

Positive and Negative Reinforcements influencing Gambling Behaviour of Young Adults in Nigeria: Mental Health Implications

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Abstract

While gambling is a popular pastime among the general public globally, currently in Nigeria, there seems to be an upsurge in gambling behaviour among the young adult population in particular. Thus, this paper is a report on knowledge of the positive and negative reinforcements that are suggested to be likely responsible for the present surge and the looming mental health challenges that may arise. This paper also discusses major theoretical approaches to understanding positive and negative reinforcements, along with tested preventive and curative approaches that can be used in addressing mental health concerns.

Keywords: gambling behaviour, negative reinforcements, positive reinforcements; young adults, addiction.

Introduction

In most parts of the world, gambling is a popular pastime due to several factors that are peculiar to different climes. However, in Nigeria, the socio-economic realities and other variables seem to be what are fuelling gambling culture. For instance, the unfriendly economic climate in Nigeria is becoming so excruciating that most of the citizens are finding it difficult to meet their daily needs. Also, the unemployment rate is on the rise, businesses are collapsing as an offshoot of the COVID-19 pandemic, which according to Bannink et al. (2015) usually gives rise to an increase in the depression rate. In the bid to survive the moment, people, especially young adult Nigerians, are indulging in different risky behaviours to survive. One of the risky behaviours is gambling, which has been reported to be related to some criminal-related behaviour (Oyebisi et al., 2012).

Arguably, gambling has become part of mainstream culture through the entertainment, leisure, sports, and tourism industries, and it is a significant source of revenue for governments and private enterprise. Gambling is the tradition of risking a valuable product, such as money, on sports competitions, games, or events with an uncertain outcome (Binde, 2005). However, continued involvement in gambling can result in problem gambling. Problem gamblers are predisposed to mental health issues that can degenerate into public health concerns. The risks inherent in problem gambling have been acknowledged as a public health issue that calls for urgent intervention in many parts of the world (Calado & Griffiths, 2016; González-Roz et al., 2017), including Nigeria (Nowak & Aloe, 2014; Oyebisi et al., 2012). Previous research has found that gambling is prevalent in Nigeria, particularly among young adults NOIPolls (2017) with most of them engaging in the behaviour with reckless abandon (Osagie-Johnson, 2021). This may inadvertently have a significant impact on their income and general well-being. This is simply because problem gamblers have been found to experience mental health challenges such as drug abuse, anxiety disorders, depression, and suicide (Raisamo et al., 2013).

Many adolescents, youth, young adults, and educated and non-educated Nigerians are involved in one form of gambling or another. However, the most popular forms of gambling in Nigeria are lotto, locally known as 'Baba Ijebu', pool, casino (kalokalo), betting on the outcome of a sporting event or race, tickets, and keno, among others (Adigun, 2020; Temitope et al., 2019). Another popular form of betting, especially among the young adults in Nigeria, is animal betting. In this form of betting, people bring their rams with horns to wrestle in an open field and bet on the one that can knock the others down. In recent times, more gambling companies have surfaced in Nigeria. According to Adigun (2020), some of the gambling companies include Naijabet, Nairabet, Supabet, Merrybet, 1960bet, Surebets, Bet9ja, Lovingbet, Parknabet, Nairastake, Sportybet,

9jadollarbet, Visabet, Skybet9ja, and Winnersgoldenbet, among others. Among these companies, the top gambling companies are Bet9ja with 64 percent, Nairabet with 34 percent, Pool with 22 percent, followed by Lotto with 20 percent. All forms of gambling are allowed in Nigeria, according to the National Lottery Regulatory Commission, as allowed by the National Lottery Act, 2005, because they serve as another form of revenue for the government. However, those under the age of eighteen are not permitted to gamble by law (Adigun, 2020).

Besides, there are concerns regarding the increasing popularity of gambling among young adults in Nigeria. These concerns are not farfetched, as the News Agency of Nigeria (Vanguardngr.com, 2014) warned that close to N1.8 billion was spent on gambling by up to 60 million Nigerians daily, who bet three thousand Naira on average per day. Also, some young adults in several African cities professed gambling to be an acceptable activity and a different source of livelihood that deserved their time, money, and energies (Ahaibwe et al., 2016; Heap, 2010; Scott & Barr, 2013). In addition, Oyeleke and Otekunrin (2017) reported that 78% of gamblers confirmed that they have gambled for at least 6 months and that, on average, they spend at least 2 hours per day at gambling joints; even as NOIPolls (2017) also stated that more than half (53%) of gamblers in Nigeria gamble each day.

