

## Psychological Literacy in Arranging Intrapersonal Communication Resolution in Gambling Acts

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### ABSTRACT

The Indonesian nation is experiencing an emergency regarding gambling. The significant impact of gambling affects all aspects. Not only the destruction of family relationships, the loss of material and even a person's life can be a dangerous threat from the game that is forbidden by religion. Various policies and regulations are made to overcome the high level of gambling. Starting from punishment, to a fine that is not small. However, it seems that this does not reduce the number of players to stop gambling. So, from this we need to look deeply, that this gambling game is generally carried out by those who do not have the ability to see carefully about the existence of awareness. The study uses a qualitative method with a critical approach through netnographic studies with reference to the theory of transformation of consciousness developed by Reza Antonius Wattimena. Through this theory, we can see thoroughly that the existence of awareness that is known deeply can be an important key to being able to recognize everything we are facing, including efforts to resolve it. The process of recognizing and understanding what is experienced by each individual through the theory of consciousness will bring the individual to have good skills, related to the phenomenon of the Level of consciousness that is studied in depth, starting from the level of distinctive consciousness to the level of consciousness of emptiness. These levels of awareness will bring each individual to a complex and integrated understanding of gambling. The purpose of this study is broadly oriented to provide a comprehensive understanding that the key to human action is awareness. So, by having good and high awareness we can see and overcome all the dynamics of life in society, especially related to the issue of immoral acts.

### 1. Introduction

"It has happened many times because of gambling, all of one's possessions have been sold, because of gambling husbands and wives have divorced, because of gambling (people) have committed crimes, committed violence, and not a few have even resulted in loss of life."

Joko Widodo- President of the Republic of Indonesia 2019-2024

The Indonesian nation is experiencing an emergency regarding gambling (Ali, 2024). The problem of gambling, whether done online or onsite, has reached an alarming level. The significant increase in the massive gambling is still in the spotlight, especially when the Polda Metro Jaya uncovered and arrested employees from the Ministry of Communication and Digital (Komdigi) who were suspected of protecting and fostering online gambling sites (Puspapertiwi, 2024a).

The rampant gambling carried out by perpetrators or gamblers, as a whole, is a common threat. Especially if the government as the highest agency holding control of a country, does not immediately address the massive problem of gambling. Then, the country will experience moral problems and also the destruction of a country. On the one hand, the rampant gambling today has become a global problem, it needs to be considered carefully (Ira, 2024). This means that both the government and society, especially both domestically and abroad, need to work together in an integrated manner to regulate laws and take firm action against the perpetrators of the gambling game.

The impact that can occur on the gambling game is no joke. For example, recently in Mojokerto, East Java, there was a murder case due to online gambling. The case of the burning of a husband by his own wife was triggered by online gambling carried out by her husband. The motive for the murder was related to gambling which had been very disruptive and had an impact on their family's financial life. The husband's gambling hobby had ruined their household life (Putri, 2024).

Gambling cases that have ruined the lives of households have also occurred in different places. Not long ago, a member of the TNI committed suicide due to being in debt due to online gambling. When the deceased was on duty in Papua Province, he was in debt due to his hobby of playing online gambling. So, when the victim could not pay the installments on the loan, without thinking, the victim ended his life (Puspapertiwi, 2024b). Regarding this form of gambling, not long ago, former President Joko Widodo in his statement, once said that the impacts caused by gambling were very large. These impacts include the loss of property, divorce and even loss of life (Nugraheny, 2024). Furthermore, the former President who had served two terms, explained that by gambling, we are risking the future of individuals and families. This means that if we look further, gambling is an activity that will have a comprehensive impact, both personally and socially (Nugraheny, 2024).

