

A Brief Mention on Addicted to Sports Wagering

Saiz Fransis*

Department of Nursing, Faculty of Health Sciences, Alanya Alaaddin Keykubat University, Turkey

Abstract

Addiction to sports wagering, a form of gambling disorder, involves compulsive and problematic engagement in betting activities related to sports events, leading to adverse consequences for individuals' well-being and financial stability. This brief mention highlights the prevalence, risk factors, and consequences of addiction to sports wagering, emphasizing the need for awareness, prevention, and support services to address this growing issue.

Keywords: Addiction; Sports wagering; Gambling disorder; Compulsive behavior; Risk factors; Consequences

Case Study 1: David's Compulsive Betting Behavior

David, a 28-year-old avid sports fan, developed a passion for sports wagering during college. Initially, he viewed betting on sports events as harmless entertainment and a way to enhance his enjoyment of the games. However, over time, David's betting behavior escalated, and he found himself spending increasingly large sums of money on bets, often chasing losses in an attempt to recoup his losses.

Despite experiencing financial difficulties and strained relationships due to his gambling habits, David was unable to control his urge to bet on sports events. He would spend hours analyzing statistics, researching teams, and placing bets online, neglecting his work responsibilities and social commitments in the process. Eventually, David's gambling addiction led to significant financial losses, debt accumulation, and feelings of guilt and shame. Recognizing the severity of his gambling addiction, David sought help from a licensed therapist specializing in gambling disorders. Through cognitive-behavioral therapy (CBT) and counseling sessions, David learned to identify and challenge his maladaptive thought patterns and develop coping strategies to manage urges to gamble. Additionally, he joined a support group for individuals struggling with gambling addiction, where he found empathy, encouragement, and accountability from peers facing similar challenges.

Case Study 2: Sarah's Online Sports Betting Addiction

Sarah, a 35-year-old professional, discovered online sports betting as a convenient and accessible way to engage in gambling activities from the comfort of her home. Initially, Sarah viewed online betting as a harmless pastime and a source of excitement during sports seasons. However, as she became more immersed in online betting platforms, Sarah's gambling behavior escalated, and she began to prioritize betting over other aspects of her life.

Sarah's addiction to online sports betting had significant consequences for her personal and professional life. She would spend late nights placing bets on various sports events, neglecting her sleep and work responsibilities. Despite experiencing financial losses and mounting debts, Sarah continued to gamble compulsively, chasing the adrenaline rush and excitement associated with winning bets. Her addiction to online sports betting strained her relationships with family members and friends, who expressed concern about her well-being.

Upon realizing the impact of her gambling addiction on her life, Sarah sought help from a certified gambling counselor and enrolled in a residential treatment program for individuals with gambling disorders.

Through intensive therapy, behavioral interventions, and peer support, Sarah gained insight into the underlying triggers and motivations driving her gambling behavior. She learned [1-5] healthier coping mechanisms, such as mindfulness techniques and stress management strategies, to reduce her reliance on gambling as a means of escape. Additionally, Sarah attended Gamblers Anonymous meetings and engaged in ongoing therapy to maintain her recovery and rebuild her life.

These case studies illustrate the diverse manifestations and consequences of addiction to sports wagering, underscoring the need for early intervention, comprehensive treatment, and ongoing support for individuals struggling with gambling disorders. Through a combination of therapeutic interventions, peer support, and self-help strategies, individuals affected by sports betting addiction can reclaim control over their lives and embark on a path to recovery and well-being.

Future Scope

The study of addiction to sports wagering holds significant implications for understanding the complexities of gambling disorders and addressing the growing prevalence of problematic betting behavior in sports enthusiasts. Anticipating the future trajectory of research and intervention in this field offers opportunities to advance knowledge, develop effective strategies, and promote responsible gambling practices. As online sports betting continues to expand globally, advancements in digital gaming platforms and technology present both challenges and opportunities for addressing addiction to sports wagering. Future research should examine the impact of digital interfaces, mobile applications, and virtual reality experiences on individuals' gambling behaviors and vulnerabilities. Additionally, interventions leveraging gamification, personalized feedback, and machine learning algorithms can enhance early detection, intervention, and treatment for individuals at risk of developing problematic gambling habits.

