

Gambling (Problems and Solutions)



Gambling refers to the process through which a person wagers an item of value or money on a given event whose outcome is not known. The situation may become worse to the extent that the person ends up placing valuable items up for gambling. Such people tend to lose their sense of reason and may be willing to risk highly valuable items such as their houses (Petry, 2005). There are several means through which the gambling problem can be resolved. For instance, the person can be placed under psychotherapy. Furthermore, they can also be assisted to join a self-help group to help with their gambling problem. They can also be medicated using anti-depressants and other medicines to alleviate the symptoms of gambling.

Gambling is considered a nationwide problem in Australia. It is estimated that nearly 2.3% of the entire Australian adult population suffers from the disorder. Participation in the process is estimated to cause the participants financial losses of up to \$12000 every year. The gambling problem has several causes that it is attributed to (The Australian, 1999). To begin with, many individuals engage in gambling in order to relieve personal stress. They consider gambling as a means through which they can channel their issues. It is also considered that the need to feel successful is a major cause for individuals to engage in gambling. Other people engage in gambling and become pathological gamblers for the sake of the excitement and

the need to acquire a positive feeling and enhance their self-worth. Gambling can also be caused by an individual's sense that it is a remedy to pour out their rebelliousness. Individuals who have low self-esteem and have problems socializing also engage in gambling in order to get the feeling of social acceptance. Competitiveness is also a major reason for the involvement in gambling (Reach Out, 1999). The person gambling feels as though the process enhances their competitive nature. While some of these causes may appear trivial, they gradually lead to gambling to the point that the individual cannot go a day without gambling. After several attempts, the person gets hooked to the vice and the problem sets in. Once a person becomes a pathological gambler, several aspects of their lives including their jobs, their relations with family members and friends are placed at risk.

There are several solutions that can be implemented to ensure that the gambler is saved from the effects of the vice. To begin with, the person may be taken for psychotherapy. Psychotherapy involves a series of treatments that are psychological in nature. Such treatment includes cognitive behavioral therapy, as well as, behavior therapy. Behavior therapy involves exposing the individual to the behavior in a systematic manner while teaching them the means to reduce and let go of the vice. Cognitive behavioral therapy, on the other hand, focuses on the negative beliefs that foster the vice and replaces them with health and positive beliefs (Peele, 2001).

The use of certain medication is also a possible option in the treatment of pathological gambling disorder. Since one of the major causes of gambling is stress and other related mood problems, the use of mood stabilizers, as well as, antidepressants can help alleviate

the problem. Medication, as a solution to the gambling problem seeks to deal with the causative agents that make an individual take part in the gambling process (Blaszczynski, 2013).

A gambler can also be helped through self-help groups. In such groups individuals are able to interact with people at different stages of the gambling problem. They are able to learn the challenges that others faced while trying to quit and the techniques that one can use to avoid the urge and finally kick the habit. It also gives such individuals the chance to share with others who know the experience of being a gambler (Petry, 2005). They are given the opportunity to share the challenges they experience and to relieve their stress by sharing with other individuals who are suffering like them. Self-help groups have a major impact on gambling individuals as it helps them realize that their situation can be resolved.

Conclusively, gambling is a problem that is fast eating into society and destroying the set structures. Just like the drug problem, gambling is highly addictive and disrupts social balance. The most effective technique to help with gambling is through self-help groups. This is because through self-help groups, the individual can be able to solve other associated symptoms that are related to gambling. By solving such issues as stress and frustrations through sharing with the self-help groups the person can be able to solve their gambling problem. The self-help groups can be formed to include individuals who were once gamblers and have stopped the habit and others who are still struggling to stop the habit. This ensures that individuals who are trying to stop gambling are encouraged and know who to approach in case they find any difficulties.