This form of gambling has a significant massive impact. Gambling can trap and lead us into a life that is destructive. Therefore, if we do not have strong psychological strength and skills, especially in the awareness to dare to recognize, understand and distance ourselves from this game, we can easily fall into the flow of the game that can claim the lives of our families, and the people we love. The purpose of this writing is to describe the efforts that can be made by us as individuals to be able to better recognize the desire or urge that comes out in ourselves to play the gambling game. We know our state as individuals who are aware and can fully respond to the situations we face. How can we as individuals communicate well with ourselves, so that we can more closely recognize the tendencies and urges that exist in responding to the gambling game. by recognizing and understanding ourselves well. ourselves as individuals will be able to better control actions that can be destructive and misleading, especially regarding the gambling game. Learning to know ourselves better and we can consciously open ourselves will lead us to a good understanding of ourselves. This means that we can control and recognize the urges to do certain things, especially those that are destructive and destructive. The skills gained by knowing ourselves better will bring us to a level where we are not colonized by urges and

desires. We can distance ourselves and communicate with ourselves in a structured and directed way (Wattimena, 2019).

## Literature Review

### 2.1 The Phenomenon of Rampant Gambling

If we look at the current situation, with the massive development of the gambling business. So, from this situation, a question can arise in our minds that may require an answer and long arguments. This simple question can be asked, why has the problem of gambling never been resolved properly until today? Why, with all the rules and punishments that have been issued by the government, are the perpetrators of this gambling game still happening?

Related to this question, we can describe the answer in detail with data of course. Regarding this condition, we can re-regulate various existing policies. But again, can all of these things, related to the eradication of gambling and how to present human attitudes and actions to have moral skills be implemented. In other words, can the problem of gambling be completely resolved? This is what is actually a follow-up question as well as a reflection that we can draw together, if we look at all the things that have happened lately.

When we talk about the government's efforts to eradicate online and offline gambling, its efforts seem to never stop. We can see the data, that the Ministry of Communication and Information has made every effort to eradicate this gambling act. The government said that as a step to end online gambling, for example, the government since 2018 until May 10, 2022, its institutions have tried to continue to close access to online gambling. Furthermore, it has cut off access to online gambling as many as 499,645 gambling contents on various digital platforms (bbc.com, 2022).

With a number of efforts to cut off access, it seems that the perpetrators of online crimes in various online gambling applications have not decreased. The eradication of online gambling is like mushrooms growing in the rainy season, always abundant and can grow rapidly. So, related to this, the eradication of online gambling in Indonesia will continue to be very difficult, because the money game sites on digital platforms continue to appear with different nuances. In other words, online gambling application sites will continue to emerge with different identities, with new names and variants, even though access has been cut off massively by the government (bbc.com, 2022). Furthermore, if we talk about the gambling business, especially online gambling, below we can see that the graph regarding this religiously forbidden business continues to increase from year to year. Here is the data ;



Figure 1. Graph of online gambling money turnover.  
Source: (metropolis.id, 2024)

From the image above, we can see that the trend regarding online gambling games has experienced a rapid increase. From a number of data obtained, at the Financial Transaction Reports and Analysis Center (PPATK), it was stated that at least in 2023, a number of valid data were found, that at least around 3.2 million Indonesian citizens played online gambling with an aggregate turnover of IDR 327 trillion. Furthermore, in the first quarter, in early 2024 alone, a number of surprising data were found that the turnover had reached IDR 100 trillion (Susanto, 2024). The increase and increasingly massive number of online gambling actors has made our society addicted to gambling. With the rapid rate of money turnover that continues to increase significantly, especially since 2017, with a figure that penetrates the money turnover at IDR 2 trillion (Susanto, 2024).

Various forms of gambling games also continue to present different patterns and forms. The development of how to play online gambling always presents various rules and forms, so with the many patterns, the development of online gambling comes with various varieties. We can see the online gambling model that is generally in demand by the Indonesian people. The transformation of the online gambling model, shifted from the credit market around 2015, continued to develop and changed to the cash market in 2016. Changes in the pattern of playing online gambling, in 2023 also continued to change. The form of the game is still massive through alternative links using servers or networks abroad as intermediaries (Susanto, 2024).

