30 adolescents aged 15–21 selected through purposive sampling. Participants were divided into two groups: 15 "occasional" and 15 "frequent" online gamblers. Instruments were 4-point Likert-scale questionnaires measuring anxiety ($\alpha = 0.763$), stress ($\alpha = 0.745$), and depression ($\alpha = 0.781$); item validity met the criterion $r > 0.3$. Data were analyzed with MANOVA using SPSS 31.0. MANOVA revealed a significant simultaneous effect (Wilks' Lambda = 0.176; $F = 13.004$; $p < 0.001$). Follow-up tests showed strong effects of intensity on anxiety ($F = 31.136$; $\eta^2 = 0.536$), stress ($F = 15.942$; $\eta^2 = 0.368$), and depression ($F = 20.806$; $\eta^2 = 0.424$). Mean scores on all three psychological aspects were significantly higher in the "frequent play" group. These findings align with previous studies emphasizing that repeated exposure to financial and social risks in online gambling increases adolescents' cognitive–emotional burden, with effect contributions up to 53.6 % indicating intensity as a primary predictor. The more frequently adolescents engage in online gambling, the higher their levels of anxiety, stress, and depression become. Family, school, and digital-regulation-based interventions are needed to prevent further psychopathological impacts.

***Keywords**: Online Gambling, Social Approach, Impact on Adolescents*

Introduction

The development of digital technology in the past decade has brought significant changes to the lifestyle of teenagers, including in terms of entertainment patterns and social interactions. One of the phenomena that is of serious concern in Indonesia is the increase in online gambling activities among teenagers. Online gambling, which is defined as the activity of risking money or valuables online in the hope of making a profit, is becoming more widespread and difficult to control.(Ajidin, 2024; Mayradevi & Tobing, 2024) This phenomenon is a multidimensional problem because it not only impacts economic conditions, but also touches the social and psychological aspects of adolescent life.

Adolescents are an age group that is in the phase of finding identity and has a high level of curiosity. In the context of online gambling, the desire to try, the urge to earn money instantly, as well as very easy access to various gambling platforms are the main triggers.(Fadeli et al., 2025; Makarin & Astuti, 2023) Various forms of gambling such as poker, slots, lotteries, and sports betting are now freely available on the internet. The impact is not only in the form of material losses, but also leads to a decrease in academic performance as well as the emergence of psychological disorders such as stress, anxiety, and depression.(Arrafif & Wiguna, 2023; Mayradevi & Tobing, 2024)

In addition to technological factors, the role of the family environment has a great contribution to adolescent involvement in online gambling. Weak communication between family members, lack of parental supervision, and lack of understanding of the risks of gambling are loopholes that allow this addictive behavior to develop.(Fadeli et al., 2025; Makarin & Astuti, 2023) Research shows that emotional support and healthy communication in the family can play a protective role against adolescent involvement in deviant behavior.(Ajidin, 2024) Conversely, peer pressure and the influence of a permissive social environment can exacerbate gambling tendencies among adolescents.

The role of social media also cannot be ignored in spreading online gambling practices. Many influencers promote gambling sites covertly, thus creating the perception that this activity is common or even profitable. The content easily reaches teens who are active on social media.(Gabriela et al., 2023) According to data from the Ministry of Communication and Information Technology (Kominfo), since 2018 more than 566,000 content related to online gambling has been blocked, showing that despite surveillance efforts, the prevalence remains high and massive.(Gabriela et al., 2023; Hatimatunnisani et al., 2023)

The psychological impact of teens' involvement in online gambling is very serious. Gambling addiction can lead to emotional disturbances, prolonged stress, and even depression. This is reinforced by the findings of Arifina et al who stated that online gambling activities can disrupt mental stability, cause social isolation, and trigger destructive actions such as stealing or avoiding academic responsibility.(Arifina et al., 2024) From a social point of view, this behavior not only lowers the quality of life of adolescents, but also disrupts the harmony of the family and society at large.(Kholifah et al., 2024; Ruswandi & Halimah, 2024)

