

Influence of Gambling on the Psychological Wellness of Young People in Njokerio Village of Nakuru County in Kenya.

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ABSTRACT:

This study investigated the influence of gambling on the psychological wellness of young people in Njokerio Village of Nakuru County in Kenya. It targeted youthful rural Kenyan population in relation to gambling activities they are engaging in, the reasons for gambling, their attitudes to gambling, and the financial and psychological well-being consequences of gambling. A cross-sectional survey was carried out among 292 youth living in the Njoro sub-county in Kenya's larger Nakuru County. The data was collected using two questionnaires developed based on the three objectives of the study. The questionnaires included items that measured symptoms of gambling disorder and emotions associated with gambling how the betting influences them psychologically. A Likert scale was used in measuring the symptoms of gambling disorder Gambling was previously seen as a form of entertainment, but slowly people are using gambling to escape from their problems, for instance, to avoid loneliness and bereavement. Suicidal rates have also increased when one cannot come to terms with the losses they suffer after taking chances with something of greater value and ends up losing it. Gambling has also contributed to relationship breakups among friends and families. In addition, there is a strain on financial responsibilities as one is not able to budget well for their needs. There is a need to put measures and techniques to regulate gambling due to its psychological, financial, social and physical effects through licensing and taxation of companies that offer gambling sites. Interventions including counselling may help those already affected to recover.

Key Terms: Addiction, psychological well-being, gambling, counselling.

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INTRODUCTION

The Diagnostic and Statistical Manual of mental disorders, the 5th edition, has outlined pathological gambling as one of the rising new disorders witnessed in our world today. Gambling is the uncontrolled urge to keep risking something of value in the hope of getting something of even greater value in a game, a contest or an uncertain event whose results are determined by chance (Lansky, 2016). The outcome of gambling is by chance, for instance, tossing a coin or a pair of dice or by physical skills, training or prowess. It can also be through strategy and chance (Marzano, 2016). Gambling developed immensely after the development and inventions in technology, which paved the way for more gambling. This has led to addictions to the internet, gambling being amongst them. This has resulted in a considerable rise in psychological disorders and different environmental changes, such as global warming socio-economic differences, which have contributed to distress.

According to Scholes-Balog and Hemphill (2012), there is also a large body of evidence that looks at the effect a problem gambling on mental health. Responsible gamblers have a tendency to use gambling as a leisure activity, while problematic gamblers try to use gambling in modifying their current mood state (Wood & Griffiths, 2015). There has a negative mood state after online gambling and generally a negative mood state for problem gamblers (King & Barak, 1999). In relation to multiple account users, people who engage in online multiple gambling activities had the highest mental health disorders prevalence (Lloyd et al. 2010b). In addition, online gamblers were more at risk of alcohol and cannabis misuse (Kairouz et al., 2012; Scholes-Balog & Hemphill, 2012). Currently, there exists very little information on the behaviours and attitudes of online gamblers in Ireland. Therefore, this survey aims to highlight the online gambling activities in which people engage their reasons for choosing online gambling, their online gambling attitudes and their online gambling

consequences from both mental health and financial perspective.

LITERATURE REVIEW

Gambling addiction is one of the most practised forms of addiction in the world after substance abuse and internet addiction. This is according to the American Psychological Association (APA). The USA is the leading nation in gambling addiction, which is practised in all states except Hawaii and Utah. The online gambling industry has grown from \$59 billion in 2019 to \$67 billion in 2020. This acceleration is due to the Covid 19 pandemic that struck the world at the end of 2019, December and early 2020. There has been a rise in gambling through the years due to the accessibility of technology and the availability of the internet. The overall income from gambling is estimated to be \$450 billion in 2019 and \$495 billion in 2020 (Global Betting and Gaming Consultant, 2020). The most recent research estimates that 6-9 per cent of young people have a problem gambling. 25 per cent of Americans over age 21 have tried at least one gambling. It is estimated that the rate of gambling in young adults and teenagers is as twice that of the general population. One per cent of Americans are gambling addicts who cannot do without gambling.

