

The Phenomenon of Divorce is Caused by Online Gambling in East Jakarta

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Abstract

The phenomenon of divorce due to online gambling in East Jakarta has become a worrying issue, with a significant increase in recent years. This study aims to identify the factors that lead to the rise in online gambling-related divorce rates and develop effective strategies for recovery. The research method involves collecting data through surveys, in-depth interviews with affected families, and analyzing Islamic legal literature regarding online gambling. The results of the study showed that online gambling addiction causes serious damage to family structures, including severe financial problems, mental health disorders, and erosion of trust between family members. The study also found that ease of access and economic incentives are the main reasons people engage in online gambling. The impact of these findings underscores the need for comprehensive interventions, such as public education on gambling risks, emotional and financial support for affected families, and affordable rehabilitation programs. This study concludes that recovery strategies that involve collaboration between governments, health institutions, and local communities are urgently needed to reduce the negative impact of online gambling and help families get back on a healthier track. Proactive and collaborative efforts can effectively address this problem and reduce the divorce rate related to online gambling in East Jakarta.

Keywords: East Jakarta, Online Gambling, Family Recovery, Divorce

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Introduction

The increase in divorce cases caused by online gambling, as reported by the Central Statistics Agency (BPS), with 1,572 cases in 2023, shows an alarming trend with an increase of 32% compared to the previous year and a significant surge of 142.6% compared to 2020 (Parwanto et al., 2023). Research shows a link between problem gambling and various negative impacts, including suicide risk, emphasizing the seriousness of the consequences of gambling addiction. (Smith et al., 2023). Additionally, during the COVID-19 pandemic, there has been a change in gambling behavior, with an increase in online searches for games such as poker, slots, and bingo, which likely reflects a shift in gambling preferences that could contribute to the rise in gambling-related divorce cases. (Sarfraz & Ajaz, 2023). It is essential to understand the impact of online gambling on divorce rates to design effective interventions to address these issues and reduce adverse impacts on individuals and families.

The increase in divorce cases due to online gambling occurs during a downward trend in the overall divorce rate in Indonesia. In 2023, the total number of divorce cases in Indonesia was recorded at 408,347, a decrease of 8.9% compared to 2022 (Sarfraz & Ajaz, 2023). Although the divorce rate is generally decreasing, the problem of online gambling shows the opposite trend, highlighting serious issues that must be addressed immediately. Online gambling not only results in large financial losses but also triggers severe domestic conflicts, which ultimately lead to divorce. The province with the most divorce cases due to online gambling is East Java, followed by West Java and Central Java. The high divorce rate in these provinces shows that online gambling has become widespread and affects many families. This phenomenon shows how online gambling can damage family relationships and cause household disintegration. The negative impact of online gambling is not only felt by divorced couples but also by children and other family members who are also affected emotionally and socially by the separation (Sururie et al., 2023).

The problem of online gambling that triggers divorce requires serious attention from various parties. The government needs to take decisive steps to regulate and control online gambling practices, including increasing public awareness about the dangers of gambling. Rehabilitation and counseling programs for gambling addicts and their families are also urgently needed to help them get out of the cycle of addiction, and repair damaged family relationships. Joint efforts between governments, social institutions, and society are required to overcome the adverse effects of online gambling and prevent an increase in divorce rates due to this problem (Carey et al., 2022).

Online gambling (*cyber gambling*) is a type of gambling game that is played through a computer or smartphone and accessed through the internet. (Ghelfi et al., 2023). The game allows players to bet from anywhere and at any time, provided they have a stable internet connection. (Prakash et al., 2024). Unlike traditional gambling, which requires players to come to a physical location such as a casino, online gambling provides greater ease of access. This makes it even more popular among modern people who want convenience and quick access. Online gambling includes many different types of games, from cards like Poker and Domino's to casino games like Roulette and Blackjack. In online gambling, players must choose and set a betting table before starting the game. After entering the betting table, players are required to select from a variety of available options. The player who chooses correctly will be crowned the winner and get a profit according to the bets placed. Instead, the losing player must surrender their bets according to the pre-agreed amount. This mechanism makes online gambling very competitive and stressful, as players must always be careful in every decision they make to avoid losses.

Examples of online gambling games are very diverse, including Poker, Domino's, Capsa, and different types of casino games such as Roulette, Blackjack, and slot machines. In addition, there is also sports gambling that involves betting on the outcome of football, basketball, and various other sports matches. The diversity of these games makes online gambling attractive to a wide range of people, from beginners to experienced players. Each type of game has specific rules and strategies, which add complexity and appeal to the players. However, this diversity also means different risks, so players should always be careful and wise in choosing games and setting bets.

