

The Relationship Between Religiosity and Self-Control with Online Gambling Addiction in Online Gamblers

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ABSTRACT

This study aims to determine the relationship between religiosity and self-control on online gambling addiction in online gamblers. Addiction is a psychological problem that the sufferer does not directly realise. So, sometimes, it causes online gamblers not to understand or even recognise. Online gambling addiction is a serious problem. Someone who is addicted cannot control their desire to bet. In addition, taking risky actions such as increasing the amount of bets, playing without knowing the time, not limiting the amount of money spent on playing, and causing other social problems. The research method used is quantitative correlation with a sample of 141 online gamblers. With a sampling technique using accidental sampling. The data collection instrument uses three scales: the online gambling addiction scale, the religiosity scale and the self-control scale. Data analysis was conducted using validity, reliability tests, and multiple regression analysis. Based on the results of the study show a significant negative relationship between religiosity and online gambling addiction ($p = 0.000$ ($p < 0.05$)). And between self-control and online gambling addiction ($p = 0.000$, $p < 0.05$). Multiple regression analysis also shows a significant relationship between religiosity and self-control with online gambling addiction. This means that there is a significant correlation between religiosity and self-control with online gambling addiction. This shows that the lower the religiosity and self-control can affect the higher online gambling addiction in online gamblers

Keywords: *Gambling addiction, Religiosity, self-control, Online gamblers*

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INTRODUCTION

In this era of digitalisation, human life cannot be separated from electronic media, commonly referred to as the internet. This tool is very much needed in today's modern era. Almost every activity or activity we do uses this modern means. The internet is a tool for human life because it has many benefits and uses in work and daily activities. Among them are social media, search engines, translators, e-commerce, support for educational facilities, health facilities, economics and many more. Besides having many advantages, technological advances also have risks or negative impacts, such as cyberbullying, sexting, spreading fake news (hoaxes), and so on. These risks worry the wider community and can affect emotional, social and cognitive development. Many traditional psychosocial problems have moved online in recent years. For example, prostitution, which used to require a visit to a specific dating service provider, is now online dating, bullying has become cyberbullying, and other social problems such as addiction to mobile phones, internet gaming, and gambling.

Talking about the problem of online gambling in the age of digitalisation, which is again rampant in Indonesia. Such as the phenomenon of online gambling has become a very worrying social issue in Indonesia. H.Asa'ari, in the opinion of IAIN KERINCI. Ac.id (2024) said that online gambling has a very broad impact; various aspects of people's lives are affected by this phenomenon, including economic, psychological, interpersonal, family, and social. Online gambling has become one of the popular forms of entertainment among adult individuals, especially with technological advances that facilitate access to gambling platforms. This is supported by a statement by the head of PPAATK (Financial Transaction Reports and Analysis Centre), Ivan Yustiavandana (2024), who reported that this year, in the first three months of Q1 (quarter 1), it has reached Rp. 100 trillion.

Since its inception in the mid-1990s, online gambling has quickly become a major leisure activity undertaken by millions of people around the world (Griffiths et al. 2016). According to the American Psychiatric Association (APA 2013), gambling involves risking something of value in the hope of gaining something of greater value. Research has shown that there are more gamblers than non-gamblers in almost all countries where national prevalence surveys have been conducted (Calado and Griffiths, 2016). Online gambling is like online video gaming, consisting of a virtual platform where players gamble using a computer, tablet or smartphone connected to the internet (Griffiths et al. 2016). Online gambling has various forms or games available, such as lotteries, roulette games, card games (e.g., poker, baccarat, blackjack), slot machines, and sports betting (Kuss and Griffiths, 2012). In Indonesia, slot machines are the most popular online gambling, where players only play by tapping or pressing buttons to find the same pattern to get a *jackpot*.

