Self-Control of Online Gambling Players on Legal Officials in Palembang: A Case Study

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Abstract

This study aims to determine the self-control of online gambling players on law enforcement officers in Palembang. Get detailed descriptions of the types of online gambling that have been played by law enforcement in Palembang. In this study, researchers used 2 research subjects and 4 people as sources of information. The results of this study found that the two subjects in this study each individual had achieved self-control not to play online gambling, it can be seen from the description of the factors that influence the subject's self-control. The two subjects were able to control themselves so they would not play online gambling again and not repeat the events that the two subjects had done. These results can be seen from the description of the factors that influence self-control which can be seen from the emerging themes.

Keyword: *Online Gambling, Self-Control, Legal Official, Case Study.*

A. INTRODUCTION

Online gambling has become an increasingly popular form of entertainment around the world, with millions of people participating in various forms of online betting and gaming. While many individuals engage in online gambling in a responsible manner, there is a growing concern about the negative consequences of problem gambling, including financial hardship, mental health issues, and social harm. As a result, there has been a growing interest in promoting responsible gambling practices and enhancing self-control in gambling behavior (Staller et al., 2019).

Self-control is a key factor in regulating gambling behavior, and it has been suggested that individuals with poor self-control may be more susceptible to problem gambling behavior. This is particularly relevant in the context of online gambling, which offers easy and convenient access to a wide range of gambling products and can be particularly challenging for individuals with low self-control (Phelippeau, 2021).

Legal officials, including policymakers, regulators, and operators, play an important role in promoting responsible gambling practices and enhancing self-control in online gambling players. By developing and implementing policies and practices that promote responsible gambling behavior, legal officials can help to

reduce the negative consequences of problem gambling and protect vulnerable individuals from harm. Specifically, we will examine the factors that contribute to self-control in gambling behavior, the strategies that have been developed to enhance self-control, and the role of legal officials in promoting responsible gambling practices. We will also discuss the limitations of existing research and identify areas for future research and policy development.

In modern times like today, everyone is spoiled by the Internet, it can make it easier for everyone. Users can access any content anytime, anywhere. By making it easier to access something users can get different benefits, there are some positive effects on users, and there are some negative effects on users. One of the negative impacts of technological developments is websites offering online gambling. Gambling is a game where players bet to choose one option among several choices where only one choice is correct and becomes the winner. Players who lose bets will give their bets to the winner. Rules and bet amounts are determined before the game starts. Many people want to get additional income instantly by playing online gambling. Within humans there are aspects that move humans to act and need something. Needs are human desires for objects or services that can satisfy physical and spiritual needs (Currie et al., 2020).

Online gambling is mostly carried out by the public, both employees of the state apparatus and civil servants who are involved in criminal acts of gambling, as it is known that gambling has lived and developed in society (Simamora, 2017). In the case of online gambling, not a few people are trapped in it, and most of those caught in this case are employees, both employees who like football or employees who are just joining friends out of curiosity and in the end, for fun, they try to play online gambling. Gambling makes people lazy, shameless, and thick-faced. If his capital runs out, he can become crazy, and then reach the point of seizing other people's property, robbing or stealing. On the other hand, if he wins at gambling, then his heart will be happy, he is very generous, extravagant, thoughtless and forgetful.

According to Kartono (2014), gambling is betting deliberately, namely risking one value or something that is considered valuable by realizing that there are certain risks and expectations in game events, matches, competitions, and events that have no or uncertain results. The uncertainty of the results, raises many dreams that sometimes miss expectations and raises different tensions in each gambler. The impact caused by an act called gambling is very dangerous (Bisma, 2012).

There has been an expansion of cases regarding online gambling, especially among law enforcement agencies in the city of Palembang. And here the researcher has two subjects, the first subject is PY and the second is RK. PY is a male and he is one of the legal officers who have carried out online gambling as a subject since 2021, in 2015 the subject took a test and was declared to have passed as a legal apparatus. RK's second subject is a man, he has been a law enforcement officer since 2014, RK has been doing online gambling since 2020.