Regulations regarding online gambling in Indonesia are regulated in Article 27 paragraph (3) of ITE Law No.11/2008 (A. F. Fanani & Tritasyah, 2023). This article states that "Every Person who intentionally and without rights distributes, transmits, and/or makes accessible Information or Electronic Documents that have gambling content as referred to in Article 27 paragraph (3) shall be sentenced to imprisonment for a maximum of 6 (six) years and/or a maximum fine of Rp1,000,000,000.00 (one billion rupiahs) (Winarsih, 2022)" This rule shows that the Indonesian government takes online gambling activities seriously and seeks to enforce the law to prevent its spread. These severe penalties are expected to deter individuals who try to facilitate or engage in illegal online gambling.

Parents who are involved in online gambling will face various severe impacts in their lives. Materially, they may suffer significant financial losses, including accumulated debt and a decline in family well-being, as funds that would otherwise be used for essential needs are diverted to gambling. Socially, involvement in online gambling can lead to domestic conflicts, leading to divorce, and social isolation because they withdraw from interaction with friends and family. The religious and psychological impacts are no less serious. (Karli et al., 2023). Religiously parents may feel guilty and stay away from religious values and spiritual activities. Their psyche is affected by stress and anxiety due to the uncertainty of gambling outcomes and financial losses. Some may even experience depression and addiction, which affects their ability to control gambling cravings and interfere with daily functioning. Overall, these impacts show how vital intervention and support are to address online gambling problems among parents.

Several studies have been conducted, including by Fitri Meliya Sari (Sari & Kholil, 2023), Nining Winarsih (Winarsih, 2022), and Delis Fitria Hidayah (Hidayah et al., 2024), stating that online gambling has a very significant impact on various aspects of life. They highlight how online gambling not only affects a person's finances or material worth but also spills over into other vital elements. The financial impact of online gambling is often in the form of huge losses that can destroy the economic stability of individuals and families. Many people get stuck in a cycle of debt because they are trying to recover losses experienced during gambling. In addition, online gambling also has an impact on vital values, namely mental health and social relationships. Dependence on online gambling can lead to stress, anxiety, and depression. Players often feel isolated because they spend a lot of time gambling and neglect their social relationships. This can result in damaged relationships with family and friends and a decreased overall quality of life. Feelings of shame and guilt also often accompany online gamblers, aggravating their mental health condition. In the context of spiritual values, online gambling can damage an individual's relationship with their beliefs or religion. Many religious teachings are against gambling, and engaging in these activities can lead individuals to feel guilty and stay away from their religious practices. Persistent guilt can disrupt a person's inner peace and spiritual balance. Therefore, online gambling is not only an economic problem but also a problem that has a far-reaching impact on an individual's mental health, social relationships, and spiritual life. These studies are only qualitative descriptive and have been researched by many. This article will complement these studies with an empirical approach and direct observation of the field to obtain the expected and significant data.

In contrast to previous studies that have generally focused on the identification and effects of online gambling, this study takes it a step further by proposing interventions and recovery. The purpose of this research is to explore various efforts or strategies to improve family harmony affected by online gambling addiction, as well as to find preventive and curative solutions. In addition, an analysis of efforts to improve family harmony relationships affected by online gambling addiction was carried out based on the family system theory from Murray Bowen. This theory provides a framework for understanding and addressing the problem of online gambling addiction in the context of the family. This theory emphasizes the importance of seeing the family as a single interconnected system, where changes in one family member can affect the entire system (Bowen, 1993)

The primary purpose of this discussion is to raise awareness about the negative impact of online gambling among parents and the wider community. By understanding the material, social,

religious, and psychological consequences entailed, there is hoped to be an incentive to seek appropriate help and intervention. One important goal is to provide information that can help parents who are caught up in online gambling to be aware of the dangers they face and find ways to stop. Education about the risks and impacts of online gambling is also expected to prevent others from falling into this activity. In addition, this discussion aims to encourage policymakers and authorities to take the necessary steps to address the online gambling problem. This could include stricter law enforcement, counseling, and rehabilitation services, and more intensive public awareness campaigns. Ultimately, the goal of this discussion is to create a safer and healthier environment for families where parents can live productive lives and be free from gambling addiction. With the proper intervention, it is expected that there will be a significant reduction in cases involving the negative impact of online gambling on their parents and families.

