

ANALYSIS OF PANCASILA VALUES-BASED COPING STRATEGIES TO REDUCE ONLINE GAMBLING ADDICTION FOR TEENAGERS IN THE DIGITAL AGE

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Abstract. This research is to analyze a new approach that integrates Pancasila values as the basis for developing effective coping strategies in overcoming addictive behavior, namely reducing online gambling addiction among adolescents in the digital era. This research uses a mixed method with a sequential explanatory design. The study was conducted in several high schools in Sleman Regency. The research subjects included students who experienced online gambling addiction, teachers, school counselors, and Pancasila education experts. The data collection techniques used were interviews, questionnaires, and observation. Qualitative data were analyzed using thematic analysis, while quantitative data were analyzed through descriptive and inferential statistical tests to evaluate the effectiveness of the developed coping strategies. The results showed that coping strategies based on Pancasila values, such as religiosity, gotong royong, discipline, and responsibility attitudes, were effective in reducing the tendency of online gambling addiction among adolescents.

Keywords: Coping strategies, Pancasila values, online gambling addiction, digital era.

INTRODUCTION

The development of digital technology in the modern era has brought many conveniences and benefits, but on the other hand it has also created various social challenges, including online gambling addiction among adolescents (Anisa, 2024: 02). Online gambling is increasingly accessible through electronic devices such as smart phones, which are often not accompanied by adequate supervision. This phenomenon poses a serious threat to the character building of adolescents who are expected to become the next generation of the nation with noble character and integrity.

Data from economic intelligence (2024) shows that the number of online gambling accounts in Indonesia has reached more than 8 million, with around 80% of users coming from the lower middle class and targeting the age group of young people under 20 years old (CNN Indonesia, 2024). This condition reflects the gap between the reality that occurs in society and the hope of forming adolescents who are in accordance with the values of Pancasila. Online gambling addiction not only affects financial aspects, but also mental health, social relationships, and academic achievement of adolescents (Rizzaldi, Mustofa, 2024: 4504). Therefore, a strategic approach is needed to help adolescents overcome this problem, which is based on the noble values of Pancasila as a moral and ethical guide.

Based on the existing problems, there are problem formulations in this study. First, what is the level of online gambling addiction among adolescents? Second, what are the coping strategies used by adolescents to overcome online gambling addiction? Third, how the integration of Pancasila values can be applied in coping strategies to reduce online gambling addiction. Based on the formulation of the problem, there are several research objectives. First, to analyze the level of online gambling addiction among adolescents. Second, to identify coping strategies applied by adolescents in dealing

with online gambling addiction. Third, to develop coping strategies based on Pancasila values to reduce online gambling addiction among adolescents.

This research is supported by various previous studies. Research by Manullang, Simatupang, Purba, Sijabat, Marbun, & Naibaho (2024:05) showed that online gambling addiction in adolescents is caused by social environmental factors and lack of self-control. Meanwhile, a study from Ismudiyati, & Muharam (2024:39) highlighted the effectiveness of psychosocial-based coping strategies in reducing addictive behavior. However, no study has specifically integrated Pancasila values in coping strategies to overcome online gambling addiction. This research fills the gap by offering an approach that integrates Pancasila values such as gotong royong, discipline, and responsibility in developing coping strategies.

This study uses Lazarus and Folkman's (1984:117) theory of coping strategies, which emphasizes problem-focused coping and emotion-focused coping approaches in dealing with stress. This theory is combined with the concept of Pancasila values that are relevant to provide a moral basis in shaping adolescent behavior. The combination of these theories is expected to produce effective coping strategies while strengthening adolescents' positive character. With an approach based on literature review, comprehensive theory, and gap analysis of previous research, this study aims to make a significant contribution to efforts to reduce online gambling addiction in adolescents through a Pancasila values-based approach.

RESEARCH METHOD

This study used a mixed-method approach with a sequential explanatory design, which combines quantitative and qualitative analysis sequentially (Creswell, 2023:316; Suyato, Firmansyah, Yudha, & Sunarso, 2024:454). This design was chosen to provide a comprehensive understanding of the level of online gambling addiction among adolescents, the coping strategies used, and the development of strategies based on Pancasila values. The sequential explanatory approach consists of two stages. Quantitative stage, which is data collection and quantitative data analysis to identify the level of online gambling addiction and the effectiveness of coping strategies that have been applied by adolescents. Qualitative stage, namely, deepening data with in-depth interviews to explore how Pancasila values can be integrated in coping strategies. The research was conducted in several high schools in Sleman Regency, which have significant cases of online gambling addiction among their students. The subjects of this study were in two stages. The quantitative stage of the research subjects was 150 students aged 15-19 years who were identified as having a tendency to online gambling addiction based on the gambling addiction scale. The qualitative stage of the research subjects was 20 participants, consisting of students who were addicted to online gambling, counseling guidance teachers, school principals, and Pancasila education experts.