## 2.2 Understanding the Theory of Transformation of Consciousness

The theory of transformation of consciousness is a theory that attempts to formulate rationally and systematically the levels of consciousness that humans have, the types of humans that live at these levels of consciousness and how to reach these levels of consciousness and how to carry out these transformation actions (Wattimena, 2023b).

In the theory of transformation of consciousness, the basis of thought is based on the views of European philosophy, Asian philosophy and neuroscience. In the context of consciousness that can be seen from various perspectives, the existence of consciousness in humans brings itself

to present levels in consciousness itself. At a certain level, there is consciousness that moves from narrow consciousness to cosmic consciousness, even more. The dynamics in this level of consciousness produce levels in understanding and comprehending something (Wattimena, 2023a). On a deeper scale, the basis of this theory of consciousness moves from egoistic consciousness to formless consciousness, and is completely open. The peak is emptiness which is the deepest essence of all that exists. So, when we talk in this case about the consciousness that is the basis of human action, the level or degree of consciousness possessed by the human being can determine the quality of his life actions. Therefore, his mindset and views on the world he currently lives in depend on the level of consciousness possessed by the person. Likewise, regarding the way of thinking and feeling that he has in a particular environment. At the basic level possessed by humans, all stages or phases in this basic theory will affect the quality of human behavior and actions in everyday life, as well as the state of society as a whole (Wattimena, 2021).

### 3.1 Psychological Impressions of Gambling

The form of gambling activity carried out, with the hope of being able to generate a number of profits and income in a short time, psychologically has a number of impacts that greatly affect human mental health. These psychological disorders, in general, have a number of very bad impacts on the sustainability of the lives of the perpetrators of these gambling acts. The impact of these gambling acts, not only damages several things, such as the economy, social relations, health, and so on. Therefore, it should be noted, the more important and important disturbance, as a result of gambling addiction, the perpetrators will have their mental health disturbed. So, some things that need to be considered regarding the impact of gambling addiction, which affects mental health, namely; First, gambling disorder. Gambling that is carried out continuously can cause addiction. The level of addiction to online gambling can significantly cause gambling disorder, or is also commonly referred to as gambling disorder (Prabandari, 2024). Gamblers or individuals who periodically continue to carry out these gambling acts, will experience themselves losing control to be able to control the actions taken in these gambling activities.

Furthermore, we can see that in the empirical research that has been conducted, the results clearly show that the involvement of each actor or individual in online gambling has a significant impact on the occurrence of individual mental health disorders. So, if we look at it further, one of the most visible negative effects is that gamblers have a risk of addiction. Online gambling perpetrators, as a whole, will have a dependency, and can be an activity for very addictive perpetrators. In addition, individuals who play too far, or a gambler who carries out gambling continuously will be able to experience symptoms, or indications similar to other addictions, such as increased anxiety and depression that occur and interfere with the perpetrator's mental condition (Zuizza, 2023).

In a study conducted, addiction to gambling is caused by the stimulation of the dopamine hormone in humans (Bella, 2022). So, the presence of the dopamine hormone affects all human activities. The role of this hormone is very important for all human actions, so the contribution of this hormone in the form of a chemical compound in the brain that functions to convey stimuli throughout the body is important. This hormone in the human brain can comprehensively affect various activities carried out by humans, from the ability to remember all the actions that have been done, to the ability to move body parts with various activities that are carried out (Adrian, 2020). Therefore, related to the stimulation of this hormone, those who

gamble will spend their time and money. Those who cannot control and realize these actions will gradually find it difficult to stop gambling.

Two, depression. The effects of gambling also affect mental stress. This means that those who have a high level of addiction to online gambling can have an impact on the emergence of symptoms of depression (Prabandari, 2024). Gamblers or any individual who has an addiction to the game, can feel hopeless if they get a defeat, especially if they have done everything, including unhealthy ways to get capital in gambling. Feelings of confusion, disappointment, sadness, and in a broader sense, will feel a loss of interest in daily activities, there are disturbances and changes in sleep and changes in appetite, can occur for gamblers (Dianawuri, 2023).

