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REVIEW ARTICLE

Psychosocial Determinants Associated with Online Gambling Addiction in Indonesia: A Scoping Review

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Abstract
Online gambling addiction has emerged as a significant public health and social concern in Indonesia, generating complex psychosocial consequences. This scoping review aimed to map the available empirical evidence on psychosocial determinants functioning as risk and protective factors associated with online gambling addiction. The review was conducted in accordance with the PRISMA-ScR guidelines and the framework proposed by Arksey and O′Malley (2005). A systematic literature search was performed using the Google Scholar and Garuda databases with the keywords online gambling, gambling addiction, psychosocial factors, psychological factors, social factors, and Indonesia. Article selection was guided by the Population–Concept–Context (PCC) framework. Following the screening and selection process, 14 studies published between 2015 and 2025 met the inclusion criteria and were included in the review. The findings identified five major categories of psychosocial determinants associated with online gambling addiction: psychological, social environmental, technological, economic, and government regulation factors. Psychological and social environmental factors were the most consistently reported determinants, particularly low self-control, sensation seeking, peer influence, and family-related factors. Technological accessibility, financial motivations, and weak regulatory oversight were also identified as contributing factors. This review highlights important evidence gaps and provides insights for the development of preventive interventions and public policies addressing online gambling addiction in Indonesia.

Keywords: psychosocial determinants, online gambling addiction, scoping review

INTRODUCTION

Online gambling has evolved into a rapidly expanding global industry alongside advances in digital technology and the increasing availability of internet access (Leslie & McGrath, 2024). Developments in information and communication technologies have facilitated the emergence of online gambling as part of the broader digital revolution, transforming conventional gambling practices into more accessible virtual forms (Zhang, 2023). Although many gambling platforms operate offshore, they remain readily accessible to users in Indonesia through locally integrated payment systems, including bank transfers and digital wallets. The promotion of online gambling has become increasingly pervasive through social media platforms and is often disguised as prize-based lotteries, online entertainment content, or digital games (Tumangger & Yusuf, 2025). Online gambling has spread across various regions of Indonesia, involving individuals from diverse sociodemographic backgrounds and age groups (Rossa et al., 2024). Furthermore, gambling activities conducted through online platforms are more difficult to monitor and regulate, thereby increasing public participation through the widespread use of smartphones and computers (Elvia et al., 2023). These developments indicate that online gambling has emerged as a growing digital social issue that has attracted increasing attention from researchers, policymakers, and public health professionals worldwide (Morvannou et al., 2018).

In this review, online gambling refers to gambling activities conducted through internet-based platforms using digital devices such as smartphones, computers, or tablets. Online gambling addiction is defined as a persistent and maladaptive pattern of gambling behavior characterized by impaired control, continued engagement despite negative consequences, and significant disruption of psychological, social, occupational, or financial functioning. Psychosocial determinants refer to psychological and social factors that may increase or decrease an individual′s vulnerability to developing online gambling addiction.

Online gambling behavior may develop into addictive patterns that significantly impair individuals′ psychosocial functioning. Online gambling addiction has been associated with a wide range of adverse consequences, including mental health problems such as stress and depression, reduced family financial stability, marital and family conflict, and various forms of maladaptive behavior (Laras

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et al., 2024; Nainggolan & Iqbal, 2024). Individuals experiencing online gambling addiction often perceive gambling activities as a compensatory source of gratification in their daily lives (Wan, & Chiou, 2006). Furthermore, online gambling addiction is frequently characterized by a loss of control over gambling behavior, social withdrawal, and disruptions in interpersonal relationships, all of which may negatively affect everyday psychosocial functioning (Sari et al., 2024). At the broader societal level, gambling involvement may contribute to increased stress and anxiety, family conflict, and social stigma that may hinder affected individuals and families from seeking appropriate support services (Håkansson, 2020; Rai et al., 2025; Sulistiani et al., 2025). Consequently, online gambling is increasingly recognized as a form of social pathology that warrants serious attention from mental health professionals, policymakers, and social welfare institutions (Elvia et al., 2023).

A growing body of international research suggests that psychological and social factors play a critical role in shaping individuals' vulnerability to online gambling behavior and the development of online gambling addiction. Psychosocial factors such as loneliness, limited social support, and the influence of peer and family environments have been consistently associated with an increased risk of gambling involvement and gambling-related harm (Nordmyr & Forsman, 2020). Similarly, a study conducted in Türkiye found that loneliness was a significant predictor of online gambling addiction, indicating that individuals experiencing social and emotional loneliness were more likely to develop problematic gambling behaviors (Karaıbrahımoglu et al., 2023). Research by Desi et al. (2025) further demonstrated that conformity tendencies within online gambling practices may negatively affect family mental health. In addition, Wan, & Chiou. (2006) reported that adolescent gambling behavior in Taiwan was influenced by several psychological factors, including motivational orientations, interpersonal relationships, and self-concept. Collectively, these findings highlight the importance of psychosocial determinants in understanding online gambling addiction.