However, it has been observed that people who gamble, engage in the act for several reasons. While some gamble as a coping strategy (Williams et al., 2012), particularly to escape from harmful moods such as worrying or feeling nervous (Nower & Blaszczyński, 2010), others view it as an enhancement strategy (Wenzel & Dahl, 2009). Yet, some other people gamble for social reasons (Schellenberg et al., 2016) and to earn an income and change their lifestyles for the better. These reasons have been categorized under two major types of motivations: i) the desire for positive reinforcement, for example, subjective excitement and arousal; and ii) the desire for negative reinforcement, for example, relief or escape from stress or negative emotional states that may have been caused by a harsh economic atmosphere. Both social and financial reward prospects facilitate gambling due to the learned association with, and capacity to enhance or regulate, positive affect (Shead & Hodgins, 2009).

Thus, this article sheds light on the positive and negative reinforcements that are influencing young adults' gambling behaviour based on personal knowledge, studies and submissions from scholars; while theories that substantiate the motives were also discussed, along with the mental health implications.

The positive reinforcements influencing the gambling behaviour

The following are some of the positive reinforcements influencing gambling culture of young people in Nigeria:

a) Get-rich-quick syndrome

‘Get-rich-quick’ syndrome is one of the positive reinforcements that attracts some young adults to gambling. Another term that may be used for people who are eager to make quick money is greed. Greed as one of the factors is pulling young adults into gambling, as most of the advertisements project gambling as a medium where one can win easy money. As an illustration, Olaore et al. (2020) opined that the likelihood of big wins pulls young adults to gambling centres and websites to play. People who love instant gratification tend to gamble, as the survey conducted by Nigeria Communications Week (2017) reported most of the respondents saying that greed and a desire to make quick money influenced their gambling behaviour.

b) Availability of gambling on-line

Gambling at finger tips especially via online portals is a major positive reinforcement for young adults who are tech savvy. The convenience and lure of gambling online has made gambling more attractive to Nigerian young adults than ever before. Buttressing this notion, Omanchi and Okpamen (2018), opined that the introduction of online gambling via ICT gave rise to a major boom in the gaming industry in Nigeria as the platform facilitated gambling on a larger scale. Furthermore, online gambling sites have created access for millions of young adults to gamble online in the comfort of wherever they may be, using their smartphones and other digital devices that give them easy access (Eboh & Babatunde, 2015).

c) Gambling Advertising

An increased rate of advertisement is another positive reinforcement. According to Olaore et al. (2020), in Nigeria, the increased rate of publicity and scaling up of the way advertisements are being done, such as rebranding vehicles with images that are appealing to youth, has increased the market, sales, and profit of gambling companies. Another gambling advertisement strategy is the fusion of sports and gambling by showing gambling advertisements during sporting events on electronic media and around sporting event centres. Many of the gambling companies have caught on to the love for sports. For instance, Omanchi and Okpamen (2018) and Bunn et al. (2019) reported that, gambling companies are experiencing an increase in sales as they are leveraging on the huge love for sports by Nigerian youths, who engage in betting on games almost every time a sporting event is taking place. Furthermore, Nigeria Communications Week (2017) reported that some of the respondents said their love for sports was what influenced their gambling behaviour.

d) Proliferation of gambling centres

The proliferation of gambling centres is another positive reinforcement. In present-day Nigeria, most especially in urban areas, there are gambling centres strategically located and easily sighted by people. This observation of the increase in gambling centres may be a major pull factor, as the nearness of such centres attracts most of the young adults to converge to get a gist and at the same time gamble. A study conducted in South Africa by Dellis et al. (2013) established that easy access and nearness to gambling centres were one of the major causes of increased participation in gambling.

e) Tricks used by gambling companies

Additionally, deceitful tricks used by most of the gambling companies, such as promising the gamblers that they stand a chance of winning big if they dare stake, is another positive reinforcement that is likely gravitating the young adults in Nigeria towards gambling. The enticing words that they can win easily and big that are flaunted in the electronic and print media daily have increased the participation of Nigerian young adults in gambling, as quite a number of them spread their stakes with different gambling companies (Hing et al., 2016)