Three, the strained social relationships. As a result of addiction to online gambling, it also has a comprehensive impact on relationships within the family and society. In interpersonal interactions, the impacts of gambling can cause relationships between individuals and a family, friendships, and communication within the surrounding community to become strained, or even bad. So, on a broader scale, they will ignore social responsibility, they experience conflict in interpersonal relationships, and regarding the quite serious impact, they will experience isolation in alienation from the social environment (Dianawuri, 2023).

### 3. Research Methodology

In this study, the method used is qualitative. This study uses a phenomenological study, which is a study that pays attention to something that is currently a certain event. Events regarding the rampant gambling that occurs in the midst of community life.

The approach used in this study uses a netnographic study, referring to the theory of transformation of consciousness introduced by Reza Antonius Wattimena (Wattimena, 2023b). Research with a netnographic study, seeks and takes data, on what is found on social media. Some of the information obtained comes from a number of news reports in online newspapers, online articles and journal manuscripts that are also published online. The data found is then summarized, reviewed according to the theory used. The information available can be fully accounted for in the context level that is in accordance with the references used in the study.

The purpose of this study is directed and based on an effort that can be made by each individual to be able to fully recognize themselves. This means that humans need awareness that they recognize, they obtain it fully after they know more sensitively, see the phenomena that are developing. What can be learned by oneself as an individual about the phenomenon. So, through the knowledge that he has, and also with the awareness that he understands thoroughly, humans can consciously take a stance. Act responsibly towards the phenomenon.

In this study, it can also be seen that there are levels of conscious activity that can be recognized well. So, in the research approach, it is carried out openly and responsibly, through consideration of the problems explored in the study, especially regarding the phenomenon of online gambling. This means that this research is fundamentally oriented towards efforts to rebuild human life awareness in full. Humans as individuals who have good and strong mental health if they are fully aware of what they are doing.

Qualitative research can be fully used as a basic reference for presenting broader and deeper research. So that the presence of new nuances that are more alive and more advanced can develop. This means that with the existence of this qualitative research, by raising the big theme of gambling cases, society and/or certain organizations in an existing community can ultimately

have knowledge, as well as complex awareness in and a complete, comprehensive and holistic perspective (Moleong, 2017). An educated society in a climate of life and a pattern of awareness of healthier ways of thinking, acting and making decisions, and can lead to the development and real restructuring of relationships and community involvement in its efforts to continuously build a better and more moral community life.

## 4. Findings

### 4.1. The rise of gambling

The massive cases of gambling in society, from the past to the present, are still a problem that has never been resolved, even though all the rules and punishments given have been implemented. In the case of this illicit game, the practice of gambling is increasing day by day. This is in line with the growth of increasingly modern technology. From the data obtained at the Financial Transaction Reports and Analysis Center (PPATK), the number of online gambling transactions reached IDR 327 trillion by the end of 2024. The Chairman of PPATK, Ivan Yustiavandana, in his statement stated that the turnover of online gambling funds in Indonesia reached IDR 1,200 trillion. In his further explanation, he said that this amount had increased by IDR 981 trillion throughout 2024 (Akbar, 2025).

The rapid growth of prohibited businesses in Indonesia indicates that gambling, especially online gambling, can be done in various ways. One thing that can be recognized is that online gambling activities can involve digital payment mechanisms such as bank transfers, electronic wallets, and QRIS. The existence of various transaction methods used to make payments can create various opportunities and possibilities that occur, especially related to gambling transactions. The gambling transaction process takes place quickly and has minimal possibility of being traced (Akbar, 2025).

In a transaction record issued by the Indonesia Fintech Market Report - Q1 2025 "on April 11, 2025. From this information, it is shown that in Indonesia there has been significant development regarding transactions made using electronic wallets (e-wallets). This development has increased, reaching 90% from the previous period. While on the one hand, the high development of transactions is also understood as a weakness that without proper supervision, the integration of e-wallets and digital payment systems that are currently developing can easily be misused by gambling syndicates for certain purposes (Fadilah, 2025).