The data collection technique in this study consists of a questionnaire, which is used to measure the level of online gambling addiction and coping strategies used by adolescents. This instrument was developed based on the online gambling addiction scale adapted from David et al., (2013) and Lazarus and Folkman's coping strategies scale (1984). Second, in-depth interviews, which were used to explore the views of students, teachers, and experts regarding Pancasila values in coping strategies. Third, participatory observation, which was used to understand student behavior in the school environment related to gambling addiction patterns and the implementation of coping strategies. The data analysis technique in this research has two stages. The first stage, quantitative data analysis techniques. Data from questionnaires were analyzed using descriptive and inferential statistics. Regression tests were conducted to evaluate the relationship between the level of online gambling addiction and the effectiveness of coping strategies. The second stage was qualitative data analysis techniques. Interview data were analyzed using Braun and Clarke's thematic analysis method, which consists of a process of data coding, theme identification, and thematic interpretation (Karimah, Priharsari, & Tibyani, 2022: 1298).

RESULT AND ANALYSIS

1.1 Quantitative Data Results

This study used a questionnaire to measure the level of online gambling addiction and the effectiveness of Pancasila values-based coping strategies. The results of the questionnaire are summarized in the following table

Table 1. Level of Online Gambling Addiction among Respondents

Catagory	Frequency (n)	Percentage (%)
Not addicted	45	30%
Mild addiction	60	40%
Moderate addiction	30	20%
Severe addiction	15	10%
Total	150	100%

Based on the data presented in table 1, several analysis data were obtained. First, the category is not addicted (30%). A total of 45 respondents out of a total of 150 adolescents (30%) were in the non-addicted category. Respondents in this category do not show signs of dependence on online gambling. This can be caused by several factors that cause online gambling dependence. The first factor is the role of parental supervision which is very strong in the use of digital devices in the current era of digital progress. The second factor is the dense and structured activities of adolescents such as extracurricular activities or group learning activities. The third factor is a good understanding of the negative impact of online gambling through education or socialization.

Second, the mild addiction category (40%). A total of 60 respondents (40%) were in the mild addiction category. In this category, adolescents begin to try online gambling, but have not made it a permanent habit. Several characteristics were found in this group. The first characteristic is that the frequency of online gambling is only a few times a week. The second characteristic is motivation driven by peer influence or curiosity. The third characteristic is that there is no significant impact on daily activities, but it can lead to the potential to escalate to a more serious category if not intervened or treated for prevention and character rehabilitation. Third, the moderate addiction category (20%). A total of 30 respondents (20%) were in the moderate addiction category. This group started to show a more regular pattern of online gambling habits. Some striking characteristics of this category. The first characteristic is that it is more dominant in allocating daily time to specifically do online gambling, although it is still limited. The second feature is that there is a determination to use personal money to gamble online, which can cause small-scale financial distress. The third characteristic, there is an impact that begins to affect their academic performance and social relationships.

Fourth, the category of severe addiction (10%). A total of 15 respondents (10%) were in the severe addiction category. This group shows a serious level of addiction, with significant impact on various aspects of life. The first characteristic is spending a lot of time on online gambling activities every day, and can even do online gambling until midnight. The second characteristic is experiencing financial stress as a result of spending excessive amounts of money on online gambling. The third characteristic is a drastic decrease in school activities, a decrease in social interactions, and a decrease in family communication. The fourth characteristic, there is a tendency for internal and external conflicts to occur, such as anxiety, and pressure from various parties, one of which is family. From these various categories, it can be concluded that, first, the majority of adolescents (70%) are in the non-addicted to mildly addicted category, which means that there is still a great opportunity for early prevention through education, socialization, and family supervision. Second, as many as 30% of respondents (moderate and severe categories) need further interventions, such as counseling, limiting access to technology, or Pancasila values-based programs to reduce the impact of their addiction. Third, Pancasila values-based strategies can be applied specifically for the moderate and severe addiction group, as values such as discipline, responsibility, and gotong royong can help improve their bad habits.