To comprehensively understand and deal with this phenomenon, a social approach that includes interaction between the individual and his or her environment is needed. Studies show that environmental conditions, socioeconomic status, and the power of social networks such as family and friends have an important role in influencing adolescents' mental health.(Galway et al., 2019; McMahon et al., 2020) For example, adolescents with supportive family backgrounds and healthy social relationships tend to be more resistant to pressure to gamble. In contrast, teens from fragmented environments are more prone to stress and depression due to gambling addiction.(Kashyap et al., 2020; Nickerson et al., 2014)

Taking into account the complexity of the factors that cause and impact online gambling on adolescents, this study aims to analyze the extent to which the intensity of online gambling affects anxiety, stress, and depression in adolescents in Cilegon City using a social approach. The results of this study are expected to contribute to the development of intervention strategies that not only focus on individual aspects, but also consider the social dimensions that shape adolescent behavior. Thus, a holistic approach can be realized in efforts to prevent and counteract the negative impact of online gambling.

Method

This study adopts a quantitative approach of a causal–comparative design aimed at examining the influence of the intensity of online-gambling participation on the levels of anxiety, stress, and depression among adolescents in Cilegon City. The target population comprised adolescents residing in Cilegon, from whom a purposive sample was drawn according to specific criteria: individuals aged 15–21 years who have prior experience with online gambling. Thirty respondents were recruited and classified into two intensity groups: occasional and frequent. A closed-ended questionnaire employing a 4-point Likert scale was developed to measure the three dependent variables—anxiety, stress, and depression. Validity and reliability analyses confirmed that all items were valid ($r > 0.3$) and reliable, with Cronbach's alpha values of 0.763 for anxiety, 0.745 for stress, and 0.781 for depression. Data were collected through both online and offline questionnaire distribution, and the data-analysis phase employed Multivariate Analysis of Variance (MANOVA) using SPSS version 31.0 to assess the simultaneous impact of online-gambling intensity on the three psychological variables.

Result and Discussion

Results

Before testing the hypotheses, the researcher first conducted validity and reliability checks on the research instrument. Validity testing revealed that every questionnaire item achieved an item-total correlation above 0.30, confirming that all statements were valid. Reliability was assessed using Cronbach's alpha, yielding high reliability coefficients: 0.763 for anxiety, 0.745 for stress, and 0.781 for depression. Consequently, the instrument was deemed fit for use.

Subsequently, normality tests indicated that the data were not normally distributed; therefore, a non-parametric test—Multivariate Analysis of Variance (MANOVA)—was employed. MANOVA results showed a Wilks' Lambda of 0.176, with $F = 13.004$ and p-value = 0.000, signifying a significant simultaneous effect of online-gambling intensity on the three psychological variables (anxiety, stress, and depression).

Follow-up Between-Subjects Effects tests revealed that online-gambling intensity exerted significant individual influences on:

- Anxiety ($F = 31.136$; $p < 0.001$; $R^2 = 0.536$)
- Stress ($F = 15.942$; $p < 0.001$; $R^2 = 0.368$)
- Depression ($F = 20.806$; $p < 0.001$; $R^2 = 0.424$)

These findings indicate that the intensity of online gambling significantly contributes to heightened psychological distress among adolescents. The analyses were based on questionnaires completed by 30 respondents, following the validity and reliability assessments summarized in Table 1 (Item Validity for Anxiety).

Table 1. Item Validity for Anxiety

	Kec1	Kec2	Kec3	Kec4	Kec5	Kec6	Kec 7	Kec8	Kec 9	Kec1 0	Total
Kec1	1	.211	.137	.414*	.367*	.498**	.087	.316	.193	.155	.504**
Kec2	.211	1	.307	.610**	.285	.437*	.091	.537**	–.129	.307	.656**
Kec3	.137	.307	1	.227	.285	.512**	.097	.307	–.114	.073	.518**
Kec4	.414*	.610**	.227	1	.415*	.543**	–.039	.458*	–.214	.438*	.653**
Kec5	.367*	.285	.285	.415*	1	.289	.444*	.468**	.230	.593**	.758**
Kec6	.498**	.437*	.512**	.543**	.289	1	.227	.328	.076	.230	.697**
Kec7	.087	.091	.097	–.039	.444*	.227	1	–.046	.395*	.337*	.448*
Kec8	.316	.537**	.307	.458*	.468**	.328	–.046	1	–.018	.184	.630**