The phenomenon of online gambling addiction among adults in Indonesia has become an increasingly worrying problem. A person who experiences online gambling addiction usually exhibits disturbed behaviour and repeatedly gets stuck in self-destructive patterns of behaviour. Initially, they feel happy or satisfied from the winnings obtained in gambling, but over time, the urge to continue gambling gets stronger and leads to addiction or addiction. The development of technology supports this; access to online gambling platforms is increasingly easy, allowing individuals to gamble anytime and anywhere, only through mobile devices or computers. This condition is driven by the increasing use of the internet and the availability of gambling platforms that can be accessed quickly, even by users in areas with strict regulations on gambling (Gainsbury, 2015).

In recent years, the rise of online gambling has become a significant public health concern, particularly among young adults (Beyerlein & Sallaz, 2016). The ease of access and convenience of online gambling platforms has contributed to an increase in problem gambling behaviour, which can negatively impact individuals' mental, physical and social well-being (González-Roz et al., 2016). Online gambling is a dangerous problem; someone who plays online gambling sometimes does not realise that this game can make him addicted. Thus, players tend to play continuously and focus on the game, the prize or victory, and the revenge of defeat. A lot of previous research literature says that online gambling is more attractive than offline gambling (Gainsbury et al., 2016). In Griffiths et al.'s (2010) study on problem gambling behaviour among

university students, they reported that online gamblers who play regularly and for long periods do not adhere to or care much about their budget limits. As a result, gamblers are often involved in other problems, such as disrupted social relationships, economic issues, lack of work or education, anxiety, and even depression. Many gamblers feel confused about what they are going through. So, they formed a group on Facebook social media with the group name "Rehabilitation of Victims of Online Gambling Addiction". The group became a forum for discussion and sharing experiences with other members.

Amid rampant online gambling practices, understanding the factors that can influence addictive behaviour is becoming increasingly important. One interesting factor to study is the level of religiosity of individuals. Religiosity, including religious beliefs and practices, is often associated with moral and ethical values that influence a person's behaviour. Previous research suggests that individuals with high levels of religiosity tend to have more positive attitudes towards self-control and prudent decision-making (Mutti-Packer et al., 2017). One of the key factors that may play a role in the development of online gambling addiction is a person's level of religiosity. Research suggests that religiosity may protect against problem gambling (Mutti-Packer et al., 2017; Beyerlein & Sallaz, 2016; Eitle, 2011). Individuals with a strong religious or spiritual orientation may be less likely to engage in problem gambling behaviour due to the moral and ethical constraints imposed by their beliefs (Eitle, 2011). Research conducted by (Filipa Calado, Joana Alexandre, Filip Nuyens & Mark D Griffiths, 2023) shows how the role of religiosity levels affects gambling. The findings of the research that has been carried out show that the influence of religiosity can protect adolescents and early adults from being less likely to engage in problematic gambling behaviour. In addition, exploring other aspects, such as self-control, emotion management, and cognitive distortions, is necessary.

Another factor that affects the level of online gambling addiction is self-control. Thalib (2010) states that self-control is a component of emotional skills that includes self-control, enthusiasm, perseverance, and the ability to motivate oneself and endure frustration, control impulses and emotions, regulate mood, and show empathy. In addition, self-control is the ability to restrain impulses and urges, which is very important in gambling (Indah. ET, 2017). Philosopher Tasaufi et al. (2021) suggest that self-control is the ability to change and adjust between oneself and the world; self-control also has an important role in the field of psychological adjustments, such as anxiety, depression, obsessive-compulsive disorder and somatic disorders. Research conducted by Oki Pradana and Rida Yanna Primanita (2023) on the contribution of Self-Control to Internet Gambling behaviour in students shows a positive role between self-control and internet gambling, which means that the higher the self-control, the smaller the internet gambling behaviour and vice versa. In addition, there is research conducted by Nita Aprilia et al. (2023) on the role of self-control in addiction tendencies in online gamblers in the city of Surabaya. The results showed that self-control is negatively correlated with online gamblers' addiction tendencies, so the higher the self-control, the lower the level of online gambling addiction tendencies in the city of Surabaya. Individuals who have good self-control tend to be better able to refrain from excessive gambling behaviour, thus reducing the risk of addiction. Therefore, it is important to

explore how the relationship between the level of religiosity and self-control on the level of online gambling addiction.