In European nations, gambling is allowed where the individual countries are responsible for passing rules and regulations that comply with the country's union. The gross domestic product (GDP) accounts for 0.5 per cent of the state economy, which is contributed by the gambling industry, which includes sports betting, lotteries and casinos. Gambling contributes 41 per cent of the total revenue. 5 per cent of the population in the Netherlands has ever been addicted to online gambling. The young adults and the male gender (Calado et al., 2017) are the most affected by problem gambling. The availability and accessibility of electronic gaming machines have highly contributed to the prevalence of gambling in the European states (Binder et al., 2017). Women have recently flocked to

the gambling industry as it is considered a quick way to make easy cash (Killick & Griffiths, 2019).

In Africa, gambling is being practised in many countries as a form of recreation as people watch European matches. This, therefore, means that majority of gamblers are young people. In Nigeria, the CEO of betting companies announced immense growth in gambling after the introduction of the online payment methods (Akwagiyam & Akinyelure, 2018), which saw a rise from 135 billion Naira in 2016 to 185 billion Naira in 2017. The largest gambling company, NairaBET, has risen from about 200,000 subscribers to 2,000,000 subscribers. This company offers halls for betting where a gambler can watch a match as they bet, thus acting as an attraction to many Nigerians.

In Kenya, the Betting Control and Licensing Board was established in 1966 through an act of parliament to set rules and regulations for betting and gaming. Sports betting and other forms of gambling have gained popularity in the 21st century after the introduction of smart-phone in the country. This saw an increase from 7 per cent to 32 per cent of the total population engaging in gambling. This addiction has mostly affected young adults, including university and college students, who view gambling as a form of entertainment or escape from boredom. The *BodaBoda* (motorcycle transport) riders in Kenya have also been affected, giving a rise of up to 40 per cent engaging in gambling like sports betting as a way of getting easy cash. Gambling taxation is 60 per cent of the amount collected by gambling sites. This is done to discourage gambling. A rise in casinos has been witnessed, leading to an increase of 3 per cent of women engaging in gambling. After the new constitution's introduction in 2010, regulation and licensing of the betting companies were transferred from the national to the county governments, which has led to licensing of many companies, thus encouraging gambling in the country.

Young people's gambling behaviour reflects a complicated interaction between demographic factors, family gambling, habits, genetic risk, and developmental traits like impulsivity. The expansion of opportunities to gamble and increased availability of online gambling has resulted in an increased number of young people gambling on a regular basis (Calado et al., 2017; Griffiths and Parke, 2010). Industrialised countries indicate that despite gambling by According to Molinaro et al. (2014), studies from other adolescents being illegal, in several countries, the engagement of youth in gambling has a higher prevalence rate compared to the adults (Calado et al. 2017; Volberg et al. 2010). In this era, contemporary youth have grown up with increased widespread gambling opportunities (Volberg et al., 2010), this is different from the previous generations; they have gambling remote forms such as the internet and smart-phones that enable them to access gambling easily (Griffiths and Parke 2010).

Youth are known to be at risk of gambling problems because of cognitive immaturities like illusions of control over results (Chambers & Potenza, 2003) and poor statistical probability understanding (Delfabbro et al. 2006). These can result in chasing losses, a common gambling problem. In addition, executive function is partially developed in adolescence, which lead to an increase in risk-taking behaviours and impulsivity (Blakemore and Choudhury 2006). This self-regulation immaturity can increase the frequency of betting impulsively, particularly in in-game sports betting. The youth may also have heightened vulnerability to environmental factors determining gambling, which include peer influences and family (Langhinrichsen-Rohling et al., 2004) and marketing campaigns messages that distort the financial and social rewards from gambling (Derevensky et al. 2010). Sports betting is advertised widely especially aiming young men (Lopez-Gonzalez et al., 2017).

In Kenya, gambling activity is largely unregulated. This is a possible cause for the prevalence of gambling in the country. For example, people register with multiple gambling sites, and the gamblers can place bets on different platforms simultaneously. There are over 20 firms that offer betting services, and it does not limit the number of times one can place a bet in a day. Many university students are at risk of spending a lot of time placing bets due to the limitless opportunities to gamble. Valuable time is lost both in placing bets and in analysing bets and odds.

Additionally, inducements such as betting as the match progresses mean that a lot of time is lost in the process of gambling. Many of the gambling companies have several sub-groups and the minute gambling places a bit and does not win, several messages follow, enticing the gambler to place more money with an assurance of winning. This can create a false hope that keeps the gambler trying his luck and thereby losing more money.