In the development of gambling that is increasingly rampant, we can see that one of the reasons why gambling transactions are thriving in Indonesia. One of the reasons is our low awareness of digital financial literacy today. One observer of investment, finance, and banking as well as an academic at the Management Study Program, I Wayan Nuka Lantara, in his argument said that one of the main causes of the rampant gambling that occurs among the younger generation is the growth of technology and ease of access that can be done in transactions. In addition, the existence of a number of facilities offered, makes people now moved to feverishly transact in gambling (Wancoko, 2025).

### 4.2. Massive Impact of Gambling

The rampant gambling in Indonesia has brought its own impacts that can be felt together. Here are some things that can be considered to recognize the impact of gambling;

1. The effects that can occur from the gambling game, if viewed from a psychological perspective, there are two things that can be considered, namely; a). Addiction to

gambling. Gambling games played by gamblers will encourage these players to continue playing. This is based on curiosity about the desired victory in the game. So, this curiosity will make the perpetrators continue to try to play. b). Disruption of the mental health of gamblers. In a study conducted, gamblers can experience psychological pressure. The perpetrators can experience stress. There is excessive anxiety. At a high level, depression can also be contracted by gamblers. Gamblers usually have anxiety about the results they want to get. There is depression when they lose. Meanwhile, stress and depression can be caused by the perpetrators who tend to do everything to be able to continue playing, including how to keep winning. Online gambling perpetrators, as a whole, will have a dependency, and can be a very addictive activity for the perpetrator. In addition, individuals who play too far, or a gambler who gambles continuously will be able to experience symptoms, or indications similar to other addictions, such as increased anxiety and depression that occur and interfere with the perpetrator's mental condition (Zuizza, 2023).

In a previous study, addiction to gambling was caused by the stimulation of the dopamine hormone in humans (Bella, 2022). So, the presence of the dopamine hormone affects all human activities. The role of this hormone is very important for all human actions, so the contribution of this hormone in the form of a chemical compound in the brain that functions to convey stimuli throughout the body is important. The hormones in the human brain can generally affect various activities carried out by humans, from the ability to remember all actions that have been done, to the ability to move body parts with various activities that are carried out (Adrian, 2020). Therefore, related to the stimulation of the hormone, those who do gambling will spend their time and money. Those who cannot control and realize the act will gradually find it difficult to stop gambling. c). Depression occurs. The effects of gambling also affect mental stress. This means that those who have a high level of addiction to online gambling can experience symptoms of depression (Prabandari, 2024). Gamblers or individuals who are addicted to the game can feel hopeless if they lose, especially if they have done everything, including unhealthy ways to get capital in gambling. Feelings of anxiety, disappointment, sadness, and in a broader sense, will feel a loss of interest in daily activities, there are disturbances and changes in sleep and changes in appetite, can occur for gamblers (Dianawuri, 2023).

2. Decreased labor productivity. Habits that are often done to play gambling, especially playing online gambling, will have a negative impact on work productivity. Many employees or gamblers have spent time and concentration to play gambling, even gambling activities are used by perpetrators when they are at work hours. As data that can be considered to strengthen this argument, a survey conducted by the Ministry of Manpower shows that there are findings that say there is a decrease in productivity of around 15% in companies whose employees are indicated to be addicted to playing online gambling. This decrease in productivity has a significant impact on national economic growth. Furthermore, in achieving market value, the Gross Domestic Product (GDP) in our country is estimated to decrease by around 0.5-1% per year. This is due to the massive phenomenon of gambling games that have ruined the lives of its players (Fadilah, 2025).
3. Strained social relationships. As a result of addiction to online gambling, it also has a comprehensive impact on relationships that occur in families and society. In interpersonal interactions, the impacts that occur due to gambling can cause

relationships between individuals with a family, friendships, and communication in the surrounding community to become strained, or even bad. So, on a broader scale, they will ignore social responsibilities, they experience conflicts in interpersonal relationships, and regarding quite serious impacts, they will experience isolation in alienation from the social environment (Dianawuri, 2023).