Despite the growing international evidence, research on online gambling in Indonesia has predominantly focused on legal, regulatory, criminal, and broader social issues (Satria et al., 2025). Although several studies have examined selected psychological and social aspects of online gambling, empirical evidence regarding psychosocial determinants remains limited and fragmented. Consequently, psychosocial factors associated with online gambling addiction in Indonesia have not yet been systematically mapped. To date, no scoping review has comprehensively synthesized the available evidence on psychosocial determinants associated with online gambling addiction in the Indonesian context. Given the heterogeneous nature of existing evidence, which spans psychological, social, economic, technological, and regulatory factors, a scoping review is considered an appropriate approach for systematically mapping the available literature and identifying key psychosocial determinants associated with online gambling addiction in Indonesia (Peters et al., 2020). Existing evidence remains fragmented across different psychological and social variables, limiting a comprehensive understanding of the factors that may contribute to or protect against the development of online gambling addiction among Indonesian populations.

Given the importance of psychosocial influences such as peer conformity, family environments, social support, and gambling motivation, a theoretical framework is needed to explain how online gambling behavior is learned, reinforced, and maintained. Social Learning Theory provides a useful perspective for understanding the interaction between individual, social, and environmental factors associated with online gambling addiction.

Indonesia's unique socio-cultural context, combined with the increasing accessibility of online gambling among young adults, underscores the need for a more comprehensive examination of this phenomenon. Therefore, this study aims to conduct a scoping review to systematically map the psychosocial determinants associated with online gambling addiction in Indonesia. A scoping review is particularly suitable for identifying key concepts, sources of evidence, and gaps within an emerging field of research (Peters et al., 2020). Scoping reviews are particularly useful for systematically mapping the breadth of available evidence, identifying key concepts and characteristics, and highlighting research gaps within an emerging field of study (Pollock et al., 2023). Given the fragmented nature of psychosocial research on online gambling addiction in Indonesia, a scoping review approach is considered appropriate to provide a comprehensive overview of the existing evidence and to identify areas requiring further investigation. However, such a synthesis has not yet been conducted for psychosocial determinants associated with online gambling addiction in Indonesia. The novelty of this study lies in its integration of fragmented evidence on psychosocial factors into a comprehensive conceptual mapping of risk and protective factors associated with online gambling addiction. By synthesizing the available empirical evidence, this review seeks to provide a more comprehensive understanding of the psychosocial determinants underlying online gambling addiction and to identify gaps in the existing literature that may inform future research, prevention strategies, and policy development. Accordingly, this review addresses the following research question: What psychosocial determinants have been identified as risk and protective factors associated with online gambling addiction in Indonesia?

Social Learning Theory

Social Learning Theory (SLT), proposed by Albert Bandura, provides a relevant framework for understanding how online gambling behavior is learned, imitated, reinforced, and maintained through social and environmental interactions. SLT posits that individuals acquire behaviors through observational learning, modeling, imitation, and reinforcement processes, particularly when the observed behavior is perceived as attractive, rewarding, or socially acceptable (Bandura, 1997; Gupta & Derevensky, 1997). Previous gambling research suggests that individuals are more likely to imitate behaviors displayed by significant others, such as parents, siblings, peers, and other valued social models, especially when these behaviors are associated with positive outcomes or social rewards (Gupta & Derevensky, 1997). Through repeated exposure to gambling-related content and the observation of peers, family members, influencers, or online communities engaging in gambling activities, individuals may develop favorable attitudes toward gambling and subsequently imitate such behaviors.

In digital gambling environments, repeated exposure to gambling-related content, peer gambling activities, and online gambling communities may normalize gambling behavior and increase individuals' willingness to participate in online gambling practices. Being known as a

gambler (or risk-taker) leads to social recognition and subsequently to a higher status amongst friends (Gupta & Derevensky, 1998). Furthermore, intermittent financial rewards, excitement, and social recognition obtained through gambling activities may function as reinforcement mechanisms that maintain repetitive gambling behavior over time. This theoretical perspective is particularly relevant for interpreting psychosocial determinants identified in the reviewed studies, including peer conformity, family influence, gambling motivation, and social media exposure. Accordingly, Social Learning Theory provides a useful framework for understanding how psychosocial determinants identified in this review may contribute to the initiation, reinforcement, and maintenance of online gambling addiction. Consistent with Social Learning Theory, the accessibility and convenience of digital gambling environments may facilitate repeated engagement in gambling activities, while recurring rewards and gambling-related experiences reinforce behavioral patterns that contribute to the maintenance of gambling problems over time (Gainsbury et al., 2016).