Social isolation; human beings are termed social beings, and when one is isolated from the social setting, they tend to look for alternative ways to escape from the loneliness. Most of them turn to the internet, where they engage in gaming and gambling activities. This helps them to avoid the reality of being alone. For instance, when the Covid 19 pandemic was onset, many people were forced into isolation due to the cessation of movement in almost all countries. There was also a total lockdown of boundaries, and many people were locked away from their loved ones. This led to increased isolation, which highly contributed to online gambling among people.

Boredom; when individuals have nothing to keep them busy, they tend to engage in behaviours that motivate them, such as gambling. This is a diverse trend in Kenya, more so amongst university and college students and *bodaboda* (motorcycles) riders. These two categories, in

most cases, have a lot of free time, which encourages them to turn into gambling.

Unresolved trauma; trauma refers to an emotional response to a terrible event such as an accident, death of a loved one, rape or natural disaster. The traumas are not addressed and repressed in the unconscious mind to avoid more pain. An individual, therefore, results in gambling to avoid any emotional attachment to those events such as crying, loneliness and bereavement.

Accessibility: Many people can access gambling sites such as sport pesa, betika, poker sites, and casino shops. A gambler does not have to move from one place to another looking for a location or a place. With the convenience and availability of the internet, an individual has fewer struggles with gambling.'

Post-traumatic stress disorder; could be a result of emotional or financial struggles that an individual is battling; therefore, they turn to gambling to avoid such pressures both externally and internally. Uncontrolled financial decisions; gamblers have poor financial management skills whereby they cannot budget appropriately for their needs resulting in ready cash at their disposal.

EFFECTS OF GAMBLING

Psychological effect

Suicidal thoughts; often happen after accumulated losses over time. The gambler comes into reality about the behaviour he has been engaging in and thinks the only solution to trouble is to commit suicide. This mostly occurs when they are desperate.

Loneliness and isolation; a gambler often isolates themselves from others as they engage in gambling. This could be isolation from family and their expected



responsibility, schoolwork for students, and job obligations.

Depression; according to Timothy W. Fong, continuous gambling creates tolerance in a gambler whereby stimulation of the reward system no longer excites, and the pain of losing all the money one had taken chances on begins to sink.

Changes in moods and emotions; gamblers experience anxiety as they are anxious about winning or losing. This mostly creates a diversity of moods such as sadness, happiness, guilt and hate. This spectrum of emotions takes a toll on the individual, which causes them to portray aggressive behaviour.

Stress; is caused by the production of different hormones in the body, such as dopamine and serotonin. When they are produced in fewer amounts, these hormones cause stress in the gambler.

Social Effects

The social effects of gambling include maladaptive behaviour. This includes theft and fraud to settle various problems. Gamblers are also faced with accumulated debt due to financial constraints as they try to satisfy their urges. Problem gamblers have a problem with authority due to cases of financial troubles with fellow gamblers, leading to legal problems. The gambler, in most cases, uses all the savings to satisfy their urges, therefore, depleting all their savings.

Physical effects

People involved in gambling suffer from a lack of sleep. This is due to long hours of gambling. In addition, the majority of gamblers engage in online gambling by using their phones or computer. This could lead to eye problems. Weight gain or weight loss is another physical gambling problem. The majority of gamblers suffer from poor eating

habits and patterns due to prolonged gambling, making the majority of them suffer from eating disorders and malnutrition. Last but not least, gamblers may suffer lowered immunity due to long hours of sitting without physical exercise.

METHODOLOGY

The study's outline was adapted from a study by McCormack et al. (2014) on online gambling relation to replicate this study in a Youthful Kenyan population. Within the past five years, there has been witnessed a rise in uptake of betting in Kenya, especially online betting among Kenyan people, especially the youth; it is inevitable that the trend will create adverse effects in their psychological well-being, which may be associated with gambling. This study aims to determine the impact of gambling on the psychological well-being of young people living in the Njoro sub-county. The study also describes the prevalence of gambling activities among the youth and describes the emotional factors that contribute to their psychological well-being or affect it. A cross-sectional survey was carried out among 292 youth living in the Njoro sub-county in Kenya's larger Nakuru County. The data was collected using two questionnaires developed based on the three objectives of the study. The questionnaires included items that measured symptoms of gambling disorder and emotions associated with gambling how the betting influences them psychologically. A Likert scale was used in measuring the symptoms of gambling disorder. In addition, the emotions experienced when gambling online were also assessed (excitement, happiness, no difference, frustration, escape, anger, ashamed, emptiness, lonely, irritability, relaxation, and euphoria) and other emotions associated with gambling.