## 5. Discussion

After we see some things that can be considered regarding gambling with all the effects that will befall the gamblers, here we will see this gambling act, if it is related to the theory of transformation of consciousness in a more comprehensive understanding.

### Beyond the Problem of Gambling

As we all know, the phenomenon of society that is fond of gambling, makes human moral behavior low. Humans to this level still need to educate their behavior well, so that the virtues that are the basis for moral life, society and the state become better.

How humans can live by prioritizing moral values and upholding the existing culture, becomes a provision that must be fostered and studied continuously, meaning that to obtain this provision, humans must first know themselves well, understand the drives through existing desires and be able to speak honestly to themselves with their conscience. Therefore, all actions and deeds in actualizing themselves are faced with existing moral values, humans must be able to recognize them well with the awareness that humans have. This is the basis for recognizing and distancing ourselves from what is around the human environment. With the environmental conditions around us, humans can actively and comprehensively pay attention to their actions towards the existing environment (Sasongko, 2018).

So, as a step to see the overall mindset in humans, based on their actions regarding efforts to overcome the gambling problem, the following explains a comprehensive understanding of how the awareness built by human life becomes the basis for the presence of knowledge for the rational development of humans themselves in an effort to care for themselves, the environment where they live and the development of good human life.

Below are levels of awareness that can guide us to present full priority in going beyond the phenomenon of gambling that is rampant. Here is the picture

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Figure 2: Figure 2. Levels of human consciousness  
Source: (Wattimena, 2023b)

In this picture, we can see the level of consciousness possessed by humans. So, in order to see the phenomenon of society in an effort to pay attention to the consciousness that is the basis for humans to take action through their actions, the following will describe several parts of the consciousness. First, distinctive consciousness (Wattimena, 2023a). In the basic diagram of this consciousness, the form of consciousness possessed by humans in this section is a basic consciousness that emphasizes separation. Basic consciousness that has a distance between subject and object.

Paying attention to this first pattern, it can be explained that humans see themselves as rational beings who are conscious, or as subjects who are present with themselves and have a separation from objects outside themselves. At this initial level, humans still consider themselves as creatures who see separation through the distance between humans and objects outside themselves. The objects around our environment are different parts and are not important to us. For example, humans know that bicycles are different objects from themselves. We see that we are living beings, while bicycles are inanimate objects. Bicycles are still seen as objects that are different parts of the owner's environment. So, in its use, bicycles are only seen as tools or goods that can be used as a medium to support human life (Sasongko & Wahyono, 2019).

The use of bicycles as goods is only seen as a complement to fulfilling human needs. Objects that are only understood as something that exists and do not need to be considered further, about how to care for, maintain cleanliness and care for the object better and more well-maintained. So, at the level of human consciousness at this level, humans no longer have the sensitivity and ability to act and pay attention to and care for the object better and better.

Humans cannot see and do anything significantly about the care and use to extend the life of the object or goods, according to the understanding and knowledge that can be understood. So, in this context, the level of human consciousness still sees goods only as tools. The goods around humans are only seen as efforts to fulfill human needs

As a reinforcement, from this, we can reaffirm that at this level, humans still have awareness, but are still at a low level of awareness. Humans still have shortcomings in efforts to pay further attention to what steps and actions can be considered to maintain the goods and objects they own. Likewise with gambling, humans who play gambling games still have low awareness.

Humans still see gambling as a form of channeling their pleasure, venting their lusts that are oriented towards how to win instantly. The form of gambling seen by society is considered an easy way to make a profit or seek pleasure in the midst of other activities without thinking comprehensively about the impact or effects that will occur afterwards. According to their awareness as gamblers, gambling is a form of game that will make it easier for the perpetrators to get money easily, just place bets and get profit in a short time. People cannot fully realize that the money game will lead themselves and those around them to moral damage, social relations and all the bigger impacts later, such as losing common sense and damaging human morals themselves.