A scoping review was employed to obtain a comprehensive and relevant overview of the existing literature through systematic research procedures, including identifying, collecting, and synthesizing available knowledge (Morvannou et al., 2018). One commonly used approach for reviewing the literature is PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses). The PRISMA framework facilitates the classification of research themes, while its structured process assists researchers in selecting the most influential studies, thereby enhancing the quality of review analysis (Yu, 2022).

The PCC framework consist of Population, Concept, Context, was used to formulate the focus of the review and to establish a structured approach for defining the core components of research articles, which are predominantly quantitative in nature (Methley et al., 2014). The integration of PRISMA and PCC enables researchers to identify relevant and targeted articles while simultaneously improving the validity and overall quality of the review findings. This scoping review aims to map the psychosocial determinants associated with online gambling addiction in Indonesia and identify conceptual and methodological gaps in the existing literature.

MATERIALS AND METHODS

Research Design

Arksey and O′Malley (2005) proposed a scoping review framework consisting of five stages: identifying the research questions, identifying relevant studies, study selection, data charting and organization, and the final stage of collating, summarizing, and reporting the results. This framework enables scoping reviews to provide a comprehensive mapping of the scope, characteristics, and research trends within a particular field.

This study employed a scoping review design to systematically map the available evidence on psychosocial determinants associated with online gambling addiction in Indonesia. Scoping reviews are particularly useful for examining heterogeneous bodies of literature, identifying key concepts, sources of evidence, and research gaps within an emerging field of study (Peters et al., 2020). This study employed a scoping review design to map the existing literature on psychological factors associated with gambling behavior in Indonesia. To facilitate the article management and screening process, the researchers utilized Mendeley Desktop software version 1.19.8.

The review process was conducted in accordance with the PRISMA-ScR guidelines, encompassing the stages of identification, screening, eligibility assessment, and inclusion of studies. The Population Concept Context (PCC) framework recommended by the Joanna Briggs Institute (JBI) was used to formulate the review question and establish the inclusion and exclusion criteria. The PCC framework is considered appropriate for scoping reviews because it facilitates the identification and mapping of concepts, evidence, and contextual characteristics rather than evaluating intervention effectiveness (Peters et al., 2020). Specifically, the population included individuals engaged in online gambling activities, the concept encompassed psychosocial determinants associated with online gambling addiction, and the context was restricted to the Indonesian setting. The PCC framework was used to clarify the scope of the review and to guide the development of eligibility criteria, thereby ensuring that the included studies were relevant to the review question and objective. This approach enabled a systematic mapping of psychosocial determinants and facilitated the identification of evidence gaps within the Indonesian literature on online gambling addiction.

Data Sources and Search Strategy

Table 1. Inclusion and Exclusion Criteria Based on the PCC Framework

PCC Component	Inclusion Criteria	Exclusion Criteria
Population	Individuals involved in online gambling activities in Indonesia.	Individuals not involved in online gambling activities or studies conducted outside the Indonesian population.
Concept	Studies examining psychosocial determinants associated with online gambling addiction, including psychological, social, technological, economic, and regulatory factors. Empirical studies and literature reviews addressing psychosocial aspects of online gambling addiction were included.	Studies focusing exclusively on legal, criminal, or economic issues without examining psychosocial determinants. Opinion papers, editorials, books, news reports, and studies unrelated to online gambling addiction were excluded.
Context	Studies conducted in Indonesia or explicitly relevant to the Indonesian context. Articles published between 2015–2025, written in English or Indonesian, and available in full text.	Studies conducted outside the Indonesian context without relevance to Indonesia, articles published outside the specified period, non-English/Indonesian publications, and studies unavailable in full text.

This study aims to systematically identify and examine research addressing psychosocial factors related to online gambling addiction behavior. Literature searches were conducted using the Google Scholar and Garuda databases for articles published between 2015 and 2025.

A literature search was conducted across two primary databases, namely Google Scholar and the Garuda Portal. The search employed a combination of keywords, including gambling behavior, problem gambling, online gambling, psychological factors, and Indonesia, as well as their Indonesian equivalents such as perilaku judi and faktor psikologis. Boolean operators were applied to combine keywords in order to broaden the scope of the search and ensure comprehensive coverage of relevant studies. The keywords and the use of Boolean operators are ("judi online" OR "kecanduan judi online" OR "perilaku judi") AND (psikologis OR psikososial OR sosial) AND Indonesia.

Following data extraction, psychosocial determinants identified in the included studies were coded and grouped according to conceptual similarities. Variables related to individual characteristics, cognition, and emotional processes were categorized as psychological factors, whereas variables associated with interpersonal relationships, family influences, and peer environments were classified as social environmental factors. Additional categories were developed for technological, economic, and regulatory determinants. This thematic categorization process was conducted to identify recurring patterns and facilitate the synthesis of heterogeneous findings across studies (Peters et al., 2020).

Research Question

What psychosocial determinants have been identified as risk and protective factors associated with online gambling addiction in Indonesia?