This study aims to examine the relationship between religiosity and self-control on the level of online gambling addiction. By understanding this relationship, it is hoped that deeper insights into online gambling addiction prevention strategies can be generated, as well as reinforcing the importance of religious values in the development of self-control among adults. This study is expected to contribute to the existing literature and add to the literature to develop spiritually grounded intervention techniques to assist in preventing harmful addictive behaviours.

METHOD

This study employs several measuring instruments, namely the online gambling addiction scale from Aprilia (2023), based on the theory developed by Griffiths, which includes aspects such as salience, mood change, tolerance, withdrawal, conflict, and relapse. Another instrument used is the religiosity scale, based on the theory of Huber & Huber (2012), which comprises several aspects: ideology, intellectual, public practice, private practice, and religious experiences. Additionally, for the self-control measurement instrument, a scale based on Tagney's theory, developed, tested for construct validity, and adapted by Arifin and Milla (2020), consisting of 13 self-control scale items, was used.

The population in this study were all members of the Facebook social media group "Rehabilitation of Victims of Online Gambling Addiction". This group is a forum for people who play online gambling. Starting from slots, online casinos, sports betting, lotteries, etc. In addition, members of this group come from all regions of Indonesia. As a group, research subjects must have certain characteristics that match the objectives and provisions of a researcher (Sugiyono, 2013). Sugiyono (2014) states that the sample is part of the population's number and characteristics. The sample taken must be representative (representative) and can describe the actual state of the population. This sampling technique uses accidental sampling, namely determining the sample based on chance, anyone who happens to meet and match the research sample criteria (Sugiyono, 2019). The minimum sample size in this study is 115, obtained from calculations using the power application with an effect size of, according to the Cohen table (1988) 0.3. Respondents collected in the study were 141 respondents who were willing to participate in filling out the distributed measuring instruments.

RESULTS AND DISCUSSION

Results

The research results include the findings from hypothesis testing using multiple linear regression analysis with IBM SPSS version 30 for Windows. The output in the multiple regression analysis includes simultaneous regression, used to test the first hypothesis; partial regression, used to test the second and third hypotheses; regression equations; and effective contributions.

In the hypothesis of this study, religiosity and self-control have a negative relationship with online gambling addiction in online gambling players. The results of simultaneous regression analysis show a significant relationship with an F value of

113.974 with p ($0.000 < 0.001$), which means that the first hypothesis is accepted, namely that there is a significant correlation between religiosity, self-control and online gambling addiction.

Model	F	P	Description
Simultaneous Correlation	113,974	< 0,001	Significant

Source: *Output SPSS version 30.0*

The second hypothesis in this study is to examine the relationship between religiosity and online gambling addiction in online gambling players. The results of the analysis that has been carried out show a t value of -11.472 and $p = 0.001$ ($p < 0.05$). This indicates that the second hypothesis in the study is accepted. There is a significant negative correlation between religiosity and online gambling addiction in online gambling players.

Variables	T	P	Description
Religiosity	-11,472	0,001	Significant ($p < 0.05$)

Source: *SPSS output version 30.0*

Furthermore, the partial analysis test of self-control with online gambling addiction in online gambling players has a value of $t = -8.860$ and $p = 0.001$ ($p < 0.05$), which means that the third hypothesis in this study is accepted. This means that there is a significant negative correlation between self-control and online gambling addiction in online gambling players.

Variables	T	P	Description
Self-control	-8,860	0,001	Significant ($p < 0.05$)

Source: *SPSS output version 30.0*

In addition, there are results of the analysis of the contribution of religiosity and self-control's effectiveness to online gambling addiction in online gambling offenders. Based on the data in the table, the total effective contribution value shows the influence of religiosity and self-control together or simultaneously on online gambling addiction. The results of the correlation analysis of the regression are presented in the following table.