Method

This study uses a qualitative descriptive phenomenological method, which aims to explore and uncover the ordinary meaning of the life experiences of a group of parents related to the phenomenon of online gambling. This research was carried out in Kramatjati, East Jakarta. The data source is selected purposively based on specific reasons or snowball sampling considerations. The primary data was obtained through in-depth interviews with five parents aged 30 to 50 currently playing online gambling slots. They are parents who have dependents to support their children and wife. This research focuses on the impact of the online gambling phenomenon on material, social, and religious aspects in East Jakarta. The study was conducted in East Jakarta because, currently, many parents are crazy about playing online gambling slots by buying chips as currency in *the game Higg Domino*, an online gambling application. Data collection techniques include in-depth interviews, observations, and documentation.

Result and Discussion

Online Gambling and Divorce in Islamic Law Review

In Arabic, gambling is called *maisir* or *qimar*. The word "*maisir*" comes from "*al-yasr*" which means a must, that is, a must for the losing party in the *maisir* game to hand over something at stake to the winning party (Atabik Ali A Zuhdi Muhdlor, 2003). The word "gambling" is related to the Arabic term *maysir* (الميسر), which comes from the word *al-yasr* (اليسر) which means "something obligatory for its owner", and comes from the word *al-yusr* which means easy. The synonym of *al-yasar* is rich. According to Quraish Shihab, the term *maysir* is taken from the phrase *yusrun*, which means easy or not difficult. Gamblers gain and quickly lose property without much effort (Lubis et al., 2023). According to the term, *maisir* is a game that stipulates that the losing party must give something to the winning party, either in the form of money or others, to be bet on (Ibrahim Hosen, 1987). Scholars have diverse views on gambling. According to Muhammad Rasyid Ridha, *maisir* is a game that aims to make a profit without the need to think or work hard. At Tabarsi argues that *maisir* is a game in which the winner obtains money or goods without reasonable effort, which can lead to poverty. Meanwhile, Hasbi ash-Shiddieqy explained that gambling includes all forms of games with win-loss results, where the losing party must hand over an agreed amount of money or goods as a bet to the winning party. Islam prohibits all forms of evil, namely activities that harm oneself, others, or the environment. The perpetrators of these acts must be punished following the established principles of justice. In Islam, the purpose of punishment is to create peace for individuals and society and prevent actions that can harm the lives, property, or honor of members of society. Punishment aims to improve the relationship between individuals, society, and communities.

Based on the above definition, gambling can be concluded as any form of game that involves betting to earn profits without the need to work hard. (Reyhan et al., 2023) According to the Great Dictionary of the Indonesian Language, gambling (noun) is a game that uses money or valuables as a bet, while gambling (verb) is betting a certain amount of treasure or item in a guessing game based on chance to obtain a treasure or item larger than the initial amount. In the Criminal

Code Article 303 paragraph (3), gambling is a game that allows you to earn profits if you are lucky and proficient in playing it. (Lubis et al., 2023) Based on this understanding, gambling is any form of game that involves betting on chance, with the agreement that the winning party will receive payment in the form of certain treasures or goods from the losing party without having to work hard. (Hidayah et al., 2024).

Regarding the law of gambling, Muhammad Ali as-Shabuny, in the tafsir book *Ayat Ahkam*, stated that scholars agree that gambling (*al-Maisir*) is haram. This agreement is based on the verse of QS. *Al-Baqarah* (2): 219, which states that in gambling, there is a great sin. Scholars agree that any game involving the victory of one party and the defeat of the other party is included in gambling, which is prohibited, regardless of the means used, such as chess, dice, and others, which are currently known as lotteries or a battle of luck. Even if the purpose is for good, such as social funds, or solely for profit, everything is considered a bad profit because Allah SWT only accepts the good. This opinion is reinforced by Sayyid Sabiq, who stated that betting is prohibited if one side wins and gets the bet, while the loser must owe it to his friend. This is categorized as prohibited gambling. Indu Sirin argues that everything that contains danger is gambling. Al-Alusi also contends that all gambling games, such as craps and chess, fall under the category of *Maisir* (Nasution, 2017).

With the advancement of the times, gambling is no longer limited to in-person meetings or localized places but can now be done through the internet or cyberspace. Ardi stated that online gambling is a form of gambling that utilizes internet media to make bets, where gamblers must agree on the rules of the game and what is at stake. If their team wins, the gambler will get everything at stake. (Ardi, 2019). Rafiqah added that online gambling uses the internet network in the process of playing. In society, especially among students, online gambling is no longer strange because it is very close to their lives and easily accessible. Some students have made online gambling an entertainment or game that promises victory (Rafiqah & Rasyid, 2023).