Study Selection and Data Analysis

Data extraction was conducted using a standardized charting form developed according to the objectives of the review. Information extracted from each study included the author(s), year of publication, study location, research objectives, participant characteristics, research design, psychosocial variables examined, measurement instruments (where applicable), and key findings. Following data extraction, the identified determinants were coded and grouped according to conceptual similarities. Variables related to individual cognition, personality characteristics, motivation, and emotional functioning were categorized as psychological factors. Variables associated with family influences, peer relationships, conformity, and social environments were classified as social environmental factors. Additional categories were developed for technological development factors, economic factors, and government regulation factors. Data were synthesized using a descriptive narrative approach. Through an iterative thematic categorization process, recurring patterns across studies were identified and organized into five overarching themes: psychological factors, social environmental factors, technological development factors, economic factors, and government regulation factors. This thematic synthesis facilitated the identification of key psychosocial determinants, research gaps, and implications for future research and practice in the Indonesian context.

RESULT

A total of 631 records were identified through database searching. Following the removal of 254 duplicate records, 377 articles remained for screening. After title, abstract, and preliminary full-text screening, 335 articles were excluded because they were not relevant to the review question. The remaining 42 articles underwent full eligibility assessment. During this stage, 28 articles were excluded because they did not meet the established inclusion criteria, including lack of relevance to psychosocial determinants, absence of an Indonesian context, or unavailability of full-text access. Consequently, 14 articles were included in the final review. The study selection process followed the PRISMA-ScR framework and the PCC eligibility criteria.

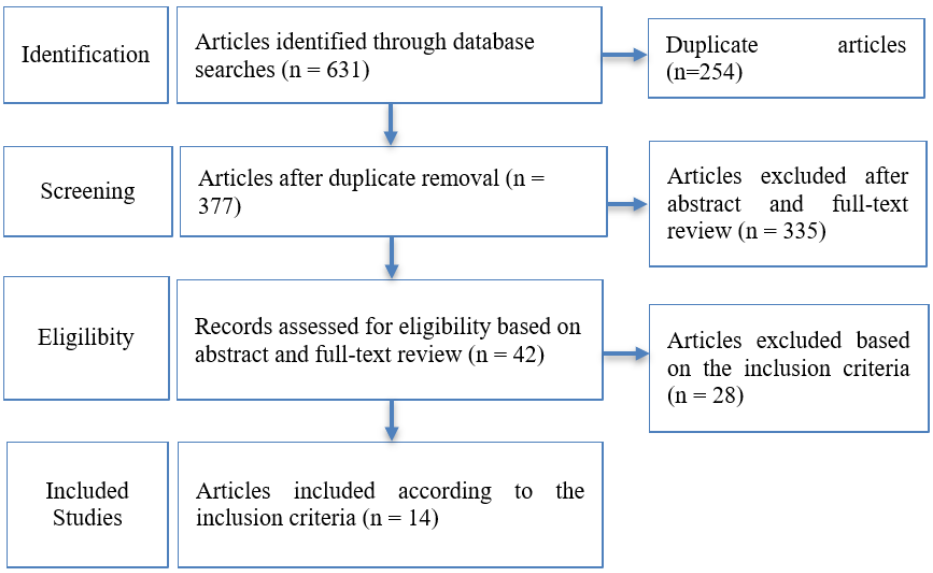


Figure 1. PRISMA Flow Diagram of the Literature Review Process

Table 2
Table of study characteristics

No.	Author(s) and Year	Study Location	Study Design	Sample Characteristics and Sample Size	Psychosocial Determinant(s) Examined	Outcome Variable(s)	Main Findings Related to Online Gambling Addiction	Determinant Category
1	Qomariah & Abdurraman (2024)	Serdang Bedagai, Sumatera Utara, Indonesia	Qualitative intrinsic case study	One male adolescent, 18 years (n = 1)	Curiosity; expectation of financial gain; peer influence; technological accessibility	Online gambling addiction; material, social/mental, and spiritual impacts	Curiosity, financial expectations, peer influence, and technological accessibility contributed to online gambling addiction.	Psychological; Social environmental; Technological development; Economic
2	Arisanti & Arjuansyah (2024)	Desa Brang Kolong, Indonesia	Descriptive qualitative study	Two early adults aged 18–25 years with >1 year gambling experience (n = 2)	Self-control; curiosity; peer influence; financial rewards; narcotics use; family support	Online gambling addiction tendency; impulsivity; aggression; anxiety	Lower self-control was associated with persistent gambling behavior and emotional problems.	Psychological; Social environmental; Technological development; Economic
3	Fiyanda & Setyawati (2024)	Banyumas, Indonesia	Qualitative holistic single-case study	Two male early adults aged 23 and 27 years (n = 2)	Sensation seeking; curiosity; peer influence; financial rewards	Online gambling addiction; repeated gambling behavior	Sensation seeking was identified as the primary trigger of online gambling addiction.	Psychological; Social environmental; Technological development; Economic
4	Ananta et al. (2024)	Not reported	Quantitative descriptive study using simple linear regression	Early adults aged 18–40 years with online gambling experience (n = 100)	Self-control; expectations of large winnings; economic conditions; social influence; technological accessibility	Online gambling addiction tendency	Self-control had a significant negative effect on online gambling addiction tendency.	Psychological; Social environmental; Technological development; Economic
5	Al Ikhlas & Hazim (2025)	Sidoarjo, East Java, Indonesia	Qualitative phenomenological study	Three male online gamblers aged 23–29 years (n = 3)	Curiosity; desire for instant wealth; gambling advertisements; social influence; technological accessibility	Psychological well-being	Online gambling was associated with lower psychological well-being and emotional distress.	Psychological; Social environmental; Technological development; Economic
6	Mayradevi & Tobing (2024)	Review included studies from Indonesia and other countries	Narrative literature review	Ten studies published between 2013–2023 involving adolescents	Stress; entertainment motives; family factors; peer influence; socioeconomic conditions; internet features	Adolescent online gambling behavior	Individual, family, social, economic, and internet-related factors influenced online gambling behavior.	Psychological; Social environmental; Technological development; Economic

