



**Family Influence on
Youth/Young Adult Gambling Behavior & Attitudes
Executive Summary 2024**

**This study was conducted in partnership with
The College of New Jersey
June 2024**

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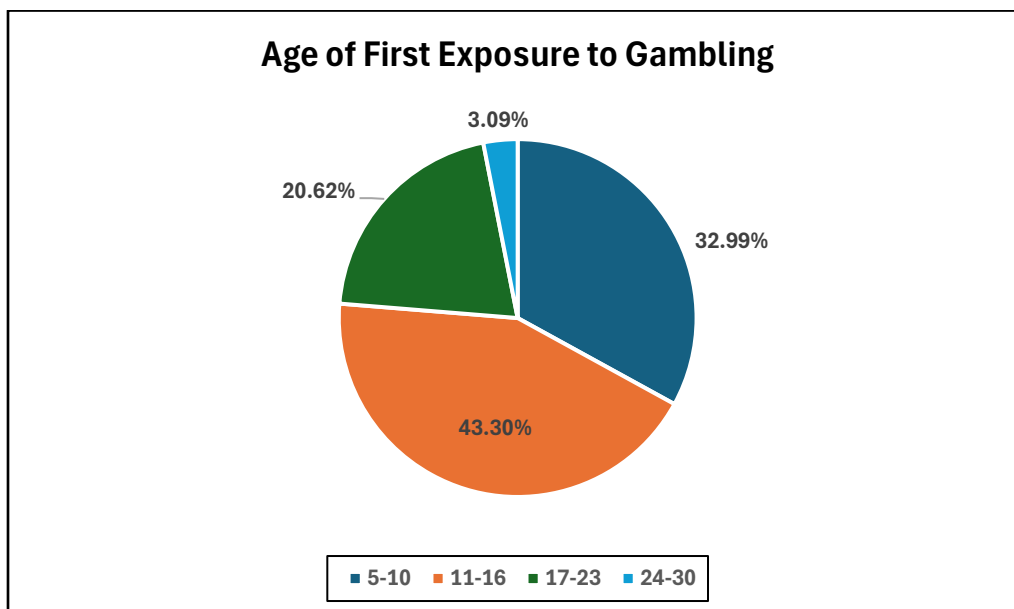
Executive Summary

Family Influence on Youth/Young Adult Gambling Behavior and Attitudes

The Council on Compulsive Gambling of New Jersey (CCGNJ) partnered with students at the College of New Jersey to research the impact of family gambling on youth and young adults. The survey, conducted in the spring of 2024, sought to determine how a family's gambling, including family gambling traditions, influences youth betting behavior/attitudes and how that is manifested later in life. The survey's sample size was 167 with respondents ranging in age from 18-30; all were raised in New Jersey. This study of family impact on youth and young adult gambling attitudes and patterns was undertaken as part of CCGNJ's response to the surge in youth and young adult problem gambling witnessed during the past half dozen years.

A large majority of respondents (85 percent) report their families as having a gambling tradition, ranging from trips to casinos to Lottery scratch-offs to sports wagering. Fathers were the most frequently named family members engaging in gambling (33 percent), followed by mothers at 15 percent. Grandmothers were the third choice at 13 percent.

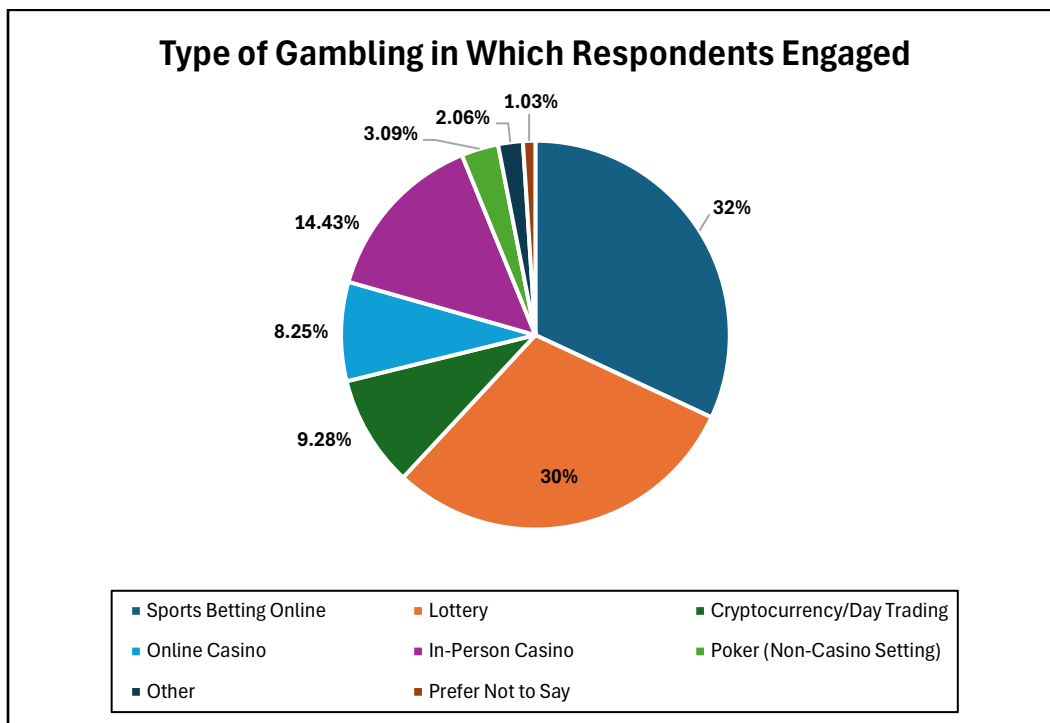
The most worrisome finding was the early age of exposure to gambling for a large majority of the respondents: more than three in four say their introduction to gambling occurred between the ages of 6 and 16, with a third (33 percent) saying they were introduced to gambling between 6 and 10.