RESULTS AND DISCUSSION

Demographic information

The majority (85%) of the respondents were of the male gender, while only (15%) were female. Most of the participants comprised university students (32.3%) and those out of school (34.1%), while secondary school students and those in employment constituted 10 per cent and 21.6 per cent, respectively. The fact that Njokerio is close to Egerton University explains why the majority of the participants were university students. The study findings revealed that most (92.6%) of the respondents

were taken up with gambling, with 63.8 per cent indicated to the urge to gamble with more money. A further 79.7 per cent of respondents tried to gamble with the hope of recovering their lost money. In addition, 61.3 per cent had tried unsuccessfully to reduce their gambling, and 64 per cent of respondents had borrowed money as a result of their gambling habit. The results are shown in Table 1.

Table 1: Descriptive Statistics for Prevalence of Gambling

Description	SD	D	U	A	SA	Total	
	F %	F %	F %	F %	F %	Mean	Std. Dev.
I gamble when I feel anxious, sad, helpless or guilty	30 10.6	67 23.6	22 7.7	91 36.0	74 22.1	3.39	0.858
I feel irritable or restless when I try to limit my gambling	42 14.7	51 17.9	18 6.3	97 35.0	77 28.0	3.45	0.928
I lie to loved ones about my gambling habits	25 8.7	19 6.6	6 3.1	78 29.3	158 58.2	4.19	0.780
I lose time from work or school due to gambling	51 18.0	52 18.4	30 10.6	95 33.6	55 19.4	3.18	0.911
Gambling makes my home life unhappy	32 11.4	38 13.5	13 4.6	105 37.4	93 33.1	3.67	0.857
I gamble to get money to pay debts or otherwise solve financial difficulties.	33 11.6	52 18.2	23 8.1	96 37.4	81 46.4	3.49	0.873
After losing, I feel I must return as soon as possible and win back my losses	16 5.7	12 4.3	18 6.5	107 38.4	126 45.2	4.13	0.592
After a win, I strongly urge to return and win more.	9 3.2	21 7.6	11 4.0	106 38.4	131 47.1	4.17	0.536
At times, I gamble until all my money is gone.	15 5.2	27 9.4	24 8.4	145 50.7	75 26.2	3.83	0.582
I borrow to finance my gambling	11 3.9	13 4.6	10 3.5	118 41.7	131 46.3	4.22	0.494
I have at different times sold something to finance gambling	9 3.1	20 7.0	16 5.6	106 39.1	135 48.2	4.38	0.532
Gambling makes me careless of the welfare of my family and myself.	17 6.0	29 10.2	21 7.4	103 37.3	114 41.1	3.97	0.698
I sometimes get an urge to celebrate any good fortune with a few hours of gambling.	5 1.8	13 4.6	8 2.8	83 29.4	173 61.3	4.44	0.392
I am reluctant to use "gambling money" for normal expenditures.	27 9.5	46 16.3	25 8.8	71 25.1	114 40.3	3.70	0.885
Composite Scores						3.85	0.708

Note: SD=Strongly Disagree, D=Disagree, U=Neutral, A=Agree, SA=Always

The study endeavored to establish the prevalence, emotions involved in when gambling effects of gambling and the psychological well-being of the participants. The study revealed that, on average, the participants gambled when they felt anxious, sad, helpless or guilty. This is a result of a mean score of more than 3.00 (mean of 3.36). Furthermore, most of the participants agreed (Agree=36.0%; Strongly Agree=22.1%) that they felt irritable or restless when they tried to limit their gambling. There was a general agreement among the participants in this statement, evidenced by a standard deviation of 0.858.

The study also revealed that the majority (60.0% where Agree=35.0%; Strongly Agree=28.0%) of the participants lie to loved ones about their gambling habits. A mean score of 3.45 support these findings. This negative individual factor can potentially influence the gambling activities of the youth in Njoro in diverse ways. It was also noted that the participants agreed in their responses to this statement, as evidenced by a standard deviation of less than 1.00 (standard deviation of 0.928). When a youthful person becomes addicted to gambling, their work or school activities will get affected negatively. The study showed that the majority of the participants often lose time from work or school due to gambling. Four of the youths

indicated that they agreed that they lost time in school and a large number (58.2%) of them strongly agreed to have had the same problem. A high mean score of 4.19 was obtained in regard to this statement. There was consensus among the participants in rating this statement and, therefore, an indication of a common ground for the young people, as evidenced by a standard deviation of 0.780. Young people involved in gambling, especially students, end up spending a greater part of their day making analysis of the bets and waiting for the results of the bets. This leads to a loss of time that could be spent studying or other productive activities (Bonnaire, 2012).