In Indonesia, online gambling is strictly prohibited by Law Number 7 of 1974 concerning Gambling Control. (Nasution, 2017) Despite this, many people are still involved in this activity, suggesting that legal prohibitions have not effectively controlled this phenomenon. This legal analysis shows that the ban on online gambling in Indonesia has not been successful in preventing the practice, which can negatively impact the couple's relationship and increase divorce rates. Different countries have different approaches to regulating online gambling. Some ban this practice entirely, while others allow it with strict regulations. The legal approach to online gambling can affect the rate of divorce in society, depending on the extent to which this practice is regulated and controlled. Some countries ban the practice of online gambling altogether, while others allow it with strict regulations. A more stringent legal approach to online gambling can help reduce its negative impact on divorce rates in society. To address this problem, effective policies and actions are needed. In addition to the stricter application of laws to online gambling, a holistic approach is also required. The public needs to be educated and aware of the negative impact of online gambling on relationships and divorce. Psychological support and rehabilitation are also important for individuals experiencing online gambling addiction (Akbar & Sahari, 2023).

According to Article 303 bis paragraph (1) of the Criminal Code: "A person is threatened with a maximum prison sentence of 4 years or a maximum fine of ten million rupiahs if he uses the opportunity to play gambling held in violation of the regulations in Article 303 (Lubis et al., 2023). If he participates in gambling games held in a public place, such as on or around the street, or in a place accessible to the general public, unless the authorized authorities grant permission." In essence, this Article regulates gambling crimes involving the use of gambling opportunities that violate the rules of Article 303, as well as participation in gambling games in public places. However, exceptions are granted if permission is obtained from the competent authority. This aims to protect the public from illegal gambling and prevent its spread in public places. By imposing penalties in imprisonment or fines, it is hoped that illegal gambling activities in Indonesia can be suppressed (A. M. Fanani et al., 2022).

According to Article 303, paragraph (3) of the Criminal Code, gambling refers to gaming activities that allow players to gain profits quickly through luck or expertise factors (Ridwan et al., 2019). It also includes betting on the outcome of a race or game not done by the participants, as well as other forms of betting. This article explains that gambling involves games held in public places, such as on the street or in the vicinity, or in areas accessible to the general public, and if such activities disturb public order, the perpetrators are threatened with imprisonment for a maximum of one year and four months or a maximum fine of five hundred thousand rupiah (Syafriada et al., 2023).

Divorce is one of the negative impacts of online gambling. One of the main problems that arise in the family is economic ruin. Online gambling behavior and marital goals will not be aligned and it will be difficult to realize (Khoerunisa et al., 2024). Disturbed psychological conditions will affect individual behavior. In the case of online gambling, the perpetrator will try to obtain money in various ways. (Soleha et al., 2024). Salaries spent on gambling, pawned assets, and online lending became standard practices. This cycle will continue until assets and deposits are depleted and debts accumulate in large amounts. This impact significantly affects domestic life, characterized by deteriorating communication, lack of mutual respect, and the emergence of antisocial attitudes. This tension can lead to domestic violence (Asman, 2024). In rural environments, where economic problems are often the main challenge, online gambling, if not eradicated immediately, will further damage the structure of society and exacerbate structural poverty in Indonesia. The law in Indonesia, which is currently still weak in dealing with online gambling perpetrators, also contributes to this problem.

If associated with the behavior of online gamblers, the achievement of marriage goals becomes challenging to realize. As already explained, gamblers will often resort to various means to continue gambling, including selling their possessions and in extreme cases, engaging in criminal acts such as theft, fraud, and even murder (Al Hakim et al., 2024). In addition, the impact of online gambling can affect the psychological condition of gamblers. As already described, gambling and gaming addiction can have an effect on emotional intelligence, leading to an increase in emotions and temperamental attitudes due to losing in games. (Aliyyah Bilqis Ramadhianti, Jazari, 2020). Further, gamblers' behavior often leads to antisocial, decreased social interaction, and a lack of empathy for the surrounding environment. As a result, harmony, understanding between family members, support, good communication, and economic stability will be challenging to achieve.

Reasons for People to Do Online Gambling in East Jakarta

During the rapid development of technology and the internet, the phenomenon of online gambling has penetrated various parts of the world, including East Jakarta, one of the metropolitan areas in the capital city of Indonesia. The dynamics of online gambling in this region show complex and diverse patterns, affecting aspects of people's lives profoundly. This change in the way gambling is done not only changes the way people bet but also has a significant impact on the local social and economic structure. The people of East Jakarta, known for their diversity and social dynamics, are facing new challenges with the increasing cases of online gambling affecting the well-being of individuals and relationships between community members. Online gambling, with all its convenience, has created new opportunities for those looking for quick profits. Still, it also poses high risks, such as financial problems, family tensions, and psychological disorders. In this context, it is vital to understand how the online gambling cases that have emerged in East Jakarta shape the social and economic realities of the community, as well as how efforts are made to address their negative impacts. This process is part of a broader effort to maintain balance and harmony in the life of urban communities that continue to grow.