Two, immersive consciousness. At this level it can be said that in a consciousness that exists in humans, there is an increase in the level of knowledge process that humans have. In other words, at this immersive level we can see as a whole, regarding the increase in human consciousness, which has moved to a good level from the previous level. These immersive levels understand the existence of consciousness, seen and started when he can see what is around him, namely in the form of an existing environmental ecosystem, as something that is valuable and has significant benefits for him (Wattimena, 2023b).

As a form of reinforcement in this case, related to the existence of awareness and an effort to overcome the rampant gambling that occurs in society. We can understand that related to the existence of gambling, the role of government and society is already at the action level, meaning that both the government and society have worked together to overcome and take a stance and real action to overcome it (Fanani, 2023). So, we can see the real form of realization carried out by the government and other institutions to invite the public to make changes and sustainable actions (Huda, 2024). In a broader context, the government invites the public through recommendations that need to be considered on social media, to be aware and start paying attention to the problems regarding gambling. Through these actions to cooperate with each other, it is hoped that there will be a sustainable effort to start positively in efforts to present structured policies with efforts that lead to sustainable improvements to the gambling phenomenon. Furthermore, from this level of awareness, the government, society and the private sector as well as various other elements, can work together in formulating and taking policies that can be implemented in seeing and paying attention to efforts to reduce all forms of community activities regarding this gambling. So, the important role and cooperation of all agencies to optimally implement the steps that can be taken to overcome this gambling problem (Mikhael, 2022).

Three, cosmic awareness (holistic-cosmis). At this level of awareness, humans realize and see the complete unity of themselves as an inseparable part of everything that exists. In the context of social problems such as gambling that has been rampant lately. Events regarding crimes in gambling are a complete unity between humans and what happens under this universe. The phenomenon of gambling is part of life that takes place under this universe. Events regarding gambling are part of natural events and human behavior that interact with what is thought and done, so at this level between humans and actions regarding gambling, are a complete unity. Ourselves, me and you and the natural environment that exists are a unity that cannot be separated. The human self is part of the universe, and humans are the universe itself (Wattimena, 2023a).

In a deeper understanding, the universe is ourselves which is a mutually supportive part and is related to the existence and actions in it. Humans and objects included in the entire universe are a unity that needs each other. Therefore, a sense of unity comes and appears with everything that exists, good and bad, and takes care of each other. In other words, we can pay attention as

a whole that all living things need the existence of others. Unity with the universe is one and needs each other. Our existence is determined and determines the existence of other things, including the existence of the phenomenon that is currently happening regarding gambling. As a reinforcement of the explanation. The existence of gambling today, as something that is currently rampant and a concern for us together. Gambling is a part of human life, gambling is a pattern and action of human life facing nature. Gambling is created because of low human awareness and not respecting and caring for nature. The human self becomes unproductive in the face of the existing situation. So, when we have a high awareness that this universe is a unity with ourselves, we will maintain and cultivate the ecosystem of this universe with good deeds. We are responsible for what we do in relation to the environmental ecosystem in the society where we live (Wattimena, 2022).

At this level we do not differentiate between one community environment and another, as something different. Fully at this level of awareness, we are able to have the ability to fully realize that our existence with things in this universe, we are under one roof with other living things. We are in one house with what is in other living and non-living things, including all objects in this nature.

Therefore, not taking good care of ourselves and everything under this universe will damage the human ecosystem and its natural environment. Therefore, by allowing this to happen, it will definitely disrupt the survival of humans in the world. We have one place to live, namely the universe that has given us life. So, not paying good attention to the environment is an act that demeans human nature as a creature that has equality with other creatures. Also everything in this life. Therefore, humans have an obligation to protect nature and care for the universe as a home for the continuation of their lives (Wattimena, 2023b).