7	Aprilia et al. (2023)	Surabaya, East Java, Indonesia	Quantitative correlational study	Online gamblers (n = 157; 131 males, 26 females)	Self-control; emotional, cognitive, personality, family, and community factors influencing self-control	Online gambling addiction tendency	Self-control was negatively associated with online gambling addiction tendency (r = −0.763; p = 0.001).	Psychological; Social environmental; Technological development
8	Harahap et al. (2024)	Review included studies from Indonesia and several other countries	Literature review	Studies published within the previous 10 years; number of included studies not reported	Enjoyment; relaxation; financial motives; social interaction; sensation seeking; imitation of friends; social media promotion; ease of access; lack of risk awareness	Participation in online gambling	Psychological, social, economic, and technological factors influenced participation in online gambling. Weak law enforcement was identified as an enabling factor.	Psychological; Social environmental; Technological development; Economic; Government regulation
9	Trisnandi & Ulfatun (2024)	Pabelan Village, Kartasura, Sukoharjo, Indonesia	Qualitative case study	Three male adolescents aged 16–17 years (n = 3)	Socioeconomic factors; inability to control money; stress; peer influence; curiosity; perceptions of winning opportunities; online advertisements; inadequate parental supervision	Online gambling addiction and its social, educational, economic, and health impacts	Financial mismanagement, peer influence, curiosity, perceptions of winning opportunities, easy access, and inadequate parental supervision contributed to online gambling addiction.	Psychological; Social environmental; Technological development; Economic; Government regulation
10	Putri et al. (2024)	Not reported	Literature review of 20 journals published between 2016–2024	Adolescents; sample size not reported	Low self-control; peer influence; lack of parental control; technological accessibility; lack of awareness of gambling risks	Online gambling addiction; anxiety; depression; stress; social and academic problems	Low self-control, peer influence, easy access to technology, and limited parental supervision were identified as the main contributing factors.	Psychological; Social environmental; Technological development
11	Riskitiasyah & Paksi (2025)	Indonesia, with regional comparisons involving Cambodia and the Philippines	Qualitative review using secondary data analysis based on Structural Violence Theory	Secondary sources; no primary participants	Economic instability; poverty; household financial strain; gender inequality; cultural stigma; gambling advertisements; transnational gambling networks; digital platforms; weak regulations	Financial instability; family disruption; emotional burden; women's participation in gambling	Economic hardship, targeted advertising, cultural stigma, and weak regulation reinforced cycles of gambling-related harm.	Psychological; Social environmental; Technological development; Economic; Government regulation

12	Winarsih & Salsabila (2022)	Probolinggo, Indonesia	Qualitative phenomenological study	University students involved in online gambling; sample size not reported	Peer influence; academic stress; curiosity; experience of winning; prestige motives; economic motives; internet and smartphone accessibility	Online gambling addiction; academic achievement; social relationships; perceived financial benefits	Peer influence, academic stress, expectations of instant profits, and prior winning experiences contributed to online gambling involvement.	Psychological; Social environmental; Technological development; Economic
13	Billah et al. (2025)	Indonesia; participants recruited from the Facebook group "Rehabilitation of Victims of Online Gambling Addiction"	Quantitative correlational study using multiple linear regression	Online gamblers recruited through accidental sampling (n = 141)	Religiosity; self-control	Online gambling addiction	Religiosity and self-control were negatively associated with online gambling addiction. Religiosity contributed more strongly than self-control to explaining addiction variance.	Psychological
14	Fahrezi & Simbolon (2025)	Medan, North Sumatra, Indonesia	Quantitative study	Adolescents who played *Higgs Domino*; sample size not reported	Self-control	Tendency toward *Higgs Domino* online gambling addiction	Self-control significantly influenced online gambling addiction tendency ($R^2 = 0.019$; $p = 0.042$). Lower self-control was associated with higher addiction tendency.	Psychological

Table 3. Table of psychosocial determinants and supporting studies.