The study further established that the majority of the youths felt that gambling made their home life unhappy “After I win, I get a strong urge to return and win more money”. The achieved mean score implied that, on average, the participants tended to agree that they get a strong urge to return to gamble to win more money. This is further shown by the majority of the participants who indicated that they agreed (37.4%) and strongly agreed (48.1%) with the statement. The obtained standard deviation is an indication that there was a small spread of the responses across the participants.

In responding to the statement, “After losing, I feel I must return as soon as possible to win back my losses”, the results revealed that the majority of participants were emotionally affected by losses. For instance, 38.4 per cent of the participants agreed, while 45.2 per cent of them strongly agreed to the urge to return to gambling to try and recover their losses. A mean score of above 4.17 supports these findings. This implied that, on average, the youth in Njoro sub-county tended to agree that they get the feeling to return to gambling after losing. This means that a greater proportion of those gambling chase losses. This negative individual aspect may affect the individual’s psychological well-being. The results concurs to Lister et al.

(2016), who found out that 55.4 per cent chase their losses. One of the critical gambling disorder symptoms perpetuating the addiction and leading to significant financial difficulties is chasing losses (Nigro et al., 2018).

The study established that majority of the youth gamble to get money to pay their debt or solve financial difficulties. This is shown by 37.4 per cent and 46.2 per cent of the participants who agreed and strongly agreed, respectively. Okoti (2019) notes that the main motivation for gambling is money; hence it is not surprising with the findings that nearly all participants were preoccupied with making money via gambling. Additionally, this statement had a



mean score of 4.12, which is an indication that, on average, the participants gambled to solve their financial difficulties. The study established that, at times, they gamble until all the money is gone. The majority of the participants, as evidenced by 38.2 per cent (agree) and 46.1 per cent (strongly agree). A mean score of 4.17 and a standard deviation of 0.538 was achieved with respect to the statement. This negative attribute of individual participants undoubtedly influences their psychological wellness.

The current study sought to establish if participants borrowed to finance their gambling. The study established that majority of participants borrowed to finance their gambling. This is supported by 50.7 per cent and 26.2 per cent of participants who agreed and strongly agreed. This is due to the obtained mean score of 4.83 and standard deviation of 0.582. A study by (Otieno, 2019) revealed that University students in Kenya could easily access credit through their mobile phones. This may increase their likelihood of borrowing to gamble or to meet other financial needs that are affected since the money meant to cater for such needs was used in gambling. Another study by Macharia (2018) states that there may be an effect on the money meant for necessities such as food and clothing since a significant amount of the students' income is spent on gambling. Further analysis showed that gambling frequency was a significant positive predictor of gambling disorder while the amount placed per bet was not significant prediction of gambling disorder.

The study further sought to investigate whether the participants have ever sold something to finance gambling.

With respect to this statement, the study established that, on average, the participants agreed that they have at times sold something to finance gambling. A mean score of 4.38 above 3.00 evidences this. Again, most of the participants agreed (Agree=39.1%; Strongly Agree= 48.2%) that they sell their things when they have no money for gambling. This could result in distress for the gambler and the family, causing psychological harm.

The carelessness of self- welfare and the family was a highly rated contributing factor of participants in gambling activities. The results revealed the highest mean score of 3.97 and the lowest standard deviation of 0.698, which is an indication that participants did not care about their welfare or that of their family members. A majority of participants (Agree=37.3%; Strongly Agree= 41.1%) said that they did not care about their welfare or their families. This is a negative attribute of the youth in Njoro and an indication of poor psychological well-being. Therefore, we can no longer deny that gambling is a problem and that it is deeply rooted in rural areas and is affecting our youth psychologically.

Emotions are central to the phenomenology of addiction and are integral to both the feeling state and attributional reasoning and sense-making (Hirschman, 1992). Emotions represent complex psychological states that act as motivators and play an essential role in the life of humans. Gambling is basically about emotions. There is the enjoyment of socialising, winning fun, or the familiar routine of some downtime on the pokies. The results of the emotional components are shown in table 2.