The Lottery was the leading form of gambling families partake in, (43 percent). The cryptocurrency market and day-trading were the second most common at 28 percent, followed by online sports betting at 15 percent.

More than one in four (26 percent) report financial difficulties arising from a family member’s gambling. Just under one in five (19 percent) said gambling caused family conflict. Of the respondents, 22 say they themselves experienced financial hardship as a result of their gambling.

Not quite six in ten respondents (59 percent) reported they currently participate in gambling activities such as: online sports betting, lottery, cryptocurrency, day-trading, online casino betting, in person casino gambling, non-casino betting such as poker as well as various other gambling related practices. A third of respondents (32 percent) engage in sports betting. Three in ten (29 percent) play the Lottery. Nearly half (48 percent) say they gamble once a week, and 22 percent report that they gamble three or four times a week.



The survey posed the question of whether participants had tried to stop gambling, to which 36 say they had. Methods used in trying to end gambling included 9 percent contacting CCGNJ’s 800-GAMBLER Helpline.

All but one New Jersey county (Cumberland) is represented in the study. Middlesex County had the largest representation at slightly under 10 percent; Camden and Morris were next, at 8 percent.

The study findings illustrate the need for further research on the ramifications of gambling exposure, particularly in light of the recent surge of aggressive advertising a targeting younger, more impressionable audience and the ease of access through online betting.

Addendum, Family Influence on Youth/Young Adult Gambling Study

This study, done in partnership between the Council on Compulsive Gambling of New Jersey and the College of New Jersey Department of Counselor Education, received Institutional Research Board approval. The following includes pertinent information about the survey's parameters, related literature, methodology, and findings.

Abstract

The purposes of this study in to gain information about familial patterns and their relation to gambling behavior in young adulthood. By using an anonymous survey format, participants were able to provide information regarding how prevalent or non-prevalent familial patterns and displays of gambling have affected their relationship with gambling as an adult.

Literature Review

Gambling has gained popularity with adolescents, young adults and adults. Access has become much easier with new applications and online options for gambling. Results from a study showed that "early onset" gamblers tended to be male, single and have a maximum income of \$77,000 annually. In looking at adolescents in particular, researchers show that likelihood of succumbing to peer pressure is greater than in adulthood. More research on the familial impact that problematic gambling has on an individual is needed.

Materials

Researchers used an anonymous online survey format, Prolific, to obtain and record results from participants. Through funding we were able to give participants an \$8 reward for their participation. The participant cap is at 450. Age range was 18-30.

Methodology

Obtaining the participant pool began with us reaching out to colleges and alumni associations to get participants. The idea was to put out a QR code on a flyer that would lead to the survey. Then participants would receive a \$15 amazon gift card. However, this would require us to obtain their email, taking from the anonymity. Switching to the Prolific platform allowed us to maintain anonymity since they get paid through the site. This allowed us to reach a broader population. We set up disqualification criteria including the state that they reside in not being New Jersey as well as if they have a familial gambling history. Only the researchers will have access to the full results of the data obtained from the participants.

Results

Survey participants were recruited from all New Jersey counties with the most responses from residents of Middlesex ($n = 16$), Bergen ($n = 15$), and Union ($n = 15$) counties. Almost half of the participants were between 26 and 30 years of age (49.7%; $n = 83$), followed by 31.1% of respondents indicating their age was between 22 to 25 years. Regarding gender identity, the majority identified as cisgender female ($n = 99$) or cisgender male ($n = 59$) accounting for 59.3% and 35.3% of responses, respectively. A significant number of participants identified as Caucasian/White ($n = 100$; 59.9%), followed by individuals who identified as Black, which was 28 individuals (16.8%). Other participating individuals identified as Latin/o/a/e, East Asian, South Asian, Middle Eastern/North African, Native Hawaiian or other Pacific Islander, or Biracial/Multiracial. The majority of participants identified as non-Hispanic (85.6%; $n = 143$), with 10.2% of participants identifying as Hispanic ($n = 17$) and 4.19% of participants either preferring not to say or they did not answer the question ($n = 7$).

