

Peran Tingkat Stres terhadap Perilaku Judi Daring pada Dewasa Muda = The Role of Stress Levels in Online Gambling Behavior Among Emerging Adults

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Abstrak

Perkembangan teknologi digital telah memfasilitasi peningkatan akses dan partisipasi dalam judi daring, khususnya di kalangan dewasa muda. Penelitian ini bertujuan menguji peran tingkat stres terhadap perilaku judi daring pada individu usia 18–29 tahun. Sebanyak 139 partisipan yang aktif berjudi daring dalam sebulan terakhir dilibatkan dalam studi ini. Data dikumpulkan menggunakan Perceived Stress Scale (PSS-10) dan Online Gambling Symptom Assessment Scale (OGSAS), lalu dianalisis dengan regresi linear sederhana. Hasil menunjukkan hubungan positif antara stres dan perilaku judi daring, namun dengan kontribusi yang sangat kecil ($R^2 = 0,0013$; $p > 0,05$). Temuan ini menekankan bahwa faktor lain kemungkinan lebih dominan. Implikasi penelitian menyarankan agar pencegahan tidak hanya fokus pada pengelolaan stres, melainkan juga mencakup risiko lain seperti impulsivitas, tekanan sosial, dan akses digital.

.....The advancement of digital technology has facilitated increased access and participation in online gambling, particularly among emerging adults. This study aimed to examine the role of stress levels in online gambling behavior among individuals aged 18–29. A total of 139 participants who had engaged in online gambling within the past month were involved. Data were collected using the Perceived Stress Scale (PSS-10) and the Online Gambling Symptom Assessment Scale (OGSAS), and analyzed using simple linear regression. Results showed a positive relationship between stress and online gambling behavior, although the contribution was very small ($R^2 = 0.0013$; $p > 0.05$). These findings suggest that other factors may play a more dominant role. The study recommends that prevention efforts should not focus solely on stress management but also address other risk factors such as impulsivity, social pressure, and digital access.