Variables	Coefficient β	Cross Product	Regression	SE Total
Religiosity	-1,028	-20237,142	33716,556	0,623
Self-control	-1,197	-10782,865		

Source: *SPSS output version 30.0*

Based on the results of the analysis known in the table above, it can be seen that the effective contribution of religiosity variables to online gambling addiction in online gambling players is 38.44%. In comparison, the effective contribution of self-control variables to online gambling addiction in online gambling players is 23.84%. It

can be concluded that religiosity has a more dominant and effective contribution to online gambling addiction in online gambling players. The total effective contribution of the two variables of religiosity and self-control to online gambling addiction in online gambling players is 62.28%.

DISCUSSION

The first hypothesis explains if religiosity and self-control have a simultaneous relationship with online gambling addiction in online gambling players. This means that someone with religiosity has faith in the rules of God or the religion he adheres to prevent deviant behaviour such as online gambling addiction. In addition, a person's self-control can control himself from momentary pleasure and think carefully about the impact of his decisions. The attitudes and behaviours described above will make a person able to reduce online gambling addiction because he has confidence and knowledge about God's rules or religion and the ability to control himself to avoid online gambling addiction behaviour (Koenig, H. G., McCullough, M. E., & Larson, D. B., 2001).

Someone who does not have good religiosity and self-control can increase the tendency to engage in destructive behaviour such as online gambling addiction. They lack values or life guidelines and tend to do things based on their impulses. Especially behaviour that is fun for a moment without considering the impact, risk, or behaviour. This is by research conducted by Piedmont (1999), which states that individuals with lower religiosity and weak self-control are more at risk of addiction because they lack internal mechanisms to cope with destructive urges, such as the desire to gamble. And they tend to seek escape from problems or stress through destructive habits, including gambling.

A person without religiosity tends to be more vulnerable to addictive behaviour, such as online gambling. Because they lack a deep understanding of the moral and ethical principles taught in religion. Intellectuality in religiosity is not just a belief but a critical understanding of religious teachings that can provide a deeper perspective on how a person should act and manage his life. This is by what Griffiths (2003) revealed that someone who does not have an intellectual basis in religiosity tends to ignore the adverse social and financial impacts of gambling games.

A person's self-control ability has an important role in preventing online gambling addiction. This is because a person needs self-control in dealing with addictive behaviour, especially online gambling. One important factor in self-control is recognising and managing emotions or urges that drive a person to gamble. When a person feels stressed, anxious, or frustrated, they may seek escape through gambling, which provides them with a temporary release. According to Baumeister et al. (2007), self-control involves regulating feelings, thoughts, and behaviour in the face of temptations or urges. In this case, without good self-control, individuals are more likely to continue gambling despite experiencing financial losses or other negative impacts.

The second hypothesis in this study is that religiosity has a negative relationship with online gambling addiction in online gambling players. So, the lower the religiosity of online gambling players, the higher the level of online gambling addiction. Likewise, on the contrary, the higher the religiosity of online gambling players, the lower the online gambling addiction. This is by research conducted by Packer, Seema Mutti et al.

(2017) showing that religiosity acts as a protective factor against the severity of gambling problems. As a result, some online gambling players have a high level of online gambling addiction, such as making frequent deposits, losing a lot of money playing gambling, increasing their time playing online gambling and experiencing social problems with people around them.

However, online gambling players who have a high level of religiosity tend to have a low level of online gambling addiction. This is because they still think about the religious values they believe in. So that it can protect from destructive behaviour such as addiction; research conducted by Calado reinforces this. Filipa et al. (2023) show that religion protects against gambling behaviour in young people in Portugal and England.

The construct of religiosity is based on beliefs about the teachings of the religion itself. The belief aspect determines how a person can commit to worship and obey the commands and prohibitions of the religion. This is by a study conducted by Allport and Ross (1967) in their work entitled "*Personal religious orientation and prejudice*", which states that a person's religiosity is strongly influenced by his religious orientation. This belief encourages a person to practice the teachings, values or doctrines in it. In most religions, gambling is something that is generally prohibited or considered discouraged. Research conducted by Williams et al. (2012) examines the prohibition of major religions in the world regarding gambling as an act that damages morals and causes addiction to destroy social and family life. Previous data and research are supported by the findings of researchers who show a high level of addiction from online gambling players. This is based on the lower empirical *mean* value of 32.25 and the hypothetical *mean* of 40.