Kec9	.193	–.129	–.114	–.214	.230	.076	.395*	–.018	1	.187	.276
Kec10	.155	.307	.073	.438*	.593**	.230	.337*	.184	.187	1	.615**
Total	.504**	.656**	.518**	.653**	.758**	.697**	.448*	.630**	.276	.615**	1

Correlation is significant at the 0.05 level (2-tailed).
** Correlation is significant at the 0.01 level (2-tailed)

Table 2. Case Processing Summary

Case Processing Summary

		N	%
Cases	Valid	30	100.0
	Excluded[a]	0	.0
	Total	30	100.0

a. Listwise deletion based on all variables in the procedure.

Table 3. Reliability

Reliability Statistics

Cronbach's Alpha	N of Items
.763	10

Table 4. Item Total Statistis

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
Kec_1	28.0667	43.926	.449	.753
Kec_2	29.4000	36.593	.518	.729
Kec_3	29.0667	39.030	.345	.756
Kec_4	29.3667	37.964	.539	.728
Kec_5	29.7333	35.651	.662	.708
Kec_6	29.5000	37.293	.594	.721
Kec_7	28.9333	41.444	.305	.758
Kec_8	29.4000	37.076	.486	.734
Kec_9	28.5667	43.702	.080	.794
Kec_10	29.5667	38.116	.484	.735

Table 5. Validitas Item Stress

	Stress 1	**Stress 2**	**Stress 3**	**Stress 4**	**Stress 5**	**Stress 6**	**Stress 7**	**Stress 8**	**Stress 9**	**Stress 10**
Stress 1	1	.419*	.190	.245	.306	–.023	.029	.156	.293	.336
Stress 2	.419*	1	.187	.528**	.321	.126	–.266	.056	.299	.306
Stress 3	.190	.187	1	.063	.302	.324	.555**	.160	.060	.434*
Stress 4	.245	.528**	.063	1	.212	.491**	–.387*	.330	.499**	.480**

Stress 5	.306	.321	.302	.212	1	.126	.148	.240	.364*	.290
Stress 6	–.023	.126	.324	.491**	.126	1	–.107	.103	.262	.366*
Stress 7	.029	–.266	.555**	–.387*	.148	–.107	1	.002	–.211	–.028
Stress 8	.156	.056	.160	.330	.240	.103	.002	1	.505**	.336
Stress 9	.293	.299	.060	.499**	.364*	.262	–.211	.505**	1	.497**
Stress 10	.336	.306	.434*	.480**	.290	.366*	–.028	.336	.497**	1
Total	.510**	.532**	.598**	.639**	.603**	.507**	.121	.534**	.661**	.754**

p < .05 (2-tailed)
** p < .01 (2-tailed)

Table 6. Reliabel Statistik

Reliability Statistics

Cronbach's Alpha	N of Items
.781	14

Table 7. Item Total Statistics

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
Depresi_1	40.4667	73.016	.266	.778
Depresi_2	41.1000	62.507	.686	.740
Depresi_3	41.4333	72.737	.196	.786
Depresi_4	41.6333	71.826	.300	.776
Depresi_5	41.5000	65.362	.572	.752
Depresi_6	41.6000	62.248	.663	.741
Depresi_7	41.5667	59.771	.645	.740
Depresi_8	42.4333	67.013	.394	.769
Depresi_9	41.7000	75.734	.082	.792
Depresi_10	40.8000	72.166	.213	.785
Depresi_11	41.9000	65.610	.636	.749
Depresi_12	40.1000	72.369	.322	.774
Depresi_13	41.7000	71.045	.268	.780
Depresi_14	41.8667	70.740	.277	.779