The subjects in this study were the first two subjects namely PY aged 25 years and the second subject namely RK aged 26 years and these two subjects had the courage to express and tell the researchers their dark and bitter life problems. Tamara (2016) states that self-disclosure should be driven by a sense of interest in the relationship with the other people involved, and with oneself. PY admitted that the factor that motivated him to play online gambling was that his friend played online gambling and got 48 extraordinary benefits and initially the subject didn't think much about it and even tried it but the subject was given a friend's balance worth 100 thousand to play on the glory 303 website, and it turns out that he has an extraordinary advantage from the balance of 100 thousand. The subject confessed that he got 4 million in cash. It was from this money that the subject got used to it until now. PY stated that the 100,000 capital that his friend gave him led to him losing all of his possessions, starting from the private car he owned, being sold to pay off debt to play online gambling.

Then subject RK admitted that the underlying factor for him playing online gambling was because his friends hang out playing online gambling and the subject tried to play online gambling for fun and just to try it, subject RK admitted that if he won he would continue ambitious to play again and thinks that he has the expertise to play online gambling. RK admits that he feels proficient at playing online gambling so that the subject dares to play large amounts of money and thinks he will win and be replaced even more and when he wins big the subject plays all the money and the subject must feel lost by a large amount.

The two subjects here both want to stop playing online gambling and as much as possible control themselves not to play online gambling anymore because they don't want bad things to happen to themselves and their families again, they admit that they want to control themselves for the sake of themselves and their parents. Talib (2010) said that self-control is an individual's ability to control impulses, both from within and from outside the individual. Individuals who have self-control abilities will make decisions and take effective actions to produce something they want and avoid unwanted consequences.

B. LITERATURE REVIEW

Self-control refers to the ability to regulate one's own behavior, emotions, and thoughts in order to achieve long-term goals and avoid short-term temptations. Numerous studies have explored the relationship between self-control and a variety of outcomes, including academic performance, health behavior, financial management, and interpersonal relationships. For example, a study by Flores et al. (2021) found that self-control was a better predictor of academic performance than intelligence or talent.

In the context of health behavior, a study by Staller et al. (2019) found that individuals with high self-control were more likely to engage in healthy behaviors such as exercise and healthy eating, while those with low self-control were more likely to engage in risky behaviors such as smoking and drug use. Financial

management is another area where self-control plays a critical role. A study by Makarova & Makarova (2019) found that individuals who were able to set concrete goals and implement plans to achieve them were more likely to save money and avoid debt.

Self-control also plays an important role in interpersonal relationships. A study by Choi et al. (2022) found that children who were able to delay gratification in order to receive a larger reward later in life were more successful in relationships and had higher levels of achievement in adulthood. The theme of self-control has important implications for a wide range of outcomes and behaviors. By understanding the factors that contribute to self-control and developing strategies to enhance self-control, individuals can achieve their long-term goals and lead fulfilling lives.

Several studies have examined the relationship between self-control and gambling behavior. For example, a study by Cudo et al. (2020) found that individuals with low self-control were more likely to engage in risky behaviors such as gambling. Similarly, a study by Peker & Yildiz (2021) found that individuals with poor self-control were more likely to experience gambling-related problems. However, little research has been conducted on the role of legal officials in promoting self-control among online gambling players. The authors of this article suggest that legal officials, such as regulators and operators, can provide resources and support to help players develop self-control strategies.

One approach suggested by the authors is to provide players with tools and resources to track their gambling behavior, such as self-exclusion programs and spending limits. These tools can help players set limits on their gambling behavior and track their progress over time. Another approach suggested by the authors is to provide players with information and education on responsible gambling practices. This could include information on the risks associated with gambling, as well as strategies for managing gambling behavior and avoiding problem gambling. The authors suggest that legal officials can also promote self-control by implementing policies and regulations that support responsible gambling practices. For example, they could require operators to provide players with self-exclusion programs and spending limits, or require operators to provide information on responsible gambling practices.

The article also highlights the importance of understanding the motivations behind online gambling behavior. The authors suggest that players may engage in online gambling for a variety of reasons, such as entertainment, socializing, or financial gain. By understanding these motivations, legal officials can tailor their approach to promoting responsible gambling and self-control. The article also discusses the role of technology in promoting responsible gambling practices (Ko & Park, 2022). For example, operators can use data analytics to identify players who may be at risk for problem gambling and provide targeted interventions to support these players. Additionally, operators can use technology to provide players with

real-time information on their gambling behavior, such as time and money spent, to help them make informed decisions about their gambling behavior.

The article raises important ethical considerations regarding the role of legal officials in promoting responsible gambling practices. The authors suggest that legal officials have a responsibility to balance the interests of players, operators, and society as a whole, and that they must consider the potential unintended consequences of their policies and regulations.