This research will focus on an in-depth analysis of five family couples in East Jakarta who experienced divorce as a direct result of the impact of online gambling. The study aims to explore how online gambling affects family relationships, including the changes in dynamics, tensions, and conflicts that arise as a result of gambling addiction. By delving into these cases, the research will identify the specific factors that trigger divorce and the psychological and social impact each couple feels. The results of the study are expected to provide valuable insights into how online gambling

undermines family structures and generate recommendations for effective intervention and support.

Table 1: List of Families of Online Gambling Perpetrators in East Jakarta

No	Name	Age	Judol (Online Gambling)'s Reason
1	Entong	35-40	At first, I was playful and addicted
2	Herman	40-45	Environmental factors such as easy accessibility, massive advertising
3	Ucok	45-50	Associations and invitations of friends
4	Nandi	40-45	Looking for quick profits and the need for entertainment that is addictive
5	Sarnah	35-40	Lack of understanding of the risks of online gambling and wanting to get rich quickly

Table 1 provides an overview of the five individuals in East Jakarta involved in online gambling, complete with their ages and the main reasons for their involvement. Entong, who is between the ages of 35 and 40, started online gambling as a prank activity but eventually became addicted. Herman, in the age range of 40 to 45 years, is affected by environmental factors such as easy access to gambling platforms and exposure to intense advertising. Ucok, aged 45 to 50, was trapped in online gambling due to social interactions and the invitation of friends. Nandi, also in his 40s to 45 years old, engages in online gambling with the motivation of seeking quick profits and opium entertainment. Sarnah, who is between the ages of 35 and 40, fell into online gambling due to a lack of understanding of the risks involved as well as the drive to get rich quickly. This shows how various personal and social factors can encourage individuals to engage in online gambling and illustrates the complexity of the problems faced by the people of East Jakarta.

In addition to the above, according to Entong (37 years old), he was initially involved in online gambling just for fun and to fill his free time. However, activities that started as light play quickly turned into severe addictions. This addiction arose when Entong began to feel the thrill and satisfaction of the small victories obtained, which encouraged him to keep playing. Over time, this habit became more and more entrenched, and it was difficult for Entong to stop gambling, even though he was aware of its negative impact. The change from mere trial and error to addiction illustrates how online gambling can quickly turn social habits into serious problems that affect daily life (Entong, 2024).

Herman, 40 years old, was affected by significant environmental factors in his involvement with online gambling. The ease of accessibility offered by online gambling platforms allows Herman to gamble anytime and anywhere without physical or time restrictions. In addition, the massive and aggressive gambling advertisements that often appear on various digital media reinforce the urge to engage in gambling. Constant exposure to ads that promise big prizes and easy wins encourages Herman to try his luck in online gambling, thus further increasing the likelihood of addiction and problems arising from the activity (Herman, 2024).

Ucok (47) was affected by social factors in his involvement with online gambling. Ucok's friends often invite him to join in gambling activities, making it a part of their social activities. Invitations from friends who are already involved in online gambling create strong social pressure, making Ucok feel compelled to participate. A social environment that supports and encourages gambling increases the likelihood that Ucok will be trapped in this habit. Associations involving online gambling as a form of entertainment or social have resulted in Ucok becoming increasingly involved and finding it difficult to get out of the harmful gambling cycle (Ucok, 2024).

Nandi (42), is involved in online gambling because he is looking for quick profits and opium entertainment. The desire to achieve significant results in a short time encourages him to continue playing, while the addictive nature of online gambling makes it difficult to stop (Sarnah,

2024). Sarnah, 37, on the other hand, is stuck in online gambling due to a lack of understanding of the risks involved as well as the urge to get rich quickly. Ignorance regarding the potential dangers and the hope of making huge profits quickly led him to deep involvement in online gambling. (Sarnah, 2024).

In addition, Online gambling addiction can damage family structure by causing relationship rifts, erosion of trust, and communication disorders. The financial impact of money diversion for gambling often creates tension in families, which worsens the mental health of family members, results in stress, anxiety, and depression, as well as decreased academic performance and behavioral problems in children. This addiction also reduces involvement in family activities, weakens family ties, and leads to social isolation due to gambling-related stigma. In addition, addicted individuals may engage in illegal behavior to finance their habits, adding to legal conflicts. At the same time, physical health impacts such as insomnia and heart disorders are also a problem.