The third hypothesis in the study is that there is a negative relationship between self-control and online gambling addiction. This means that the higher the self-control of online gambling players, the lower the level of online gambling addiction they experience. This also applies vice versa; the lower the self-control of online gambling players, the higher the level of online gambling addiction in online gambling players. This is reinforced by research conducted by Joukhadar (2015), which examines the relationship between self-control and gambling addictive behaviour. It shows that individuals with higher levels of self-control tend to have lower levels of gambling addiction.

Low self-control can have an impact on online gambling addiction in online gambling players. This is caused by the inability of online gambling players to control themselves. According to research by Riley and Lopez (2013), high self-control has a lower tendency to engage in gambling. This is because they can refrain from impulsive decisions that lead to gambling addiction.

Online gambling addiction is often associated with an action taken without sufficient thought or consideration. Emotional impulses or momentary desires cause it. Someone impulsive will act quickly without considering the action's long-term consequences. Research conducted by Delfabbro and King (2014) corroborates the relationship between impulsivity, self-control and online gambling addiction. The results showed that low self-control and high impulsivity have a relationship with an increased risk of excessive gambling behaviour.

High self-control describes someone who has a healthy lifestyle. This is

reinforced by Finkel, EJ (2012) research, which links self-control with an individual's ability to manage healthy habits, including exercise, diet and stress management. In addition, good self-control tends to have healthy coping strategies, such as exercising, meditating, and getting along with the social environment. This is followed by the ability to regulate emotions and make decisions.

The results of this study reinforce that online gambling players have low self-control. Thus, the level of addiction in online gambling players is in the high category. This statement is based on the lower empirical *mean* self-control value of 30.01 and the hypothetical *mean of* 45. In addition, the level of online gambling addiction of online gambling players is known to be 51.1% in the high category and 31.9% in the very high category.

The limitation of the research that has been conducted is that it does not show demographic data related to religious beliefs owned by the research sample. Thus, religiosity in this study is general or general. The number of research samples is very limited, only 141 people, which is considered still not broad enough to explain the relationship between religiosity variables, self-control and online gambling addiction.

CONCLUSION

This study reveals that religiosity and self-control play an important role in reducing online gambling addiction in online gambling players. The results showed that the lower the religiosity and self-control abilities of online gambling players, the higher the online gambling addiction they experienced. Conversely, players who have good religiosity and self-control tend to experience lower online gambling addiction. Low religiosity can cause online gambling players not to have consistent religious values to hold on to. Thus, they tend to override the rules, lack awareness, and lack wisdom in controlling their inner urges. Conversely, online gambling players who have good religiosity will have a religious value that is held so that they obey the rules of God or religion and protect them from online gambling addiction behaviour.

Likewise with self-control, which is proven to have a negative relationship with online gambling addiction. Online gambling players who have good self-control tend to be able to control themselves, are not impulsive, have a healthier lifestyle and have more mature thoughts before acting, which is very helpful in dealing with online gambling addiction behaviour appropriately. Conversely, online gambling players with low self-control are more likely to prioritise momentary pleasure, excessive playing, and loss of self-control, thus increasing online gambling addiction. Furthermore, the results of this study also show that both variables, religiosity and self-control, together make a significant contribution to the reduction of online gambling addiction, with religiosity making a greater contribution. The total effective contribution of the two variables to online gambling addiction was 62.28%, which indicates the importance of developing these two abilities for online gambling players in overcoming the online gambling addiction they face.

However, there are still other factors that influence the online gambling addiction of online gambling players, such as the personal self who still wants to play, the *illusion of control* (feeling that he will get a win), as well as external factors such as friends, promotions that are intensively carried out by the site and games that are

considered attractive. Therefore, interventions that focus on developing religiosity and self-control skills can be an effective strategy to help online gambling players overcome online gambling addiction.

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