GAMBLING DISORDERS AMONG COLLEGE STUDENTS

KEY FACTS

• The most recent research estimates that 6 percent of college students in the U.S. have a serious gambling problem that can result in psychological difficulties, unmanageable debt and failing grades.

• Research has shown that teenagers and college-aged young adults are more impulsive and at higher risk for developing gambling disorders than adults. 2

• Most adults with a gambling problem started gambling at an early age. Scientists have learned that the adolescent brain is still growing, which accounts for the frequently impulsive behavior and unwise decisions of teenagers. 3

• Compared to female college students, research suggests that male college students are more likely to have gambled in the past year, gambled with more money and reported having gambling problems. 1

• Gambling disorders are associated with numerous negative consequences and are highly correlated with other risky behaviors in the college student population. 4

• Compared to students without gambling problems, students with gambling problems are more likely to use tobacco, drink heavily or binge drink, smoke marijuana or use other illegal drugs, drive under the influence, and have a low GPA. 5

• Gambling opportunities, once only available in a few states, have proliferated nationwide during the past 30 years with the expansion of lotteries, casinos and Internet gambling. Therefore, today’s college students are exposed to not only drinking and drug use but also gambling, both on campus and in the surrounding community. 6

• While the most recent research estimates that 6 percent of college students have a gambling problem, college students appear to mature out of these problems, as they do with alcohol and drug use, after college. This is evidenced by the fact that only 1 percent of the adult population has a gambling disorder in the U.S. 1, 7, 8
REFERENCES