Fourth, meditative consciousness. At this level, it can be said that there is a consciousness without concepts and without language. The important point to be seen at this stage is related to placing priority on having an attitude or understanding before thoughts arise or react to anything around us. At this level of consciousness, we can understand that we do not distance ourselves and justify anything against the context of gambling that has a negative orientation (Wattimena, 2023b). So, complete and complete acceptance of everything in human life, especially in this case related to gambling, along with the things in it, is a wise attitude for each individual to be able to present such an understanding. As a form of reinforcement, we can see further, that with the phenomenon of gambling that is currently rampant, we can see that there is a tendency for us to look for something to blame. In this condition, we tend to seek justification with our logic and thoughts that the act of air gambling is this and that mistake. Gambling is a wrong action for actions done by others, and so on. So related to his actions, it is necessary to be prosecuted and efforts are made to find justification. Through this meditative awareness, we are encouraged not to give labels or justifications for what we think. So, thinking before formulating language becomes something important and important to know and learn thoroughly (Wattimena, 2024).

Five, empty-aware consciousness. Seeing this level of consciousness, it is a consciousness that has been completely liberated. It is completely free from language and concepts. This consciousness is completely free from space and time. It has no form (Wattimena, 2023b).

This consciousness is completely pure, and completely alive. The consciousness of emptiness is completely here and now. It always faces and coexists with the presence of calm, unbroken peace. In other words, to see the phenomenon of handling and further utilization of gambling

in society, with all the things that need to be considered in it. Efforts to overcome gambling are an effort for us not to be trapped in the terminology of right and wrong, useful or not.

The existence of the concept of gambling with all the things that need to be done in human life is actually something that presents the condition of our society being compartmentalized and imprisoned in the language itself. With the justification of the language terminology regarding the existence of gambling, we are actually imprisoning the behavior and actions of human life under this universe. We are limiting human actions with our mindset that is present and speaks of these conditions. Therefore, as a step to present complete freedom in seeing all existing terminology. Justification of gambling as something that needs to be considered will ultimately only bring its own problems in finding who is responsible, who is wrong, who needs to be made a scapegoat, and so on (Wattimena, 2024). So, efforts to be able to fully accept everything openly and without any labels and interests will bring and get our way of living a full life. Living through the way we see and examine awareness and return to how humans and their actions, to return to seeing and understanding life that is received as a blessing in its entirety.

**Dikomentari [RS1]:** provide thematic analysis results according to your research topic

## 6. Conclusion

The important role of all parties as a whole and continuous joint efforts are ways that we can present to overcome gambling. Through the context of awareness that can be learned and applied, it can later bring about our increasingly mature awareness process. This means that the process of being able to have good skills about awareness of gambling problems must be identified and seen as a whole.

An important thing that can be drawn further is how we place the awareness that we have in dealing with the phenomenon of gambling as something important to know and learn. With the awareness that is owned and used well, we can see that the context of gambling is something that can be identified and learned in all things. With the level of awareness that humans have, we can see and understand gambling as something that develops human life with its knowledge. So, if we have a high enough awareness, we see gambling as something that is not said to be something negative, because the assessment of the negative comes from the mind, and with the mind we can provide an assessment that is of course limited and has a point of view that could be wrong. So, the suggestion that can be drawn is that with a comprehensive understanding of the context of this gambling, we can further make similar studies that are more in-depth and studied from different points of view.

The role and cooperation between the government and all agencies and other institutions to continue educating the public with the presence of awareness is an important step to be empowered comprehensively. So, with comprehensive coaching and education efforts, our society can be indirectly educated to understand and be open to gambling games, and see gambling from various perspectives. So, with the high level of public awareness of gambling, we can see a society that is educated and has a competent understanding in dealing with the dynamics of this life. Furthermore, with a good level of awareness, society has begun to have an understanding to protect the environment where they live, now and in the future.

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