No	Author(s)	Variable(s)	Determinants Factor
1	Fiyanda & Setyawati, 2024; Putri et al., 2024; Qomariah & Abdurraman, 2024; Winarsih & Salsabila, 2022	Sensation seeking	psychological
2	Qomariah & Abdurraman, 2024	Moral disengagement	psychological
3	Ananta et al., 2024; Aprilia et al., 2023; Arisanti & Arjuansyah, 2024; Billah et al., 2025; Fahrezi & Simbolon, 2025	Self-control	psychological
4	Arisanti & Arjuansyah, 2024	Social pathology	Social environment
5	Al Ikhlas & Hazim, 2025	Psychological well -being	psychological
6	Mayradevi & Tobing, 2024	Family factors: parental monitoring, parenting style, family members' gambling behavior Social environmental factors: peer influence, conformity.	Social environment
7	Mayradevi & Tobing, 2024; Winarsih & Salsabila, 2022	Internet features and attractive advertising	Technological advancement
8	Harahap et al., 2024; Mayradevi & Tobing, 2024; Riskitiasyah & Paksi, 2025; Trisnandi & Ulfatun, 2024	Economic factor	Economic factor
9	Harahap et al., 2024	Gambling-related motivation	psychological
10	Trisnandi & Ulfatun, 2024	misperception	psychological
11	Riskitiasyah & Paksi, 2025	Weak government regulation	Government regulation
12	Billah et al., 2025	Low religiosity	psychological

Indonesia, including locations such as Probolinggo, Surabaya, Medan, Banyumas, Sidoarjo, Sukoharjo, and Serdang Bedagai, although some review studies included evidence from multiple countries. Overall, the included studies explored a wide range of psychosocial determinants associated with online gambling addiction, including psychological, social environmental, technological development, economic, and government regulation factors.

As presented in Table 3, the determinants identified across the included studies were categorized into five overarching themes: psychological factors, social environmental factors, technological development factors, economic factors, and government regulation factors. Psychological determinants included sensation seeking, moral disengagement, gambling motivation, perceptual bias, self-control, psychological well-being, and religiosity, while social environmental determinants encompassed family influences, peer relationships, and conformity. Technological factors referred to internet accessibility and attractive online advertising, whereas economic and regulatory factors reflected financial pressures and weaknesses in government regulation. Among these determinants, self-control, sensation seeking, and economic factors were the most frequently reported across studies, suggesting relatively stronger empirical support in the Indonesian context. In contrast, moral disengagement, psychological well-being, religiosity, perceptual bias, and government regulation were identified less frequently, indicating that these factors remain comparatively underexplored in the existing literature.

The reviewed studies employed both qualitative and quantitative research approaches. Qualitative studies primarily utilized case study and phenomenological designs to explore the lived experiences, moral conditions, and psychological well-being of individuals involved in online gambling addiction, typically using in-depth interviews and participant observation with relatively small samples. In contrast, quantitative studies predominantly adopted descriptive and correlational designs to examine associations between psychosocial variables and online gambling behavior using standardized psychological measures. Geographically, the studies were conducted across diverse regions of Indonesia, including Serdang Regency, West Sumbawa Regency, Sidoarjo, Surabaya, Makassar, Medan, Sukoharjo Regency, and Probolinggo Regency. The wide geographical distribution of the studies suggests that online gambling addiction has emerged as a phenomenon affecting individuals across various social and regional contexts in Indonesia.

DISCUSSION

The findings of this study indicate a patterned interaction between psychological vulnerabilities and social reinforcement mechanisms in online gambling addiction. This interaction suggests that individual risk factors, such as low self-control and high sensation seeking, are strengthened and maintained through social and environmental influences, including peer norms, family contexts, and digital accessibility.

Psychological Determinants

Psychological determinants identified as risk factors in online gambling addiction include low self-control and high sensation-seeking behavior. Risk factors refer to individual characteristics or forms of exposure that increase vulnerability to the development of a disorder (Meilia, 2024). Low self-control emerged as a central indicator of online gambling addiction. Several studies (Ananta et al., 2024; Aprilia et al., 2023; Arisanti & Arjuansyah, 2024; Billah et al., 2025; Fahrezi & Simbolon, 2025) consistently report a significant negative relationship, indicating that lower levels of self-control are associated with a higher tendency toward online gambling addiction. Several studies consistently reported a significant negative association between self-control and online gambling addiction.Sample data further demonstrate that online gamblers generally exhibit low levels of self-control. Individuals with poor self-control tend to prioritize immediate gratification, exhibit impulsivity, and experience difficulty resisting urges to gamble.