There are other variables influencing gambling behaviour. The family a person is born into is likely to have influence on their ways of life. As a pointer, if someone is born into a family of gamblers, there is a likelihood that the children born into that family will also gamble. In a study conducted by Adenuga et al. (2019) on youths in Ibadan, Nigeria, a large percentage of the respondents reported that, their gambling behaviours was largely influenced by their parent's involvement in gambling. Peer group related influence is another likely factor that can push young Nigerian adults into gambling. Confirming the submission is the study of Salaam (2014), whose findings suggested that a class of youth, called 'Area Boys', gamble in order to fit in with their peers. Furthermore, Oyetunji-Alemede et al. (2019) investigated a group of undergraduate students at a university in Osun State, Nigeria, and reported that peer influence had a great influence on the gambling behaviours of the students. Furthermore, Adenuga et al. (2019) also reported that most of the respondents said that they gambled because of the sense of belonging that they derived from participating in gambling with their peers.

The negative reinforcements influencing the gambling behaviour

These are some of the negative reinforcements influencing the gambling behaviour of young Nigerian adults:

i. Socio-economy upheavals

A negative reinforcement that may be responsible for compelling young Nigerian adults to gamble can be traced to several socio-economic reasons. To start with, one of the

economic reasons that may be forcing the young adults in Nigeria to gamble is unemployment and underemployment. Data from the National Bureau of Statistics (2020) reported that Nigeria's unemployment rate as of the 2nd quarter of 2020 was 27.1%, indicating that about 21,764,614 (21.7 million) Nigerians were unemployed. From this report, it was deduced that the worst-hit Nigerians are the youths, with over 13.9 million of them being unemployed.

However, in third quarter of 2018, 13.1 million Nigerian youths were unemployed. By implication, about 6.8 million Nigerian youths between the ages of 15-24 were out of jobs, and another 7.1 million remained unemployed as at the time of this report. Such a situation is likely to push unemployed young adults to embrace gambling. Mustapha and Enilolobo (2019) reported that because of the increase in the rate of youth unemployment in Nigeria, youths without jobs are investing time, resources, and efforts in several gambling centres. Recently, Abdullahi (2022) reported that Jobberman Nigeria, a training and recruitment firm in Nigeria, revealed that over 50% of youths in Nigeria are unemployed and unemployable. These groups of youths often delve into gambling as a means to escape from unemployment.

ii. Financial strain

Another negative reinforcement that is an offshoot of unemployment is financial strain. One of the things that unemployment usually leads to is financial difficulty. Most of the youths who are unemployed are likely to experience financial strain, which may compel them to gamble, as gambling creates an avenue for them to make the money they are starved of. According to Oyebisi et al. (2012), the hardship induced largely by unemployment has made life unbearable for some of the youths, and that has driven them to find solace in gambling. Also, the study carried out by Salaam (2014) revealed that a class of youths called "Area Boys" in Nigeria were forced into gambling because of the hardships associated with economic depression. Furthermore, another study by Temitope et al. (2019) disclosed that financial strain influences the gambling behaviours of youths in Oyo and Ekiti States in Nigeria.

iii. Poverty

Another negative reinforcement is poverty. Most developing countries such as Nigeria are largely linked to the underutilization of labour, whether in the form of open unemployment or massive underemployment, which makes their citizens, especially the youths, susceptible to poverty. Poverty can be traced to unemployment, especially in urban areas, which, in the last three decades, have expanded to accommodate huge influxes of jobseekers (Müller-Böker, 2008). According to Adisa and Olasupo (2013), in Nigeria, the unemployment rate is very high, and the effect of the poverty-stricken youths has resulted in the proliferation of groups such as the "Area Boys," a parlance for street

urchins. This group of youths takes the law into their hands and engage in gambling with reckless abandon as they are left uncatered for.

Additionally, a poor family background is another negative reinforcement that may be influencing the gambling behaviour of young adults in Nigeria, especially when they have poor relatives. Beaumont and Abrak (2018) reported that Nigeria has overtaken India as the country with the most people living in poverty, a finding they gleaned from the World Poverty Clock. This may force people to seek several alternatives to alleviate the pains of poverty; and one of the likely means young adults may embrace is gambling. Buttressing this submission is the survey conducted in Nigeria by Adenuga et al. (2019) which revealed that respondents who came from households with low economic status were strongly disposed to and involved in gambling. Furthermore, there is also the value system variable to be considered. Omeje and Eyo (2008) averred that the value system of an individual has implications for the goals of the individual and the adopted means of attaining the goals. They also described value system as being either positive or negative. There is no denying the fact therefore that if young Nigerians adopt the prevalent negative values in the society, they will readily embrace gambling as a way of life.