Table 2: Descriptive Statistics for Emotions Involved in gambling

Description	SD	D	U	A	SA	Total	
	F %	F %	F %	F %	F %	Mean	Std. Dev.
Excitement	54 18.6	81 30.3	17 6.2	83 29.4	41 14.9	2.91	0.903
No difference	41 14.4	75 26.4	21 7.4	99 33.9	48 17.9	3.13	0.862

Description	SD	D	U	A	SA	Total	
	F %	F %	F %	F %	F %	Mean	Std. Dev.
Happy	32 11.3	61 21.5	41 14.4	104 35.6	46 16.2	3.24	0.764
Relaxed	17 5.9	62 21.7	42 14.7	110 38.3	55 19.2	3.41	0.692
Euphoria	14 4.9	62 21.8	28 9.9	107 37.6	73 25.8	3.55	0.722
Courageous	17 6.0	58 19.47	39 13.7	109 37.4	61 22.5	3.49	0.705
Anger	44 15.6	88 31.3	51 18.2	55 19.6	43 15.3	2.86	0.815
Escape	22 7.8	55 19.5	50 17.7	113 40.2	42 14.6	3.35	0.678
Guilty	18 6.4	20 7.1	25 8.9	145 51.4	74 26.2	3.84	0.590
Ashamed	18 6.4	44 15.7	54 19.2	110 39.1	55 19.6	3.50	0.659
Lonely	22 7.8	14 4.9	13 4.6	125 44.2	109 38.5	4.01	0.655
Composite Scores						3.42	0.736

Note: SD=Strongly Disagree, D=Disagree, U=Neutral, A=Agree, SA=Always

This study established that the participants were in disagreement (Strongly Disagree=18.6%; Disagree=30.3%) that they got excited to form gambling. This is an indication that, on average, the participants experienced some form of excitement in gambling. Experiencing excitement is an indicator of addiction to gambling and therefore causes the participants to repeat the experience. A mean score of 2.90 supported the statement on the excitement as an emotion experienced during gambling". However, it is worth noting that 29.4 per cent of the participants were in agreement that they frequently experienced excitement. The participants' rating displayed a strong consensus, as the standard deviation was less than 1.00 (standard deviation of 0.903).

Gambling 'for excitement' is known as one of the most common participation motivations (Boyd, 1976; Neighbors

et al., 2008). By comparison, arousal has been identified by quantitative approaches as an important motivational factor, measured either subjectively through rating scales or objectively (e.g. by heart rate, skin conductance or blood pressure). Yet suspense is another potential feature of excitement. In addition, research indicates that uncertainty and suspense play a vital role in intrinsic motivation generally regarding games (Abuhamdeh et al., 2015) and gambling more specifically (Ely et al., 2013).

The study results revealed that 33.9 per cent and 17.9 per cent of participants agreed and strongly agreed, having felt no difference emotionally while gambling. This is a great sign of emotional detachment. This statement is further supported by a mean score of 3.12, indicating that, on average, the participant disagreed with having experienced any emotions when gambling. There was an agreement in

scores among the different participants in rating the extent to which no emotions surfaced, as evidenced by a standard deviation of 0.762.

Another indicator of emotional engagement is happiness. This study established on average, the participants experienced happiness when gambling. The achieved mean score of 3.24 evidence this. This could be due to the role played by peer pressure and conformity. In addition, a big number of the participants (35.6%) agreed that they felt happy when gambling. This was agreeable across the participants in Njoro sub-county due to a standard deviation of less than 1.00 (standard deviation of 0.764) and, therefore, the consensus among the participants. However, the observed differences in the responses may have been due to the participant's attitudes toward the different types of gambling activities practised in the country. The study further sought to establish whether the participants felt relaxed during gambling. In respect to this, 38.3 per cent of participants indicated that they were able to relax when gambling, while on the other hand, 21.5 per cent of the participants disagreed that they were able to relax when gambling. The mean score obtained in regard was 3.41, which may indicate that, on average, the participants tended to be relaxed when gambling. A standard deviation of 0.692 is an indication of consensus among the participants in rating their level of relaxation during gambling.