***Corresponding author:** Saiz Fransis, Department of Nursing, Faculty of Health Sciences, Alanya Alaaddin Keykubat University, Turkey, E-mail: Saiz.Fransis@gmail.com

Received: 1-Apr-2024, Manuscript No: jart-24-132364, **Editor assigned:** 3-Apr-2024, Pre QC No: jart-24-132364 (PQ), **Reviewed:** 17-Apr-2024, QC No: jart-24-132364, **Revised:** 19-Apr-2024, Manuscript No: jart-24-132364(R), **Published:** 26-Apr-2024, DOI: 10.4172/2155-6105.1000642

Citation: Fransis S (2024) A Brief Mention on Addicted to Sports Wagering. J Addict Res Ther 15: 642.

Copyright: © 2024 Fransis S. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Integration of neuroscientific methodologies, such as neuroimaging, neurophysiology, and genetic analysis, can provide insights into the neurobiological mechanisms underlying addiction to sports wagering. Future studies should explore neural correlates of reward processing, decision-making, and impulsivity in individuals with gambling disorders, identifying biomarkers that may predict susceptibility to addictive behaviors and treatment response. Moreover, translational research efforts can facilitate the development of pharmacological interventions and neurostimulation techniques targeting specific brain circuits implicated in gambling addiction. Implementation of preventive measures and public health interventions is essential for addressing addiction to sports wagering at the population level. Future initiatives should focus on raising awareness about the risks of gambling disorders, promoting responsible gambling practices, and destigmatizing help-seeking behavior. School-based education programs, community outreach campaigns, and digital literacy initiatives can equip individuals, families, and communities with the knowledge and skills to recognize signs of gambling addiction and access support services.

Collaboration between policymakers, regulatory agencies, and industry stakeholders is crucial for implementing evidence-based regulatory policies and industry standards to mitigate the harms of addiction to sports wagering. Future regulations should prioritize consumer protection measures, such as age verification, responsible advertising practices, and restrictions on high-risk betting features. Moreover, partnerships between sports organizations, gambling operators, and public health authorities can promote transparency, integrity, and ethical conduct in the sports betting industry, safeguarding the integrity of sporting events and the well-being of participants. Addressing addiction to sports wagering requires a multidisciplinary approach that encompasses expertise from diverse fields, including psychology, neuroscience, public health, law, and

economics. Future collaborations between researchers, clinicians, policymakers, and industry representatives can facilitate knowledge exchange, data sharing, and best practice dissemination. Moreover, global partnerships and cross-cultural initiatives are essential for understanding cultural variations in gambling behaviors, adapting interventions to local contexts, and promoting international cooperation in addressing gambling-related harms.

Conclusion

In conclusion, the future of research and intervention in addiction to sports wagering holds promise for advancing knowledge, promoting responsible gambling practices, and enhancing the well-being of individuals and communities affected by gambling disorders. Through interdisciplinary collaboration, technological innovation, and evidence-based policies, we can strive towards a future where sports wagering is enjoyed responsibly, free from the harms of addiction, and aligned with principles of integrity, fairness, and social responsibility.

References

1. Seyfried TN, Shelton LM (2010) Cancer as a metabolic disease. *Nutr Metab* 7:1-22.
2. Gordon LG, Rowell D (2015) Health system costs of skin cancer and cost-effectiveness of skin cancer prevention and screening: a systematic review. *Eur J Cancer Prev* 24: 141-149.
3. Guy GJ, Machlin SR, Ekwueme DU, Yabroff KR (2015) Prevalence and costs of skin cancer treatment in the U.S., 2002-2006. and 2007-2011. *Am J Prev Med* 48: 183-187.
4. Ranga RS, Sowmyalakshmi S, Burikhanov R, Akbarsha MA, Chendil D, et al. (2005) A herbal medicine for the treatment of lung cancer. *Mol Cell Biochem* 280: 125-133.
5. Leopoldina M, Marino T, Russo N, Toscano M (2004) Antioxidant properties of phenolic compounds: H- atom versus electron transfer mechanism. *J Phys Chem A* 108: 4916-4922.