Table 8. Aqualitu Variance

Levene's Test of Equality of Error Variances[a]

		Levene Statistic	df1	df2	Sig.
Kecemasan	Based on Mean	.808	1	28	.376
	Based on Median	.986	1	28	.329
	Based on Median and with adjusted df	.986	1	27.636	.329
	Based on trimmed mean	1.002	1	28	.325
Stress	Based on Mean	.935	1	28	.342
	Based on Median	.209	1	28	.651

	Based on Median and with adjusted df	.209	1	19.876	.653
	Based on trimmed mean	.650	1	28	.427
Depresi	Based on Mean	.224	1	28	.640
	Based on Median	.011	1	28	.916
	Based on Median and with adjusted df	.011	1	24.190	.916
	Based on trimmed mean	.162	1	28	.690

Tests the null hypothesis that the error variance of the dependent variable is equal across groups.
a. Design: Intercept + intensitas_judol

Table 9. Test of Between
Tests of Between-Subjects Effects

Source	Dependent Variable	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
Corrected Model	Kecemasan	730.133[a]	1	730.133	32.293	<,001	.536
	Stress	456.300[b]	1	456.300	16.316	<,001	.368
	Depresi	963.333[c]	1	963.333	20.592	<,001	.424
Intercept	Kecemasan	31492.800	1	31492.800	1392.900	<,001	.980
	Stress	32209.633	1	32209.633	1151.715	<,001	.976
	Depresi	59674.800	1	59674.800	1275.622	<,001	.979
intensitas_judol	Kecemasan	730.133	1	730.133	32.293	<,001	.536
	Stress	456.300	1	456.300	16.316	<,001	.368
	Depresi	963.333	1	963.333	20.592	<,001	.424
Error	Kecemasan	633.067	28	22.610			
	Stress	783.067	28	27.967			
	Depresi	1309.867	28	46.781			
Total	Kecemasan	32856.000	30				
	Stress	33449.000	30				
	Depresi	61948.000	30				
Corrected Total	Kecemasan	1363.200	29				
	Stress	1239.367	29				
	Depresi	2273.200	29				

a. R Squared = .536 (Adjusted R Squared = .519)
b. R Squared = .368 (Adjusted R Squared = .346)
c. R Squared = .424 (Adjusted R Squared = .403)

Table 10. Between Subject
Between-Subjects Factors

		Value Label	N
intensitas_judol	1	kadang-kadang	15
	2	Sering	15

From the table above, the total number of respondents is 30 people, and it has two criteria, the intensity criteria are often 15 respondents, and the intensity criteria are sometimes 15 respondents.

Table 11. Describtive Statistict

Descriptive Statistics

	intensitas_judol	Mean	Std. Deviation	N
Kecemasan	kadang-kadang	27.47	4.373	15
	Sering	37.33	5.108	15
	Total	32.40	6.856	30
Stress	kadang-kadang	28.87	6.081	15
	Sering	36.67	4.353	15
	Total	32.77	6.537	30
Depresi	kadang-kadang	38.93	7.353	15
	Sering	50.27	6.285	15
	Total	44.60	8.854	30

Dari tabel deskriptif statistik di ketahui bahwa nilai rata-rata dari intensitas sering lebih tinggi dari intensitas kadang-kadang dalam seluruh aspek yang diukur dalam penelitian ini. Aspek kecemasan memiliki nilai rata-rata 27.47 bagi intensitas kadang-kadang, dan 37.33 bagi intensitas sering. Adapun nilai rata-rata stress memiliki nilai rata-rata 28.87 bagi intensitas kadang-kadang, dan 36.67 bagi intensitas sering. Sedangkan dalam aspek depresi memiliki nilai rata-rata 38.98 bagi intensitas kadang-kadang, dan 50.27 bagi intensitas sering. Hal ini bisa disimpulkan bahwa responden yang sering bermain judi online akan lebih cemas, lebih stress dan lebih depresi di banding dengan responden yang bermain judi online dengan intensitas kadang-kadang.