Table 2: The Impact of Online Gambling on Household Life in East Jakarta

No	Name	Age	Economic Impact	Psychological Impact	Social Impact
1	Entong	35-40	Overspending, debt	Stress, domestic conflicts	Isolation from family and friends
2	Herman	40-45	Loss of family savings	Depression, anxiety	Decreased social interaction
3	Ucok	45-50	Job loss, financial crisis	Emotional tension, mental fatigue	Dependence on a negative environment
4	Nandi	40-45	Decreased quality of life	Sleep disorders, feelings of guilt	Social rift
5	Sarnah	35-40	Loss of assets, huge financial losses	Frustration, confusion	Bad relationships with family members

An analysis of the impact table of online gambling on household life in East Jakarta shows a strong relationship between online gambling behavior and destructive economic, psychological, and social consequences. In the economic dimension, individuals like Entong and Sarnah face significant impacts such as overspending, debt, and loss of valuable assets. The loss of jobs and the financial crisis experienced by Ucok also reflect how big the economic losses can be. Ucok said "because I gambled a lot, I started to stay away from my family and friends who used to be close. I associate more often with people who also gamble, which makes my condition worse. The relationship with his wife and children also became disharmonious, there were often commotions at home. As a result, I feel increasingly isolated from my former social environment (Ucok, 2024)." These economic influences not only affect individuals directly, but also put pressure on family budgets, which in turn can worsen financial stability and family well-being.

The psychological impact caused by online gambling is no less serious. Stress and domestic conflicts experienced by Entong, he said that "At first I just wanted to try, but over time I became addicted. My expenses became uncontrollable, even to the point of having to go into debt. A lot of money that should be for family needs, instead runs out of gambling. As a result, we often lack money for important things, and the family's economic condition is getting worse (Entong, 2024)." The same thing was experienced by Herman, he said that "Online gambling makes me often feel anxious and stressed. Every time I lose, I feel very depressed. This makes me easily angry and often has conflicts with my wife. I also felt depressed because I couldn't stop gambling, even though I knew the impact was bad. It feels like being stuck in a circle that is difficult to stop (Herman, 2024)." This shows how the mental burden borne by gamblers can interfere with their emotional well-being.

The emotional strain and mental exhaustion that Ucok experienced, as well as the sleep disturbances and feelings of guilt that Nandi felt, indicated that online gambling can cause significant damage to an individual's mental health. This can lead to a decrease in their ability to

function normally in daily life, both in the family and work environment. Nandi said, "Online gambling really interferes with my life. I often feel guilty and confused after gambling, especially when I realize how much money I have lost. My mind was constantly filled with regret, but it was hard to stop. It also makes it difficult for me to sleep because I keep thinking about how I can cover the losses that have already occurred. As a result, my relationship with my family deteriorated even more. I started arguing with my wife a lot, and my children also started to move away because they felt the tension at home. Socially, I feel more and more alienated from old friends who have started to distance myself because I hang out more often with people who are also gambling (Nandi, 2024)."

From a social perspective, the negative impact is also obvious, with the social isolation experienced by Entong and the decrease in social interaction in Herman. Ucok experiences dependence on a negative environment, which can exacerbate his addictive behavior. In addition, the rift in social relationships experienced by Nandi and the bad relationship with family members experienced by Sarnah highlights how online gambling can damage social networks and relationships between family members. This social impact shows that online gambling not only affects the individual perpetrators, but also threatens the harmony and stability of the family as a whole. This analysis confirms the need for a comprehensive intervention to address the destructive impact of online gambling on various aspects of household life in East Jakarta.

Strategies to Recover Online Gambling Diseases in East Jakarta

Recovery strategies for individuals affected by online gambling disease in East Jakarta must include comprehensive interventions that involve three main dimensions: economic, psychological, and social. This approach must be carried out holistically to ensure that recovery is not only temporary but also sustainable, so that affected individuals can return to living productive and harmonious lives within the scope of family and community. On the psychological dimension, interventions should include intensive counseling to address stress, depression, and other mental disorders resulting from gambling addiction. Individual and family therapy is important for repairing broken relationships and rebuilding trust among family members. In addition, the social dimension should involve efforts to reintegrate individuals into society through group support programs and community initiatives. This includes efforts to strengthen social relationships and build an environment that supports recovery. Education programs and awareness raising in the community about the risks and dangers of online gambling must also be carried out to prevent similar cases from occurring in the future. With this integrated and sustainable approach, it is hoped that affected individuals can fully recover and contribute positively to society.