Familial Exposure

Qualification for participation in our study required that respondents had exposure to gambling behavior within their family, either immediate or extended cohorts. When identifying whom in their family individuals witnessed gambling, "Father" was indicated the most frequently with 56 responses (33.5%). The next most popular selection was "Mother" from 16.2% of participants ($n = 27$). For those who currently engage in gambling behaviors, respondents ($n = 98$) noted that their earliest recollection of exposure to gambling was between the ages of 11 and 16 years ($n = 42$; 42.9%), followed by exposure between the ages of 5 and 10 years of age ($n = 32$; 32.7%). In addition, participants were asked whether their family practiced gambling-related traditions (e.g., trips to a casino, receiving scratch-offs as gifts, betting on sporting events). For this, 84.4% of participants indicated that their family did have traditions connected to gambling behaviors ($n = 141$).

Participants were also asked to identify which activities their family member(s) who gambled engaged in. The most frequent activity was the lottery ($n = 71$; 42.5%), with popular subsequent selections being in-person casinos ($n = 46$; 27.5%) and sports betting online ($n = 25$; 15.0%). Sports betting in-person, cryptocurrency/ day-trading, online casinos, poker (non-casino setting), and “other” were each under 6% ranging from 1 individual (0.6%) to 9 (5.4%). With this, we followed up by asking whether said gambling activities led to a variety of negative consequences. While around half of participants ($n = 88$; 52.7%) stated that their family member’s gambling behavior caused negative outcomes, about a quarter ($n = 44$; 26.3%) said it led to financial distress/debt and 19.2% ($n = 32$) responded that it caused familial conflict.

Current Gambling Behavior

Survey participants who currently engage in gambling activities were asked to describe the type of activities they engaged in the most frequently as well as how often they engaged in gambling behavior. 31 individuals (32.0%) noted they engaged in sports betting online, followed by lottery ($n = 29$; 29.9%), in-person casinos ($n = 14$; 14.4%), and cryptocurrency/day-trading ($n = 9$; 9.3%). When asked whether their gambling had led to negative consequences, 22.7% responded that it created financial distress/debt ($n = 22$), 4.1% had familial conflict ($n = 4$), and the majority had no negative effects on their life ($n = 71$; 73.2%). As for the frequency of gambling, about a quarter ($n = 24$; 24.8%) engaged in it twice a year, 22.7% once a month ($n = 22$), 21.6% 3-4 times a week ($n = 21$), 19.6% once a week ($n = 19$), 6.2% once a day or more than once a day ($n = 6$), and 4.1% only once a year ($n = 4$).

Limitations

Issues arose when finding a participant pool. The first choice in gathering participants via QR code in schools limited the population to college students/alumni. There was also difficulty in getting schools to respond. By using Prolific, we had a more organized way to obtain participants but were limited in possible participants due to location. Also, anyone who participated needs to have access to the internet as well as a United States official form of identification, potentially eliminating the ability to obtain more rounded data. We also had an age limit for this survey. The low end started at 18 so we did not have to worry about parental consent for participation. The age went up to only 33. Time limits have left us with accepting a sample of 189 participants rather than the 450 we wanted.

Conclusion

The findings of this study provide reliable evidence that familiar exposure to gambling practices during childhood and adolescence significantly influences gambling behaviors in adulthood. This was clearly demonstrated through the meticulous analysis and interpretation of data yielded from our data sample of 168 participants who fall within the range of 18-30 years of age. Through this research, tangible outcomes were achieved which showed that familiar exposure to gambling during participant’s formative years shaped individual’s inclinations, preferences and likelihood of engaging in gambling activities in adulthood. Many study participants reported that they currently participate in gambling activities such as; online sports betting, lottery, cryptocurrency, day-trading, online casino betting, in person casino gambling, non-casino betting such as poker as well as various other gambling related practices. One of the remarkable revelations of this research is that a majority of the participants have gambling related traditions and rituals which they have carried over from their youth into adulthood. This clearly illustrates the likelihood that familiar exposure to gambling during formative years can serve as a catalyst for heightened engagement with gambling activities in adulthood. Our study emphasizes the imperative need for further research on the ramifications of gambling exposure, particularly in light of the recent surge of aggressive advertising targeting younger, more impressionable audiences.