CONCLUSIONS AND IMPLICATIONS

The present study investigated the predictors of gambling tendencies among adolescents in terms of various psychosocial variables. For the present investigation the sample comprised of 240 adolescents in the age range of 16-18 years. 180 adolescents (90 males and 90 females) comprised the sample with gambling tendencies. They were further categorized into three groups with three types of gambling tendencies viz. Social Gambling (30 males and 30 females), At-Risk Gambling (30 males and 30 females) and Problem Gambling (30 males and 30 females). The group of adolescents without gambling tendencies comprised of 60 subjects (30 males and 30 females). These subjects were chosen from schools of NCR region.

The major contribution of the study lies in the analysis of positive and negative predictors of gambling tendencies among adolescents, in the Indian context. To date, studies on gambling tendencies have largely focused on adults. The comparative analysis of male and female adolescents with gambling tendencies adds another meaningful dimension to the study.

The comparative analysis of adolescents with and without gambling tendencies revealed that adolescents with gambling tendencies scored higher than adolescents without gambling tendencies on Being Comfortable with Self, Task Focused Coping, Avoidant Coping, Perceived Maternal Overprotection, Perceived Paternal Overprotection, Disinhibition, Experience Seeking, Locus of Control (Externality), Psychoticism, Social Desirability, Impulsivity dimensions viz. Attention, Cognitive Instability, Motor, Perseverance, Self-Control, Cognitive Complexity and Satisfaction with time spent with father. However, adolescents without gambling tendencies scored higher than adolescents with gambling tendencies on Perceived Ability to Meet Life Demands, Total Mental Health, Stress Symptoms, Satisfaction with Life, Perceived Maternal Care, Perceived Paternal Care, Thrill and Adventure Seeking, Total Sensation Seeking, Perceived Social Support, Perceived Stress, Impulsivity dimensions viz. Attention Impulsivity, Motor Impulsivity, Nonplanning Impulsivity, Total Impulsivity, Bonding with Father ,

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Satisfaction with time spent with Mother, Bonding with Mother and Perceived Happiness Status.

Gender differences were also explored among adolescents with and without gambling tendencies. Results revealed that **male adolescents with gambling tendencies scored higher** than female adolescents with gambling tendencies on Avoidant Coping and Perceived Social Support. However, **female adolescents with gambling tendencies scored higher** than male adolescents with gambling tendencies on Stress, Impulsivity dimensions viz. Attention Impulsivity, Attention, Nonplanning Impulsivity, Self Control, Cognitive Complexity, and Total Impulsivity. On the other hand, **male adolescents without gambling tendencies scored higher** than female adolescents without gambling tendencies on Perceived Paternal Overprotection, Externality, Impulsivity dimensions viz. Attention, Cognitive Instability, Motor Impulsivity, Perseverance and Total Impulsivity. Whereas, **female adolescents without gambling tendencies scored higher** than male adolescents without gambling tendencies on Being Comfortable with others, Total Mental Health, Satisfaction with Life, Perceived Maternal Care and Perceived Paternal Care.

The present investigation also explored the predictors of different types of gambling tendencies.

**Positive predictors of gambling tendencies** were Stress Symptoms, Motor (Impulsivity), Avoidant Coping and Self Control (Impulsivity) for **total sample of gamblers**; Avoidant Coping **total sample of male gamblers** and Stress Symptoms, Motor (Impulsivity), Bonding with Father and Self Control (Impulsivity) for **total sample of female gamblers** in the present investigation.

**Negative predictors of gambling tendencies** were Perceived Social Support for **total sample of gamblers**; Satisfaction with Life, Perceived Social Support and Perceived Paternal Care for **total sample of male gamblers** and Perceived Social Support and Experience Seeking for **total sample of female gamblers** in the present investigation.

**Positive predictors of at-risk and problem gambling tendencies** were Self Control (Impulsivity), Stress Symptoms, Being Comfortable with Self and Motor (Impulsivity) for **total sample of at-risk and problem gamblers**; Stress Symptoms,
Being Comfortable with Self and Cognitive Complexity (Impulsivity) for **male sample of at-risk and problem gamblers**; Self Control (Impulsivity) for **female sample of at-risk and problem gamblers** in the present investigation.

**Negative predictors of at-risk and problem gambling tendencies** were Locus of Control for **male sample of at-risk and problem gamblers** and Perceived Social Support for **female sample of at-risk and problem gamblers** in the present investigation.

**Positive predictors of at-risk and social gambling tendencies** were Cognitive Instability (Impulsivity), for **total sample of at-risk and social gamblers**; Cognitive Instability (Impulsivity) and Boredom Susceptibility for **male sample of at-risk and social gamblers** and Stress Symptoms for **female sample of at-risk and social gamblers** in the present investigation.