The feeling of euphoria is an important emotion in gambling. Feeling euphoric was also looked at in this study. It was established that 37.6 per cent and 25.8 per cent of the participants agreed and strongly agreed that they felt euphoria. Additionally, a mean score of above 3.00 (mean of 3.55) was achieved with respect to this statement, which is an indication that, on average, the participants tended to agree that they got euphoric during gambling. The majority of the participants tended to concur, as evidenced by a standard deviation of less than 1.00 (standard deviation of

0.722). This is a positive emotion that can help the individual's psychological wellness during gaming. These findings concur with those of other authors who found that the most frequently validated and cited motivational model in the international literature initially presents three gambling motives: enhancement (i.e., increasing positive emotions), coping (i.e., reducing or avoiding negative emotions), and social (i.e., increasing social affiliation), to which financial motivation (i.e., winning money) was later added (Mathieu et al., 2020).

This study established that most of the participants were felt courageous when gambling. The results showed that 37.4 per cent of the participants agreed, and 22.5 per cent strongly agreed with the statement. However, 19.47 per cent disagreed with the statement. A mean score of 3.46 and a standard deviation of 0.703 was obtained. This indicates that, on average, the participants tended to feel courageous in gambling situations. The study further sought to establish whether participants felt anger during gambling. The results indicate that majority of participants (Strongly Disagree=15.6%; Disagree=31.9%) did not feel angry. This is from the perception that gambling is about winning and losing, and therefore, things do not always go as expected. With respect to this, a mean score of 2.86 and a standard deviation of 0.815 were achieved, implying that, on average, the participants tended to disagree that they tended to be angry during gambling. This can be a positive aspect in enhancing psychological well-being.

This study also found that, on average, the participants used gambling as an escape from their realities. A mean score of 3.15 evidences this, and majority of the participants tended to agree with the statement. Regarding this, 40.2 per cent of participants in Njoro sub-county agreed, while 14.6 per cent strongly agreed that gambling helps them escape from problems. A standard deviation of 0.676 was achieved concerning the metric, indicating that there was commonness in the metric rating

from the different participants in Njoro sub-county. In support of these results, the literature on gambling has also reported that when an individual cites 'to escape' as a primary gambling motivation, this bears a strong association to problematic gambling (e.g. Weatherly et al., 2010; Wood & Griffiths, 2007). In addition, the study sought to find out if the participants felt guilty due to gambling. Concerning this, it was found out that 39.1 per cent and 19.6 per cent of the participants agreed and strongly agreed, respectively, that gambling made them feel guilty. This is an indicator that their psychological well-being was being affected. This could be because many of the participants were students and probably were using money meant for other things to gamble. They could have also been aware that they used their study time gambling instead of studying. They also probably knew that gambling was not healthy for them and that the financial implications were dire. Sometimes, young people may be ashamed of being involved in gambling. Therefore, this study aimed at establishing the effect shame had on the participants. To this effect, the study found out that 52.3 per cent of participants agreed, while 40.7 per cent of them strongly agreed that they felt guilty due to gambling. Furthermore, the obtained mean score for the statement was 3.94, while its standard deviation was 0.657. Therefore, it was established that, on average, the participants tended to agree that they felt guilty.

The study also noted that majority of the participant, 44.4 per cent, agreed, and 38.5 per cent strongly agreed that they feel lonely and therefore engage in gambling. This is an indication that young people could be experiencing

loneliness and therefore look for a company in gambling places. It could also mean they cope with loneliness by keeping themselves busy by gambling. However, again, psychological well-being is at stake. Gambling to escape from loneliness could lead to disappointments, leading to more psychological problems and self-destruction. The results could indicate that the participants were experiencing psychological distress due to gambling. They are aware that they are involved in an activity that is not helpful to them.

CONCLUSION AND RECOMMENDATION

Conclusion: Gambling contributes to poor mental health and the well-being of young people engaged in it. As a result, gambling affects them financially, socially, physically, and psychologically. When it becomes a disorder, it destroys relationships, leads to misuse of resources and self-destruction such as suicide, which has recently risen among young adults, a fact also, supported by (Thorley, 2017). This study has highlighted the extent of gambling in Njoro Sub-County, and the risk gambling poses to the youth involved in it. The study makes sense of the important impact that the problem is beginning to have on a vulnerable population (youth) and highlights the influence gambling has on the gambler's financial, social, physical, and psychological aspects.

Recommendation: There is a lot that teachers, counselling psychologists, school/ university counsellors, and government administration need to do to help young people overcome Gambling. Interventions including counselling may help those already affected to recover.

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