

Peran Moderasi Alexithymia dalam Hubungan antara Cognitive Reappraisal dan Problem Gambling pada Penjudi Daring = The Moderating Role of Alexithymia in the Relationship between Cognitive Reappraisal and Problem Gambling among Online Gamblers

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Abstrak

Penelitian sebelumnya menunjukkan bahwa penerapan reappraisal pada konteks perjudian menunjukkan hasil yang tidak konsisten. Hasil-hasil yang tidak konsisten tersebut mungkin disebabkan oleh variabel lain yang memicu penggunaan reappraisal menjadi positive reinforcer untuk berjudi. Di dalam penelitian ini, alexithymia diperhitungkan sebagai variabel yang dapat memperkuat hubungan positif antara reappraisal dan problem gambling. Analisis moderasi sederhana dengan PROCESS digunakan untuk menganalisis peran moderasi alexithymia dalam hubungan antara cognitive reappraisal dan problem gambling pada 115 individu laki-laki yang terlibat dalam perjudian daring. Data yang dianalisis dikumpulkan melalui kuesioner self-report yang terdiri dari alat ukur SOGS, TAS-20, dan ERQ. Hasil analisis menunjukkan bahwa alexithymia memoderasi hubungan antara cognitive reappraisal dan problem gambling dengan signifikan. Walaupun demikian, reappraisal gagal dalam memprediksi problem gambling secara langsung. Secara umum, penelitian ini menemukan bahwa cognitive reappraisal dapat memperparah problem gambling pada individu dengan tingkat alexithymia yang tinggi.

.....Previous research has shown inconsistent results regarding the application of reappraisal in the context of gambling. These inconsistent results may be due to other variables that trigger the use of reappraisal as a positive reinforcer for gambling. In this study, alexithymia is considered as a variable that can strengthen the positive relationship between reappraisal and problem gambling. A simple moderation analysis with PROCESS was used to analyze the moderating role of alexithymia in the relationship between cognitive reappraisal and problem gambling in 115 male individuals involved in online gambling. The analyzed data were collected through self-report questionnaires consisting of the SOGS, TAS-20, and ERQ measurement tools. The results of the analysis showed that alexithymia significantly moderates the relationship between cognitive reappraisal and problem gambling. However, reappraisal failed to directly predict problem gambling. Overall, this study found that cognitive reappraisal can exacerbate problem gambling in individuals with high levels of alexithymia.