Table 2: Effectiveness of Coping Strategies Used by Respondents

Coping Strategy	Effective (%)	Moderately Effective (%)	Ineffective (%)
<i>Problem-Focused Coping</i>	55	30	15
<i>Emotion-Focused Coping</i>	40	35	25
Pancasila Value-Based Coping	70	20	10

Based on the data presented in table 2, several analysis data were obtained. First, the effectiveness of problem-focused coping strategies. Table 2 shows data that 55% of respondents stated that the Problem-Focused Coping strategy (problem-solving-based coping) was effective. This strategy helps individuals focus on solving problems that cause online gambling addiction. The first problem solving is in the form of finding information about the dangers of online gambling. The second problem solving is in the form of making concrete plans to be able to prevent an environment that supports online gambling. The third problem solving is to utilize time for productive activities, such as studying or exercising. Table 2 also shows that 30% of respondents felt this strategy was quite effective. This suggests that some adolescents may need additional support to implement these steps consistently. Table 2 also shows that 15% of respondents considered these strategies ineffective. Factors such as lack of motivation, peer pressure, or easy access to online gambling may be an obstacle to the implementation of this strategy.

Second, the effectiveness of emotion-focused coping strategies. Table 2 shows data that, only 40% of respondents felt this strategy was effective. Emotion-focused coping is more oriented towards managing negative emotions due to addiction, such as stress or frustration. Respondents who find this strategy effective may use methods such as relaxation or meditation to reduce stress, and emotional prevention by communicating well with friends or family. Table 2 also shows that 35% of respondents found these strategies to be moderately effective. While helpful, these strategies often do not directly address the root of the problem, which is the addiction itself. In addition, Table 2 also shows data, as many as 25% of respondents consider this strategy ineffective. This could be because this approach does not address the underlying cause of addiction, but rather only deals with its emotional effects.

Second, the effectiveness of problem-focused coping strategies. Table 2 shows data that, as many as 70% of respondents stated that Pancasila values-based coping is the most effective strategy. This approach utilizes the values of Pancasila. The first value is gotong royong, by building community support to help each other to overcome addiction. The second value is discipline and responsibility, by creating a more disciplined and responsible environment to create an environment free from the bad influence of online gambling. The third value is religiosity, by strengthening moral and spiritual values in facing the temptation of online gambling. Table 2 also shows that 20% of respondents felt this strategy was quite effective. This suggests that although the Pancasila-based approach is very strong, some respondents may need additional approaches, such as professional therapy. In addition, Table 2 shows data, as many as 10% of respondents considered this strategy ineffective. This could be due to the low understanding or implementation of Pancasila values in daily life. From these strategies, it can be concluded that the Pancasila values-based coping strategy has the highest level of effectiveness compared to other strategies, with 70% of respondents stating that it is effective. This approach shows that the integration of Pancasila values can be a very powerful method to reduce online gambling addiction. The problem-focused coping strategy is also quite effective (55%), especially for directly addressing the causes of addiction, but requires more support in its implementation. The emotion-focused coping strategy had the lowest level of effectiveness (40%), indicating that it is less adequate to comprehensively address the addiction problem.

1.1.1. Qualitative Data Results

The observation results show that students who apply Pancasila value-based strategies tend to have a more positive mindset and are able to divert the urge to gamble online with productive activities, such as participating in extracurricular activities or working together on group projects. The results

of interviews conducted by several research subjects, namely, the first interview with students obtained data in the form of, most students stated that the application of the values of responsibility and discipline helped them control their time playing online, including staying away from gambling platforms. One student said:

“When I started being disciplined with my time and schoolwork, I found it easier to control the urge to play online gambling.”

Second, interviews conducted with teachers and school counselors obtained data in the form of, counseling guidance teachers reported that the value of gotong royong is often used in group mentoring programs to support students in overcoming addiction. One teacher stated:

“Through group activities that instill gotong royong, students learn that they are not alone in facing their problems.”

Third, interviews conducted with Pancasila Education teachers as Pancasila Education Experts obtained data in the form of, Experts suggest that the integration of Pancasila values into the school curriculum is very important to build adolescent character. These values are considered as an effective foundation in dealing with addictive behavior. In addition to observations and interviews, researchers also analyzed school curriculum documents and school policies related to online gambling prevention. It was found that most schools have not explicitly integrated Pancasila values in the online gambling addiction treatment program. This indicates the need for a more systematic program based on these values.

1.2 Concept of Pancasila Values-Based Coping Strategy

Coping strategies are psychological approaches that individuals use to cope with stress or problems. Lazarus and Folkman (1984) mentioned that coping strategies involve problem-focused coping and emotion-focused coping. In this study, coping strategies were modified by integrating Pancasila values, such as gotong royong, responsibility, and discipline, which aim to provide a local approach based on the character of the Indonesian nation. Pancasila values provide moral guidance that is appropriate to the Indonesian cultural and social context. For example, gotong royong as a collective aspect is able to reduce the social pressure faced by individuals in the struggle against online gambling addiction. This concept is reinforced by Notonagoro's opinion that Pancasila values serve as a relevant moral guide for individual and community life (Pramita, Salminawati, Dayantri, & Syahputra, 2024: 11039).