First, the economic dimension, the recovery strategy must focus on restructuring the finances of families that have been affected. This can be done by providing financial counseling and debt management programs to help individuals like Entong and Sarnah who are experiencing overspending and asset loss. Job skills training and providing access to new job opportunities are also important to help individuals like Ucok who have lost their jobs due to the financial crisis. In addition, economic intervention must include the establishment of an emergency fund and long-term financial management strategies to prevent a recurrence of the financial crisis. Educational programs on wise financial planning and investment can provide the knowledge and skills needed to rebuild family economic stability. Support from local financial institutions and nonprofits can also speed up the recovery process by providing additional assistance and necessary resources. With this approach, affected individuals can overcome the financial burden posed by online gambling and improve their economic situation gradually.

Both, psychological dimensions, psychological support is crucial to help online gamblers recover mentally. Individual counseling programs and family therapy can help overcome the stress, depression, and anxiety experienced by Herman and Ucok. Cognitive behavioral therapy (CBT) can be used to assist individuals like Nandi and Sarnah in managing their feelings of guilt and sleep disorders. Additionally, support from support groups such as therapy groups for gambling addiction can provide a sense of community and share the same experiences. Stress management training and relaxation techniques such as mindfulness can also strengthen mental and emotional

well-being. Involving the family in the therapy process is also important, as it can improve relationship dynamics and increase understanding and social support from those closest to you. With a well-rounded approach in the psychological dimension, individuals can overcome psychological trauma and develop effective coping skills to face future challenges.

Third, the social dimension, strengthening social networks through social reintegration programs and community support is an important step to overcome social isolation and family relationship rifts faced by online gamblers such as Entong and Nandi. Involving local communities and families in recovery programs will help restore disrupted social relationships and increase moral support for individuals seeking to recover from gambling addiction. In addition, holding positive social activities and support groups can encourage active participation and rebuild a sense of community. These programs should focus on developing social and communication skills to facilitate reintegration into society. Holding workshops and seminars that involve family members can also increase understanding of the impact of online gambling and strengthen social support. By facilitating constructive social interactions, affected individuals can rebuild healthy relationships and gain the emotional support necessary for long-term recovery. The following is a more detailed description of the author in the table below.

Table 3: Strategies for Recovering Online Gambling Diseases in East Jakarta

No	Name	Dimension	Recovery Strategy	Purpose
1	Entong	Economics	<ol style="list-style-type: none"> 1. Financial counseling and debt management programs 2. Job skills training 3. Granting access to new job opportunities 4. Establishment of an emergency fund 5. Financial planning education 	Helping individuals overcome overspending, debt, and financial crises and build long-term economic stability.
2	Sarnah	Economics and Social	<ol style="list-style-type: none"> 1. Financial counseling and debt management programs 2. Job skills training 3. Granting access to new job opportunities 4. Establishment of an emergency fund 5. Financial planning education 	<ol style="list-style-type: none"> 1. Helping individuals overcome overspending, debt, and financial crises and build long-term economic stability. 2. Restoring disrupted social relationships, increasing moral support, and rebuilding a sense of community.
3	Ucok	Economics	<ol style="list-style-type: none"> 1. Konseling keuangan dan program manajemen utang 2. Pelatihan keterampilan kerja 3. Pemberian akses pada peluang kerja baru 	Helping individuals overcome overspending, debt, and financial crises and build long-term economic stability.

4	Herman	Psikologis	<ol style="list-style-type: none"> 1. Individual counseling and family therapy programs 2. Cognitive behavioral therapy (CBT) 	Addressing stress, depression, sleep disorders, and feelings of guilt, as well as improving relationship dynamics and mental well-being.
5	Nandi	Psikologis	<ol style="list-style-type: none"> 1. Individual counseling and family therapy programs 2. Cognitive behavioral therapy (CBT) 3. Therapy group support 	Addressing stress, depression, sleep disorders, and feelings of guilt, as well as improving relationship dynamics and mental well-being.

Economic recovery strategies for individuals affected by online gambling diseases in East Jakarta, such as those applied to Entong, Sarnah, and Ucok, include a multifaceted approach focused on financial restructuring. Financial counseling and debt management programs are designed to help individuals who are experiencing overspending and debt, providing them with the tools to manage their financial burden effectively. Job skills training and providing access to new job opportunities are key to improving an individual's ability to seek new sources of income, which is especially important for those who have lost their jobs or are facing a financial crisis like Ucok. The establishment of an emergency fund and financial planning education is also an important step in building long-term economic stability, helping individuals to be better prepared for future financial emergency situations and reducing reliance on short-term solutions (Peng & Zhang, 2023).