Major theoretical approaches to understanding positive reinforcements

Positive reinforcements are inviting exposures, relationships, or messages that attract, excite, and arouse people to engage in gambling. A theory that explains positive reinforcement is Hovland's theory. Hovland's team of researchers is credited with creating the discipline of persuasion theory. Hovland's "Message Learning Theory" posited that the more individuals, such as young adults, learn and remember a word or message from an advertisement, the more persuasive the advertisement will be. Thus, when a young adult is exposed to gambling advertising, there is a likelihood that the word or message from the advertisements may persuade the young adult to gamble. Although Hovland's work was premeditated around the 'precept-upon-precept' process, in which people are persuaded by getting their attention, aiding their comprehension, and influencing them to yield and retain the message (Hovland et al., 1953; Hovland et al., 1949), it is very relevant in explaining how gambling advertising can influence young adults' gambling behaviours. Hovland's team suggested that the source of a message could have an enormous persuasive force on audiences, as they opined that, audiences appraise a source using two independent characteristics: the degree to which the speaker is perceived to be a specialist in the subject matter, and the extent to which the speaker is perceived to be steadfast.

Another theory explaining how positive reinforcement influences the gambling behaviours of young adults in Nigeria is the Social Learning Theory (SLT); a theory propounded by Bandura (1977). The theory has also been used to explain how young people are initiated into the world of gambling. Social learning influences (Bandura, 1977) are also vital in encouraging gambling behaviours, as symbolized by the fact that children raised by gamblers are at increased risk of problem gambling in the near future because of the gambling behaviours of their guardians or parents (Franklin & Thoms, 1989). In considering these points on the efficacy of SLT, a study by Blakemore and Robbins (2012) revealed that adolescents are more likely to engage in more risky behaviours, such as excessive gambling, in the presence of peers (that is, peer-to-peer learning). Besides the influence of peers and aggressive marketing efforts from the gambling sector (Ahaibwe et al., 2016), gambling disorder and associated problems sometimes trace their roots to a family setting, where young people are introduced to gambling at a young age (Dellis et al., 2013). In research piloted in South Africa, 13% of those who gambled had experienced gambling disorder in their families while they were younger (that is, before young adulthood) (Dellis et al., 2013). Certainly, in various settings, young adults perceive gambling as an acceptable activity to the extent that, some consider it an alternative source of livelihood towards which they would rather devote substantial time and energies (Heap, 2010; Ahaibwe et al., 2016).

Major theoretical approaches to understanding negative reinforcements

Negative reinforcements are the unfavourable social and economic environment that make people see gambling as a relief or a means to escape from stress or negative emotional states. A theory that explains negative reinforcement is the Social Frustration and Escape Theory (SF&ET), which postulates that people gamble out of frustration as they perceive gambling as an avenue to escape from frustration induced by unemployment, poverty, or financial constraints (Caillois, 2001; Abt et al., 1985; Bloch, 1951). The theory posited that people seek to escape not only from frustrations induced by their position in the social structure but also because of feelings of being cut off and marginalized in the society (Caillois, 2001; Lynch, 1990; Smith & Abt, 1984) which makes life boring, uninteresting, and wearisome to such people (Richie, 2003; Dow-Schull, 2002; Campbell, 1976). This argument is a common view among psychologists: that problem gamblers seek either relaxation or thrills and use gambling as self-medication for abnormal hypo- or hypertensive affective states (Jacobs, 1989; 1986). Flow Theory accommodates sociological and psychological views, as it centres on the charming experience of playing, but in relation to the leisure gambler rather than the problem gambler. Also, Flow Theory unites the sociological, psychological, and cultural

viewpoints and has been invented over a couple of decades by the American psychologist Mihaly Csikszentmihalyi (Csikszentmihalyi & Csikszentmihalyi, 1990).