1.3 Importance of Pancasila Values-Based Coping Strategy

Online gambling addiction is a significant threat, especially in the digital age, as it is easily accessible through electronic devices. Based on the results of the study, about 40% of adolescents experience mild addiction, and 20% moderate addiction. This figure shows the urgency of developing coping strategies that are relevant to the local context. The values of Pancasila are an important foundation as it teaches harmony between individual responsibility and community collectivity. As stated by Tilaar, education based on national values has the potential to create a generation that is not only competent but also has a strong moral character (Supriadi, 2016:93). This approach also integrates the principles of character education that emphasize the formation of positive attitudes in facing challenges.

1.4 Implementation of Pancasila Values-Based Coping Strategy

The implementation of Pancasila values-based coping strategies involves three main stages. The first stage is understanding the values of Pancasila. Through learning and training activities, students are taught to understand values such as mutual cooperation, responsibility, and discipline in daily life. The second stage is a collaborative approach. Teachers, school counselors, and peers work together to create an environment that supports students in overcoming online gambling addiction. The third stage is practical application. Through activities such as group projects, discussions, and mentoring, students learn how to apply Pancasila values to control the urge to gamble. This is in line with the opinion of Suyanto (2008), who emphasizes that moral education must be integrated with daily activities so that students can internalize these values

1.5 Case Study: Pancasila Values-Based Coping Strategy at SMA Negeri 1 Kalasan Prambanan

As part of this research, SMA Negeri 1 Kalasan Prambanan was used as a case study location. The observation results show that the school has developed a Pancasila values-based program to address the problem of addictive behavior. This program includes a peer group. Students who are members of this group are assisted to share experiences and support each other based on the value of gotong royong. Second, character training: This training program focuses on improving self-discipline and responsibility through simulations and educational games. Third, collaborative projects: Students are given group assignments that require intensive cooperation to solve problems relevant to their lives, such as a simulation of healthy time management. Interviews with school counselors showed that this approach was successful in reducing the symptoms of online gambling addiction among students. One counselor stated:

“By using Pancasila values, students not only learn to cope with problems, but also understand the importance of their contribution to the school community.”

Although this strategy proved effective, criticism of the Pancasila values-based approach arises from views that emphasize the need to adjust to the digital era. Bandura's (1997) notion of self-efficacy suggests that individuals' ability to overcome addiction is also influenced by their confidence in controlling behavior. This suggests that Pancasila values should be integrated with self-efficacy development to increase the effectiveness of the strategy. In addition, this approach requires broader policy support, such as explicit integration of Pancasila values into the school curriculum, as suggested by the Ministry of Education and Culture (Kemdikbud) (Haryati, & Khoiriyah, 2017:02). In practice, the lack of consistency in the implementation of these strategies can be a major challenge.

The integration of Pancasila values in coping strategies provides a relevant solution to overcome online gambling addiction among adolescents. This approach is not only effective in building students' character but also relevant to the Indonesian cultural context. However, to be more effective, it is necessary to develop programs that combine Pancasila values with modern psychological principles, such as strengthening self-efficacy and managing technology

CONCLUSION

Based on the results of his research, there are several conclusions. First, this study found that the level of online gambling addiction among teenagers is quite alarming. Based on quantitative data, around 40% of teenagers show symptoms of mild addiction, 20% of moderate addiction, and 5% of severe addiction. The main factors influencing this addiction are easy access to online gambling platforms, lack of parental supervision, and lack of awareness of the negative impacts of online gambling. This phenomenon indicates an urgent need for education-based interventions that target the main causes of addiction among adolescents. Second, adolescents who experience online gambling addiction tend to use coping strategies that are not fully effective, such as emotional diversion through other entertainment activities or avoiding problems without solving them. Some of them have tried social support-based coping strategies, such as discussing with friends or teachers, but this approach has not been fully targeted. This suggests that adolescents need more structured and moral value-based guidance to help them cope with addiction. Third, the integration of Pancasila values in coping strategies proved effective in reducing online gambling addiction among adolescents. The value of gotong royong allows adolescents to support each other in overcoming psychological distress due to addiction. The value of responsibility helps them develop awareness of the negative impact of gambling behavior, while the value of discipline encourages better time management. The strategy also creates a positive environment in schools through cooperation between students, teachers and counselors.

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