Based on the reviewed literature, low self-control constitutes a primary psychological risk factor for online gambling addiction. Individuals with diminished self-control struggle to regulate impulsive drives, delay gratification, and consider the long-term consequences of gambling behavior. As a result, they continue engaging in online gambling despite experiencing financial losses and adverse psychological outcomes. These findings are consistent with prior research demonstrating a negative association between self-control and online gambling addiction, whereby lower self-control increases the risk of compulsive gambling behavior. According to Aprilia et al. (2023), self-control contributes to resilience, self-concept, and individual motivation within social environments. Individuals with adequate self-control are better able to regulate emotions and internal impulses rationally, enabling consistent decision-making aligned with long-term goals.

Another prominent psychological determinant of online gambling addiction is high sensation-seeking behavior. Individuals with a strong need for novelty and intense experiences are more attracted to the inherent characteristics of online gambling, such as uncertainty, rapid stimulation, and the immediate thrill of winning. Online gambling thus functions as a means of sensation fulfillment and emotional regulation, particularly in coping with boredom and stress, thereby increasing the likelihood of repetitive gambling behavior (Fiyanda & Setyawati, 2024; Putri et al., 2024; Qomariah & Abdurraman, 2024; Winarsih & Salsabila, 2022). Consistent with Bonnaire and Barrault (2018), sensation seeking remains a significant predictor of online gambling addiction even after controlling for age, gender, anxiety, and depression. Zuckerman and Glicksohn conceptualize sensation seeking across several dimensions, including thrill and adventure seeking, experience seeking, disinhibition, and boredom susceptibility (Fiyanda & Setyawati, 2024).

Sensation seeking motivates individuals to initiate and pursue online gambling experiences, while weak self-control undermines the ability to discontinue such behavior. The interaction between these two factors increases vulnerability to persistent and difficult-to-control gambling patterns, resulting in reduced psychological well-being, heightened stress and anxiety, and impaired social functioning.

Additional psychological factors contributing to online gambling addiction include internal gambling motivation driven by curiosity, low religiosity, reduced psychological well-being, moral disengagement, and cognitive misperceptions (Ananta et al., 2024; Aprilia et al., 2023; Arisanti & Arjuansyah, 2024; Billah et al., 2025; Fahrezi & Simbolon, 2025; Harahap et al., 2024; Mayradevi & Tobing, 2024; Qomariah & Abdurraman, 2024). Low religiosity is associated with weakened internal moral control, increasing permissiveness toward online gambling despite conflicts with social and religious norms. Furthermore, diminished psychological well-being, particularly in self-acceptance, environmental mastery, and social relationships may encourage individuals to use online gambling as a form of emotional escape and maladaptive coping. In this process, individuals often display moral disengagement by justifying gambling behavior, normalizing losses, and disregarding negative consequences. These tendencies are reinforced by cognitive distortions such as illusion of control, repeated winning expectations, and near-miss bias, which sustain gambling behavior despite substantial objective losses.

Environmental and Social Determinants

Social and environmental determinants play a crucial role in shaping and maintaining online gambling addiction (Mayradevi & Tobing, 2024). Family factors constitute an early influential context, particularly through low parental monitoring, permissive parenting styles, and the presence of family members who engage in gambling. Insufficient family supervision and communication weaken the internalization of values and norms, increasing susceptibility to adopting online gambling as an acceptable activity. Moreover, gambling behavior exhibited by significant family members serves as behavioral modeling that reinforces the normalization of gambling.

The social environment, especially peer influence, represents a dominant determinant of online gambling addiction. Individuals often first encounter online gambling through peers, either directly or through narratives of gambling success. Social pressure and peer conformity motivate individuals to participate in gambling activities to gain acceptance within their social groups. Over time, intensive social interactions among gamblers reinforce gambling behavior and hinder cessation, as online gambling becomes embedded within group identity and shared social activities.

Technological development and the characteristics of internet-based gambling platforms significantly contribute to the escalation of online gambling addiction (Mayradevi & Tobing, 2024; Winarsih & Salsabila, 2022). Ease of access via digital devices, anonymity, 24-hour availability, and digital transaction systems enable gambling without spatial or temporal constraints. Combined with persuasive advertising, appealing visual designs, and promises of substantial rewards, these features encourage repeated engagement and accelerate the transition from recreational gambling to addiction.

Economic factors also function as important determinants, both as triggers and maintenance mechanisms of online gambling addiction (Harahap et al., 2024; Mayradevi & Tobing, 2024; Riskitiasyah & Paksi, 2025; Trisnandi & Ulfatun, 2024). Economic hardship, the desire for instant financial gain, and financial pressure motivate individuals to perceive online gambling as a solution to economic difficulties. Instead of alleviating financial problems, gambling exacerbates financial instability and entraps individuals in cycles of loss-chasing, further reinforcing addictive behavior.