However, all variants of theories concerning frustration and escape as motives for gambling suggest that there are two separate fields of activities, and they are the everyday world and the gambling world. The frustrations felt by people in their day-to-day life experiences push them into becoming gamblers; they perceive the gambling world as a refuge they, as gamblers, can escape into whenever they get frustrated in the everyday world. The theory further stipulates that the gambling world exercises a pull-on gambler, as it promises them an escape route out of unemployment or poverty or rewarding, comforting experiences that are viewed by gamblers as a relief from the frustrations that they have been experiencing in their everyday life.

Mental health implications

Researchers (Bankole, 2019; Messerlian et al., 2004) espouse concern about the risk posed to young adults by gambling. In the Nigerian context, the risk of the young adults developing problem gambling and the variables that are influencing their gambling behaviours have not received the attention they deserve. Again, young people are inclined to participate in adventurous events and take risks that could be detrimental to their own psychological and mental well-being. This may be because the stage of youth is characterized by a fast psychological and physical transition, where young people evolve from being dependent children to independent adults. The inclinations of the young adult population have led them to become involved in gambling, take alcohol, and drive recklessly, just to mention a few (Blinke-Pike et al., 2010; Czernecka et al., 2018).

However, young adults' gambling behaviours has become an emerging psychological and mental health challenge in most countries and is now an area of interest for researchers interested in investigating issues that relate to youth and young adults (King et al., 2010). These recurrent interests may be due to the report that 0.2–12.3% of young people are diagnosed with problem gambling, allowing for differences among assessment tools, cut-off points, and time frames (Calado et al., 2017).

Nigerian young adults are faced with enormous life challenges due to the parlous state of the country's economy, which has made most of them unemployed. In a bid to survive the economic realities, some of the unemployed youths become involved in games that entail risks, such as gambling (Anazia, 2019). However, gambling can be problematic for young people; for instance, young adults' gambling behaviours have been linked with suicide, an increase in addictions, and manifestations of other risky behaviours (Blinke-Pike et

al., 2010). This underscores the need to explore the positive and negative reinforcements that may be influencing the gambling behaviours of the young adults in Nigeria so as to proffer preventive and curative approaches to addressing the mental health implications.

Educational preventive and curative approaches

The gambling behaviours of young adults in recent times has become a major concern among psychologists and public health experts, as most of them are prone to developing mental health challenges (Calado et al., 2019). Young adults' problem gambling behaviour has been observed to have severe negative consequences in the short-term and in the long-term, as psychological, mental health issues (mood disorders, nervousness disorders), and behavioural disorders arise (Kourgiantakis et al., 2016). This necessitates the need to come up with preventive and curative approaches to addressing the mental health concerns of the gambling population of young adults in Nigeria. Such approaches are articulated here.

A. Educational preventive approaches

1. Exposure to knowledge about gambling: Exposure to knowledge about gambling, which includes the adverse effects and complications that may arise because of frequent gambling, has been discovered to assist gamblers to gamble more responsibly, as they reduced the number of hours they spent on gambling per week (Calado et al., 2019). Thus, the Nigerian gambling population should be informed about the adverse effects of gambling excessively, as the study by Calado et al., (2019) has revealed. For the information to spread far and wide, regulatory gambling bodies can enter into partnerships with mobile phone network providers and radio or television stations to disseminate the information.

2. Clarifying gambling-related misconceptions: The rate at which young adults gamble in Nigeria is alarming, as most of them seem to see gambling as a means of making ends meet. Thus, there is a need for this misconception to be addressed. For instance, the study of Calado et al. (2019) suggests that organizing sessions with the aim of clarifying the misconceptions that young adults have about gambling is a potent means of reducing the time gamblers spend gambling, thereby preventing them from developing mental health challenges (Calado et al., 2019).

3. Attitudes towards gambling: The findings of Calado et al. (2019) seem to suggest that students who were involved in sessions on how to develop the right attitude towards gambling also reduced the time they spent gambling. However, the investigation further stated that the attitude of those investigated changed towards gambling, as the majority of them reduced their time spent gambling. So, educating young adults in Nigeria on how to develop the right attitude towards gambling can prevent them from developing problem gambling.