Tabel 12 Multivariate Tests

Multivariate Tests[a]

Effect		Value	F	Hypothesis df	Error df	Sig.	Partial Eta Squared
Intercept	Pillai's Trace	.983	506.534[b]	3.000	26.000	<,001	.983
	Wilks' Lambda	.017	506.534[b]	3.000	26.000	<,001	.983
	Hotelling's Trace	58.446	506.534[b]	3.000	26.000	<,001	.983
	Roy's Largest Root	58.446	506.534[b]	3.000	26.000	<,001	.983
intensitas_judol	Pillai's Trace	.551	10.637[b]	3.000	26.000	<,001	.551
	Wilks' Lambda	.449	10.637[b]	3.000	26.000	<,001	.551
	Hotelling's Trace	1.227	10.637[b]	3.000	26.000	<,001	.551

	Roy's Largest Root	1.227	10.637[b]	3.000	26.000	<,001	.551

a. Design: Intercept + intensitas_judol
b. Exact statistic

Dari table di atas diketahui bahwa nilai signifikansi Wilk's Lambda intensitas bermain judi online yaitu <0.001, dari angka tersebut diketahui bahwa nilai signifikansi kurang dari 0.05 dimana dengan hasil tersebut bisa disimpulkan bahwa terdapat perbedaan yang signifikan antara intensitas sering dengan intensitas kadang-kadang permaianan judi online dalam mempengaruhi tingkat kecemasan, stress dan depresi.

Table 13. Test of Between Subject Effects

Tests of Between-Subjects Effects

Source	Dependent Variable	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
Corrected Model	Kecemasan	730.133[a]	1	730.133	32.293	<,001	.536
	Stress	456.300[b]	1	456.300	16.316	<,001	.368
	Depresi	963.333[c]	1	963.333	20.592	<,001	.424
Intercept	Kecemasan	31492.800	1	31492.800	1392.900	<,001	.980
	Stress	32209.633	1	32209.633	1151.715	<,001	.976
	Depresi	59674.800	1	59674.800	1275.622	<,001	.979
intensitas_judol	Kecemasan	730.133	1	730.133	32.293	<,001	.536
	Stress	456.300	1	456.300	16.316	<,001	.368
	Depresi	963.333	1	963.333	20.592	<,001	.424
Error	Kecemasan	633.067	28	22.610			
	Stress	783.067	28	27.967			
	Depresi	1309.867	28	46.781			
Total	Kecemasan	32856.000	30				
	Stress	33449.000	30				
	Depresi	61948.000	30				
Corrected Total	Kecemasan	1363.200	29				
	Stress	1239.367	29				
	Depresi	2273.200	29				

a. R Squared = .536 (Adjusted R Squared = .519)
b. R Squared = .368 (Adjusted R Squared = .346)
c. R Squared = .424 (Adjusted R Squared = .403)

From the table above, it is known that the significance value of online gambling intensity on anxiety is <0.001 and the R Square value is 0.536. It can be concluded that the intensity of playing online gambling has a significant influence on the level of anxiety and the amount of influence, which is 53.6%. The significance value of onoine gambling intensity to stress was <0.001 and the R Square value was 0.368. It can be concluded that the intensity of playing online gambling has an influence on the level of stress and the magnitude of the influence is 36.8%. Meanwhile, the significance value of online gambling intensity against depression was <0.001 and the R Square value was 0.424. It can be concluded that the intensity of playing online gambling has a significant influence on depression and the magnitude of the influence is 42.4%.

Discussion

The results of the validity test showed that all items of anxiety, stress, and depression had an item-total correlation of ≥ 0.30, so they could be declared valid. Further, Cronbach's Alpha values of each variable range from 0.745–0.781, exceeding the minimum threshold of 0.70 (Nunnally & Bernstein, 1994). Dengan demikian, kuisioner yang diadaptasi dari DSM-5-TR terbukti reliabel untuk mengukur kecemasan, stres, dan depresi pada remaja penjudi online (American Psychiatric Association, 2022).