Finally, weak government regulation and inadequate enforcement substantially increase the risk of online gambling addiction (Riskitiasyah & Paksi, 2025). Despite formal prohibitions, the persistence of active gambling sites, covert advertising on social media, and promotions by public figures indicate ineffective regulatory implementation. This lack of control creates a permissive environment that enables easy access to and sustained engagement in online gambling with minimal barriers.

Social Learning Theory Interpretation

The identified determinants of online gambling addiction can be comprehensively explained through Social Learning Theory (SLT), which conceptualizes behavior as the result of dynamic interactions among personal factors, behavior, and environment (reciprocal determinism). In the context of online gambling, individuals learn and imitate gambling behavior through observation and modeling of peers, family members, or public figures, reinforced by perceived positive outcomes such as winning narratives and social recognition.

Gambling behavior is maintained through reinforcement mechanisms, wherein the thrill of winning and anticipated rewards serve as motivators, particularly for individuals with low self-control and high sensation seeking who are more responsive to short-term reinforcement. Additionally, permissive social and structural environments characterized by conformity pressure, technological accessibility, persuasive advertising, and weak regulation create social learning conditions that facilitate online gambling addiction.

Within the framework of Social Learning Theory, online gambling addiction can therefore be understood as a learned behavior that is socially reinforced and cognitively maintained, particularly in environments marked by high exposure, limited regulation, and insufficient psychosocial protection.

Implications for the Indonesian Context

The findings of this review have important implications for Indonesia, where rapid digitalization, widespread smartphone use, and increasing exposure to online gambling content have created conditions that may facilitate gambling participation. The prominence of psychological factors such as low self-control and sensation seeking suggests the need for preventive interventions that strengthen self-regulation, coping skills, and digital literacy among adolescents and young adults. Furthermore, the significant influence of family environments and peer conformity highlights the importance of family-based and community-based prevention strategies. Given the role of technological accessibility and online advertising, stronger monitoring of gambling-related digital content and collaboration between regulatory agencies, technology platforms, and internet service providers may be necessary. The findings also indicate that online gambling addiction should be addressed not only as a legal issue but also as a psychosocial and public mental health concern requiring coordinated efforts across educational, social, health, and regulatory sectors in Indonesia.

Limitations

Several limitations of the reviewed literature should be acknowledged. First, the available evidence remains limited, as only 14 studies met the inclusion criteria, indicating that empirical research on online gambling addiction in Indonesia is still in its early stages. Second, the included studies predominantly employed qualitative, cross-sectional quantitative, and literature review designs. Third, the geographical coverage of the studies was restricted to selected regions of Indonesia, which may limit the generalizability of the findings to the broader Indonesian population. Fourth, several determinants, such as religiosity, moral disengagement, perceptual bias, and government regulation, were examined in only a small number of studies, suggesting that the available evidence remains uneven across determinant categories. Finally, many studies relied on self-report measures, which may be vulnerable to response bias and social desirability effects.

CONCLUSION

This scoping review identified five categories of psychosocial determinants associated with online gambling addiction in Indonesia: psychological, social environmental, technological, economic, and regulatory factors. Among these determinants, low self-control, sensation seeking, and economic pressures were the most frequently reported factors, whereas moral disengagement, psychological well-being, religiosity, perceptual bias, and government regulation received comparatively limited empirical attention. The findings suggest that online gambling addiction is associated with the interaction of individual vulnerabilities and broader social and environmental influences.

The findings have several implications for the Indonesian context. Preventive efforts may focus on strengthening self-regulation and digital literacy among adolescents and young adults through school- and university-based programs. Family-based interventions that enhance parental monitoring and communication may help reduce vulnerability to online gambling. In addition, stronger monitoring of gambling-related digital content and more effective enforcement of existing regulations may reduce exposure to online gambling opportunities. Future research is encouraged to examine underexplored psychosocial determinants and employ longitudinal designs to better understand the development of online gambling addiction over time.

DECLARATION

Ethics approval and consent to participate

This study employed a scoping review design based on secondary data obtained from published literature. Therefore, ethical approval and informed consent from human participants were not required, as no direct data collection involving human subjects was conducted.

Consent for Publication

The authors agree to the publication of this article for academic purposes and are willing to provide additional information if required to support the publication process.

Availability of Data and Materials

All data and materials used in this study were derived from publicly accessible academic databases and published articles. The extracted data supporting the findings of this study are available from the corresponding author upon reasonable request.

Conflicts of Interest Statement

The authors declare that there are no conflicts of interest associated with this study.

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Artificial intelligence tools (ChatGPT) were used to support language editing and manuscript formatting under the full supervision of the authors. The authors take full responsibility for the accuracy, originality, and integrity of the content.

Authors' Contributions

The authors contributed to the conceptualization of the study, literature search, data screening, data synthesis, analysis, and manuscript preparation. All stages of the research were conducted with academic integrity and supported by relevant institutional assistance.

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