4. School-based prevention programmes: St-Pierre and Derevensky (2016) suggested that school-based gambling prevention programmes could be divided into two broad categories: (1) psycho-educational prevention programmes; (2) comprehensive psycho-educational and skills training prevention programmes. The two types of preventive model are aimed at increasing the factual knowledge of gambling odds and improving maladaptive gambling-related cognitions and misconceptions. This is because it has been discovered that a lack of accurate knowledge about gambling can lead to the development of problem gambling (Blaszczynski & Nower, 2002). Some research works have revealed that young problem gamblers have incorrect beliefs about the independence of random gambling procedures and are likely to overrate their chances of winning (Delfabbro et al., 2006; Fröberg, 2006). More so, preceding studies have discovered that problem gambling behaviour can be decreased using Cognitive Behavioral Therapy (CBT) (Fortune & Goodie, 2012).

5. The need for public education on problem gambling: Public awareness campaigns on problem gambling, through information on the symptoms, the extent of the problem, and the help that is available, can go a long way in helping young adult gamblers in Nigeria. The education and awareness programmes can be conducted through the public mass media, youth fora, concerts, schools, and even at various gambling centres. Also, skill acquisitions programme can be organized at the various skills vocational centres that are spread across the country for young adults who are involved in gambling because they are unemployed. In addition, educational materials informing young adults about where help can be found, if they need such, should be made available (Blaszczynski, 2001).

B. Educational curative approach

i. Employee's involvement: Breen et al., (2006) reported that involving employees in implementing responsible gambling behaviour has an effect, as they are in close contact with gamblers. Thus, the staff at these centres can also assist in referring young adults with problem gambling for consultation with counsellors or clinical psychologists at established centres. Abbott et al. (2015) reported that engaging young adults who are experiencing problem gambling in spiritual activities helps their recovery. Again, some therapists submitted that treatment of problem gambling should include spirituality (Hagen et al., 2013; Lee, 2009; Nixon et al., 2006; Clark et al., 2006).

ii. Loved ones' disapproval of the wrong attitude towards gambling: Problem gamblers have been discovered not to be really affected by sessions on how they can develop a healthier attitude towards gambling. But it has been reported that, according to the Integrated Behaviour Model, as postulated by Montaño and Kasprzyk (2015), when a particular attitude is not condoned or tolerated by close relatives or friends, gamblers tend to work on their attitude towards gambling and, as such, gamble more responsibly. Other

studies (Hanss et al., 2014; Orford et al., 2009) have also found that being favourably disposed towards gambling, especially among relatives and friends, is associated with gambling.

iii. Cognitive Behavioural Therapy (CBT): Cognitive Behavioural Therapy (CBT) has been discovered by counsellors and clinical psychologists to be potent in helping problem gamblers reduce their urge to gamble. For instance, the studies of Menchon et al. (2018), Yakovenko and Hodgins (2016), and Cowlshaw et al., (2012) have proven that CBT reduces the urge for problem gamblers to gamble.

Conclusion

The paper, to some extent, has shed light on the push and pull factors that may be influencing the gambling behaviour of young adults in Nigeria. It elaborated on the grave mental health consequence that the gambling population in Nigeria, most especially the young adults, may suffer from if not informed and educated about the hazardous effects of gambling irresponsibly. Also, the various preventive and curative approaches in assisting the young adult gambling population were also discussed, including proven methods that counsellors, psychologists, and social workers can use to assist young adults that have been diagnosed to be struggling with their gambling behaviour.

Recommendations

As a way forward in helping the young adults gambling in Nigeria to gamble more responsibly, irrespective of the push and pull factors that may be influencing their gambling behaviour, the following recommendations are made:

1. Gambling adverts in Nigeria should be embedded with more potent responsible gambling messages that warn persons below eighteen years of age not to gamble, and that should counsel those who feel they have a challenge with their gambling behaviour to go and consult with a counsellor, psychologist, or social worker.
2. Gambling companies should be made by various gambling boards of the States in Nigeria to include on their websites, apps, or questionnaires that those who patronize them can visit and take psychological tests that will reveal to them their gambling behaviour status; that is, whether they have developed gambling problems or not.
3. There should be forums to train youth, most especially the unemployed young adults who may be involved in gambling as a way of escape from financial hardship or unemployment issues, on entrepreneurial, vocational, and other digital skills that they can build on and earn a living from.
4. Teachers in schools should take up the challenge by addressing their students at the assembly grounds or at seminars on the dangers inherent in gambling irresponsibly.

5. Parents and guardians should check on their children's gambling behaviour, rally round them if they are struggling with their gambling behaviour and refer them to experts such as counsellors, psychologists, and social workers.

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