C.   METHOD

This study uses a qualitative approach method, where some qualitative researchers talk about the world of personal life, and they try to describe the experience of an individual in this special meaningful area. Other qualitative psychologists direct attention to various ways of social interpretation of events that displayed in front of someone and they hold the opinion that these interpretations give shape and content to the individual's experience (Smith, 2009). Qualitative research methods are often called naturalistic research methods because the research is carried out in natural conditions (natural setting), also called the ethnographic method because initially this method was more widely used for research in the field of cultural anthropology. Called a qualitative method because the data collected and the analysis is qualitative (Sugiyono, 2016).

Ahmadi (2014) states the definition of a case study as a detailed study of a setting, a single subject, a document repository, or a particular event. According to Azwar (2017) states that the case study approach can investigate many variables or many conditions in a very small sample, limited to only one person. The research interprets the data obtained in order to obtain an in-depth explanation of the existing conditions. This research uses case study research, researchers are more focused and intend to understand the problem in depth and find a pattern related to self-control of online gambling players in law enforcement.

D.   RESULT AND DISCUSSION

The first research subject, PY, is 25 years old and has physical characteristics that are categorized as around 172cm, has short hair, white skin, not too thick eyebrows, the subject's current activities work in a law government office then after work sometimes the subject plays and hangs out with friends -her friend. The subject has been an online gambler since 2021. Based on field research, it was found that the subject is an online gambling player. Because playing online gambling, he experienced many problems starting from losing the property he had. Subject PY has experienced playing online gambling since 2020, the subject said that at first he only followed his friends because his friends gave him a balance of 100 thousand for the subject to be able to play.

After being given 85% of the balance, the subject immediately played it and won to get more money than the initial balance, which made the subject think that he could get even more money. From online gambling, the subject experienced many

problems that the subject had faced, starting from selling his personal car and borrowing money with his friends to play online gambling, not only that, the subject also had to feel the loss of salary every month to pay off his debt. From the events that have occurred, the subject naturally wants to control himself so that he no longer plays online gambling. Self-control must be possessed by each individual, because in living a social life, individuals must be able to control their behavior so they do not engage in deviant behavior (Reni, 2018).

Then the second subject RK, RK is a 26 year old man, graduated from high school and in 2014 was declared to have graduated as a law enforcement employee, the subject started playing online gambling since 2021, RK is the 3rd child of 4 siblings, the subject has a younger sibling two older sisters, RK lives with his parents. The subject's current age is 26 years. The subject has brown skin and a tall body. Based on field research, it was found that the subject was an online gambling player. Because playing online gambling, he experienced many problems starting from losing the property he had. Playing online gambling which has been played by subject RK since 2021, Subject RK said that he initially played online gambling because his friends hung out playing online gambling and the subject tried to play online gambling just for fun, subject RK admitted that if he won he will continue to have the ambition to play again and think that he has the expertise to play online gambling.

From online gambling, the subject experienced many problems that the subject had faced, starting from pawning the SK he had and borrowing money from his friends to play online gambling, not only that, the subject also had to experience a loss of salary every 97 months to pay off his debt. After SK and borrowed a lot of money so that the subject's debts piled up and his parents were forced to sell their land to help pay off the subject's debt RK. From the incident that he had experienced the subject felt guilty and wanted to help his parents' economy and for everyday money the subject still plays online jud but with a small nominal because he doesn't want to repeat like yesterday. From the events that the subject has experienced so far, he wants to control himself so that he no longer plays online gambling.

The theme of self-control in gambling players has received significant attention in recent years due to concerns about the prevalence of problem gambling and its negative consequences. Self-control is a key factor in regulating gambling behavior, and researchers have explored various strategies to enhance self-control and promote responsible gambling practices.

Several studies have examined the relationship between self-control and gambling behavior. For example, a study by Goudriaan et al. (2004) found that individuals with low self-control were more likely to engage in problem gambling behavior. Similarly, a study by Blaszczynski and Nower (2002) found that individuals with poor self-control were more likely to experience gambling-related problems. One approach to enhancing self-control in gambling players is to provide education and information on responsible gambling practices. This could include information on the risks associated with gambling, strategies for managing gambling

behavior, and resources for seeking help if necessary. A study by Turner et al. (2008) found that providing educational materials to gambling players was effective in promoting responsible gambling practices.