**Negative predictors of at-risk and social gambling tendencies** were Satisfaction with life, Perceived Social Support and Being Comfortable with Self emerged for **total sample of at-risk and social gamblers**; Being Comfortable with Self and Cognitive Complexity (Impulsivity) for **female sample of at-risk and social gamblers** in the present investigation. However no negative predictor emerged for **male sample of at-risk and social gamblers**.

**Positive predictors of problem gambling tendencies** were Psychoticism for **total sample of problem gamblers** and Psychoticism for **female problem gamblers** in the present investigation. However no positive predictor emerged for **male problem gamblers**.

**Negative predictors of problem gambling tendencies** were Satisfaction with Life for **total sample of problem gamblers** and Satisfaction with Life for **male problem gamblers**. However no negative predictor emerged for **female problem gamblers**.

As is apparent, **Impulsivity** has emerged as a positive predictor of gambling tendencies among adolescents, regardless of their gender. The present investigation has established a strong link between impulsivity and gambling tendencies, especially
in the context of Indian adolescents. This is an indication that research in this important facet of personality must be ignited.

**Stress**, predictably, emerges as an important predictor of gambling tendencies among adolescents. What is notable in the results is that the focus is on Stress Symptoms rather than the Perceived Stress. Stress Symptoms played a significant role in predicting the gambling tendencies among total sample of gamblers, total sample of female gamblers, total sample of at-risk and problem gamblers, male at-risk and problem gamblers and female social and at-risk gamblers.

**Avoidant Coping** also emerged as a potent positive predictor of gambling tendencies among adolescents. Avoidant Coping played a significant role in developing gambling tendencies among total sample of gamblers and total sample of male gamblers. This indicates that adolescents with gambling tendencies laid more emphasis on avoiding the stressful situations and engaging themselves in gambling behavior in order to escape from the situations. This trend has been in line with the previous researches.

**Sensation Seeking** also played a significant role in determining the gambling tendencies among adolescents. Boredom Susceptibility emerged as a positive predictor in male adolescents with social and at-risk gambling tendencies. However, Experience seeking emerged as a negative predictor of gambling tendencies in total sample of female gamblers.

**Psychoticism** emerged as a positive predictor of gambling tendencies among problem gamblers and female problem gamblers.

It can be observed in the results that **Bonding with Father** emerged as a positive predictor of gambling tendencies among total sample of female gamblers. However, **Perceived Paternal Care** emerged as a negative predictor for total sample of male gamblers.

**Being Comfortable with Self** emerged as a negative predictor of gambling tendencies in female adolescents with social and at-risk gambling tendencies. However, surprisingly, it emerged as a positive predictor for male adolescents with at-risk and problem gambling tendencies.
**Perceived Social Support** negatively predicted the gambling tendencies among total sample of gamblers, total male gamblers, total female gamblers, female at-risk and problem gamblers and total sample of at-risk and social gamblers. This may be because the more social support an individual perceives they have; they are less inclined towards the addictive behaviors. The protective nature of Perceived Social Support highlights the importance of social networks and the impact they have on adolescents.

**Satisfaction with Life** also predicted the gambling tendencies negatively among adolescents with social and at-risk gambling tendencies, problem gamblers and male problem gamblers.

The present investigation contributes to our understanding of gambling disorder among adolescents and its rise in this population. Gambling, now-a-days is not limited only to casinos and adults; rates of gambling is significantly higher among adolescents as well. Nowadays, youth are progressively active online and use the internet for social networking and recreation as well. Adolescents have easy access to internet anywhere and everywhere with the ease of accessibility to online gambling sites.

The results of the present investigation emphasize the need to focus on adolescents with gambling tendencies. Psychologist and educationists must become aware of the adolescents at risk. The study provides strong evidence for the detrimental effects of Impulsivity, Stress, Avoidant Coping, Boredom Susceptibility and Psychoticism and also the beneficial effects of Perceived Paternal Care, Perceived Social Support and Satisfaction with Life.

The present study has a few limitations. The study was limited to adolescents in the NCR region only, in the age group of 16-18 years; therefore the results cannot be generalized beyond this age group. One may plan future investigations to explore the dynamics of gambling tendencies among adolescents of rural areas and for other age groups also. The prevalence of gambling tendencies can also be explored among housewives engaged in card playing.
In the end, one may conclude that heightened awareness about the protective and risk factors in gambling tendencies in terms of empirical findings in the present investigation gives credence to interventions to be planned.

Interventions may be planned to provide the correct knowledge about the risk factors in gambling and reducing the misconceptions related to the benefits of gambling among adolescents. Gambling has negative consequences on mental health and well-being of adolescents emphasizing the need to focus on this problem.

Psychologists need to strengthen positive factors and reduce the role of risk factors to reduce the incidence of gambling.