In the psychological dimension, the recovery strategies applied to Herman and Nandi focus on overcoming the mental impact of online gambling addiction through an integrated therapeutic approach. Individual counseling and family therapy programs aim to reduce stress, depression, and anxiety experienced by affected individuals (Astuti, 2021). By involving families in therapy, these strategies also improve relationship dynamics that may be damaged by gambling addiction, strengthen social support, and rebuild trust among family members. Cognitive behavioral therapy (CBT) plays an important role in helping individuals like Nandi and Sarnah manage feelings of guilt, sleep disturbances, and other emotional problems that often arise from gambling addiction. This approach aims to change negative mindsets and help individuals develop effective coping strategies, improving overall mental well-being (Hayati & Tohari, 2022).

The social recovery strategy for individuals affected by online gambling in East Jakarta involves strengthening social networks and community support. For individuals like Entong and Nandi, social reintegration programs and community support are essential to overcome social isolation and family relationship rifts that often occur due to gambling addiction. By involving local communities in the recovery process, individuals can repair disrupted social relationships and gain the moral support necessary for recovery (Zahara & Anastasya, 2020). The support of therapy groups and positive social activities also play an important role in rebuilding a sense of togetherness and facilitating reintegration into society (Arif Sugitanata, 2024). Education programs and raising awareness in the community about the risks and dangers of online gambling can help prevent similar cases from occurring in the future, as well as create an environment that supports recovery and reduces stigma against online gamblers (Rafiqah & Rasyid, 2023). This holistic social approach contributes to sustainable recovery and improves the quality of life of individuals as well as the social stability of the community as a whole.

The economic recovery strategy applied to individuals affected by online gambling diseases in East Jakarta, such as Entong, Sarnah, and Ucok, has had a significant positive impact even

though the results have not been fully maximized. Multifaceted approaches focused on financial restructuring, such as financial counseling and debt management programs, have helped reduce their financial burden. At least according to them, "The support of family and friends has helped me a lot in rearranging my family finances. Before participating in counseling, I felt overwhelmed by the accumulated debt. Now, I have a clear guide to paying off debts gradually, although there are still difficulties to be faced (Entong, 2024; Sarnah, 2024; Uco, 2024)." However, the challenges in implementing job skills training and providing access to new job opportunities show that these efforts require more intensive time and support to deliver more optimal results. For example, for Uco, who has lost his job, this effort has opened up new opportunities, but long-term economic stability is still a goal that requires a sustained commitment. The establishment of emergency funds and financial planning education have begun to build a more solid foundation for them, but the implementation and familiarization of these strategies will take time to truly reduce reliance on short-term solutions.

In the psychological dimension, although recovery strategies have shown positive results, the challenges in their implementation show that these efforts need to be strengthened. The individual counseling and family therapy programs applied to Herman and Nandi have succeeded in reducing the stress, depression, and anxiety they experience, as well as improving the dynamics of relationships in the family. According to them, "after attending individual counseling and family therapy, I feel that my stress and anxiety are starting to decrease. I became more able to control my emotions, and my relationship with my wife and children slowly improved. Even so, I feel that it still takes time and more support to truly recover from the mental impact of online gambling (Herman, 2024; Nandi, 2024)." However, to achieve maximum results, this approach needs to be carried out intensively and sustainably. Cognitive behavioral therapy (CBT) that helps individuals like Nandi and Sarnah manage feelings of guilt and sleep disorders has shown encouraging results, but deeper integration with an approach that pays attention to aspects of their culture and social environment may be needed to improve the effectiveness of therapy. Overall, while this strategy has brought about positive changes, further optimization and support are needed so that the recovery can run more optimally and sustainably.

Conclusion

The phenomenon of infidelity between husband and wife neighbors in Kramatjati, East Jakarta, reflects complex social and legal dynamics in the local community. In the perspective of Islamic law, infidelity is a serious violation of the ethics of marriage that demands loyalty and responsibility, with severe moral and legal consequences. Islamic law emphasizes the importance of integrity in marital relationships, making infidelity an unacceptable act. Factors driving this behavior in Kramatjati include emotional and sexual dissatisfaction in marriage, as well as social and cultural norms that may support or ignore infidelity. The inability to meet basic needs in a relationship, combined with social and environmental pressures, creates conditions that allow infidelity to occur. To address this problem, comprehensive prevention strategies are needed, including increased education on the values of marriage in Islamic law, strengthening communication between couples, and social interventions to change the norms and perceptions that facilitate infidelity. Prevention programs involving religious education, marriage counseling, and the active role of the community are essential to reduce the prevalence of infidelity and increase social stability in Kramatjati, with the ultimate goal of improving community welfare and harmony.

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