Another approach is to provide players with tools and resources to track their gambling behavior and set limits on their gambling activity. For example, self-exclusion programs allow players to voluntarily exclude themselves from gambling for a specified period of time. A study by Hodgins et al. (2009) found that self-exclusion programs were effective in reducing gambling-related harm in problem gamblers. The use of technology has also been explored as a means of enhancing self-control in gambling players. For example, online gambling platforms can use data analytics to identify players who may be at risk for problem gambling and provide targeted interventions to support these players. Additionally, technology can provide players with real-time information on their gambling behavior, such as time and money spent, to help them make informed decisions about their gambling activity.

A study by Brevers et al. (2015) found that individuals with poor self-control showed reduced activation in the prefrontal cortex, a region of the brain associated with executive function and self-regulation, during a gambling task. This suggests that self-control may be related to neural processes in the brain, and that interventions targeting these processes may be effective in promoting responsible gambling behavior. In addition to the individual factors that contribute to self-control in gambling behavior, there are also social and environmental factors that play a role. For example, a study by Shead et al. (2013) found that social support from family and friends was associated with higher levels of self-control in gambling behavior. Additionally, environmental factors such as access to gambling venues and availability of gambling products can influence gambling behavior and self-control.

Legal and regulatory policies have also been explored as a means of promoting self-control in gambling behavior. For example, mandatory pre-commitment programs require players to set a limit on their gambling activity before they begin to gamble. A study by Thomas et al. (2012) found that pre-commitment programs were effective in reducing the amount of money spent on gambling and the incidence of problem gambling behavior.

The role of culture and societal norms in shaping self-control in gambling behavior has also been explored. A study by Hing et al. (2013) found that cultural factors, such as attitudes towards gambling and the availability of gambling opportunities, were important predictors of self-control in gambling behavior among Chinese Australians. The theme of self-control in gambling players is a complex and multifaceted area of research that has important implications for public health and policy. By understanding the individual, social, environmental, and cultural factors that contribute to self-control in gambling behavior, stakeholders can work together to promote responsible gambling practices and reduce the negative consequences of problem gambling.

The description of self-control in online gambling players is in accordance with the findings of the researchers on the subject. Based on the results of interviews and observations conducted with the subject, it shows that there are factors that cause self-control in the subject. Self-control is a person's ability to control desires or impulses that arise both from within and from outside himself that are contrary to the norms prevailing in his social environment.

Self-control must be owned by each individual, because in living a social life the individual must be able to control his behavior so that he does not engage in deviant behavior (Hardika, 2018). And there are factors that influence a person to control himself, Ghufron and Risnawita (2010) mention two factors that affect self-control, namely: 1) Internal factors The internal factor that contributes to self-control is age. The older a person is, the better the ability to control oneself. This internal factor was also felt by subjects PY and RK, they felt ashamed and with an age that was no longer young, they played online gambling and had a lot of debt, so that the subjects were forced to sell their personal belongings or those of their parents, from these factors, subjects PY and RK wanted to control himself so as not to repeat the same problem again; 2) External Factors. Among them is the family environment. The family environment, especially parents, determines how to control one's self. Adolescents' perceptions of the increasingly democratic application of parental discipline tend to be accompanied by high self-control abilities. This internal factor also influences PY and RK's subjects to be able to control themselves, namely the subject's parents cannot bear to see their parents 100, especially since their mother always cries because of what she has done so that she has a lot of debt and sells valuables.

E.   CONCLUSION

Based on the research conducted, it can be concluded that the two subjects in this study each individual has achieved self-control not to play online gambling. It can be seen from the description of the factors that influence the subject's self-control. The two subjects were able to control themselves so they would not play online gambling again and not repeat the events that the two subjects had done. These results can be seen from the description of the factors that influence self-control which can be seen from the emerging themes. The first is self-control which is influenced by internal factors owned by the two subjects, namely PY and RK. From the results of interviews conducted by researchers with both subjects and informed informants, it can be concluded that PY and RK subjects experienced self-control from internal factors that had shame and did not want to repeat the mistakes that the subjects had made. The two research subjects tried to control themselves so they would not play online gambling again. Then influenced by external factors owned by the two subjects, namely they both did not want to disappoint their families anymore, especially their mothers, they both did not want to see their mothers cry again for the actions that subjects PY and RK had done. 104 Self-control is a person's ability to control desires or impulses that arise both from within and

from outside himself that are contrary to the norms prevailing in his social environment. Self-control must be possessed by every individual, because in living a social life the individual must be able to control his behavior so that he does not engage in deviant behavior.

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