The MANOVA test showed Wilks' Lambda = 0.176 ($F = 13.004$; $p < 0.001$), indicating a significant simultaneous influence of the intensity of online gambling games on the three psychological variables. These findings support previous studies that stated that online gambling contributes to a decline in adolescent mental well-being (Mayradevi & Tobing, 2024) Since the data are abnormal, the use of non-parametric statistics is a good choice to ensure the validity of inference (Hair et al., 2019).

Univariate analysis showed that the intensity of online gambling was partially strongly affected by anxiety ($F = 31.136$; $p < 0.001$) with a large effect ($\eta^2 = 0.536$). Average anxiety of the "frequent playing" group ($M = 37.33$; $SD = 5.11$) significantly higher than "sometimes" ($M = 27.47$; $SD = 4.37$). These results are in line with Hadyansah's opinion that the uncertainty of betting outcomes triggers a chronic-stressful response that leads to ongoing anxiety (Fadeli et al., 2025).

Game intensity also significantly affected stress ($F = 15.942$; $p < 0.001$; $\eta^2 = 0.368$). The stress value of the high-intensity group ($M = 36.67$) exceeded the low group ($M = 28.87$). These findings reinforce the study of Galway et al. that financial stress and social conflict due to gambling increase the cognitive load that triggers stress (Galway et al., 2019). Furthermore, weak family communication—as emphasized by Fadeli et al (2025)—can worsen these stressful conditions.

In the depression variable, the effect of online gambling intensity was recorded significantly ($F = 20.806$; $p < 0.001$; $\eta^2 = 0.424$). The average depression of the often-play group ($M = 50.27$) was much higher than that of the occasional group ($M = 38.93$). These results are consistent with Arrafif & Wiguna's report that repeated defeats induce a sense of failure and despair, which are the essence of depressive syndrome (Arrafif & Wiguna, 2023). The 42.4% contribution of gambling intensity shows the importance of early intervention to prevent major depressive episodes.

The social approach emphasizes that psychological impacts are not formed in a vacuum, but are influenced by the environment, family, and association (Kashyap et al., 2020). The study confirms that adolescents with weak social support are more vulnerable to the negative impacts of online gambling. Therefore, prevention strategies should include (1) educational programs for parents to improve open communication, (2) peer-mentoring training in schools, and (3) strict regulation of gambling advertisements on social media as suggested by Wicaksana (2025).

Overall, these findings confirm that the higher the intensity of online gambling games, the greater the anxiety, stress, and depression that teens experience. The contribution of the effect varied from 36.8 % to 53.6 %, indicating the urgency of collective action. The government, educational institutions, and families need to collaborate to develop digital literacy campaigns, strengthen gambling content filters (Kominfo, 2023), and provide school-based counseling services. Thus, the potential of Indonesia's young generation can be protected from psychopathological risks due to online gambling.

Conclusion

This study demonstrates that the intensity of online-gambling participation exerts a highly significant effect on rising levels of anxiety, stress, and depression among adolescents. MANOVA yielded Wilks' Lambda = 0.176 ($p < 0.001$), indicating a strong simultaneous impact; subsequent analyses revealed that gambling intensity accounts for 53.6 % of the variance in anxiety, 36.8 % in stress, and 42.4 % in depression. Mean scores for all three mental-health domains were consistently higher in the "frequent gambling" group than in the "occasional" group, confirming that the more often adolescents engage in online gambling, the greater their risk of psychological distress.

These findings align with prior research highlighting the destructive impact of online gambling on adolescent mental health, as well as the pivotal roles of environmental, familial, and peer factors. Consequently, a comprehensive response is required—one that encompasses

digital-literacy education, open family communication, school-based mentoring programs, and stricter enforcement of regulations against online-gambling promotion. If these preventive measures are implemented synergistically by government, schools, and families, the psychopathological risks faced by young people because of online gambling can be minimized, safeguarding their potential for a healthier and more productive future.

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