

ASSIGNMENT COVER SHEET



COLLEGE OF SOCIAL AND HEALTH SCIENCES

School of Applied Social & Human Sciences

INTRODUCTION TO PSYCHOLOGY OF HEALTH - 400136

STUDENT NAME: Jennie Vira

STUDENT NUMBER: 15983347

TUTORIAL DAY: Wednesday AND TIME 9am

TUTOR: Anne Gilchrist

TUTORIAL DISCUSSION PAPER NO. 1

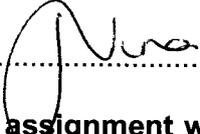
LENGTH: 734 words

DUE DATE: 24 / 8 / 05

DATE SUBMITTED: 24 / 8 / 05

DECLARATION:

I hold a copy of this assignment that I can produce if the original is lost or damaged. I hereby certify that this is my own work and that no part of this assignment has been copied from any other student's work or from any other source except where due acknowledgement is made in the assignment. No part of this assignment has been written for me by any other person. This assignment has not been submitted for another assessment in this or any other unit.

Signature: 

Note: This assignment will only be marked if the above declaration has been signed.

Summarise the contributions of biological, psychological and social perspectives in psychology and how they apply to problem gambling behaviour, in particular, consider how irrational thinking maintains the addiction and provide an example of how critical thinking might be applied to address problem.

Introduction

Problem gambling refers to the situation in which a person's gambling activity gives rise to harm to the individual player, and/or his or her family, and may extend into the community. (Dickerson et al, cited in Dickson-Swift, James & Kippen 2005 p. 3)

The purpose of this essay is to look at the biological, psychological and social perspectives of psychology and how they apply to problem gambling. This essay will also show how irrational thinking maintains the addiction, before finally outlining how critical thinking may be applied to this problem.

✓
excellent

Theories

Feldman (2005) explains that the biological, or neuroscience perspective of psychology "considers how people and nonhumans function biologically." (p. 19) Griffiths & Delfabbro (2002) outline some biological theories relating to problem gambling. For example, children with attention deficit disorder (ADD) and problem gamblers display similar traits such as "limited attention spans, impulsive behaviour, inability to delay gratification and insensitivity to punishment." (p. 16) This in turn, has led to suggestions that having ADD during childhood may lead to problem gambling behaviour in adulthood.

In our tutorial, we discussed how psychological theories are about moods and feelings, and applied this to the issue of problem gambling. We are able to apply the ideas of classical and operant conditioning to problem gambling. A person becomes conditioned to the stimulation they receive while gambling, and will feel bored when not gambling. This is classical conditioning. Operant conditioning can be explained by the gambler receiving intermittent rewards while playing, and will therefore continue the behaviour in order to receive more awards. (Griffiths & Delfabbro, 2002).

Also need state theories + cognitive theories should be referred to here.

When we discussed gambling from a social perspective, we took a broader view of society as a whole, and decided that society has accepted gambling, with more and more gambling opportunities available. Different forms of gambling will appeal to different societal groups, with older people perhaps enjoying a game of bingo, or a younger group enjoying a night out on the pokies at the local club. Dickson-Swift, et al (2005) outlines the effects of problem gambling at the family level. Some examples include financial issues, impact on health and a break down in relationships.

Use Griffiths + Delfabbro for some research here →

Today's society provides an ever-increasing variety of gambling opportunities. In addition to this, people gamble for different reasons. With this in mind, each case of problem gambling must be considered on an individual basis. Why the person became involved in gambling to start with and why they maintain the addiction. It is important to understand then, that no one perspective can effectively explain the issue of problem gambling, but that, when combined, these perspectives can help understand this problem.

Because of tight word limit could consider this + use the words elsewhere

Irrational Thinking

Griffiths & Delfabbro (2002) states that problem gambling is maintained through irrational thinking. Gamblers fallacies, such as stroking the machine, pushing buttons in a certain way, or other little rituals are all such examples of irrational thinking. (Guilliatt, 2005 p. 27) Other factors such as overestimating the skill required, a misunderstanding of chance, or thinking you have more control than you actually do are also examples of irrational thinking.

Critical Thinking

Generally, the gambler will remember only the wins, often minimising or forgetting all their losses. This is gamblers fallacy, and Coon (2000) describes this as "the fallacy of positive instances, in which we remember or notice things that confirm our expectations and forget the rest." (p. 36) To further apply critical thinking to the gambling issue, we can look at Coon's (2000) suggestion of "correlation and causation." (p. 39) "I was playing over there once and after I gave the machine a tickle, I got three scattered pyramids." (Guilliatt, 2005 p. 24) It would be wrong to presume that just because we tickle the poker machine, it will pay out. The gambler accepts that the action they have performed, such as stroking the machine or throwing the dice in a certain way has caused the win. This however, is not the case; it is just that it happened to occur together.

Conclusion

In conclusion, we have seen how different perspectives of psychology can be used to understand problem gambling. It has been noted that it is important to understand that each perspective on its own may not provide an accurate view of the issue. We have also seen how irrational thinking on the part of the gambler maintains the problem. Finally, we have seen examples of how critical thinking can be applied to problem gambling.



excellent finish

Jennie

*A very good assignment
AL.*

(D)

References

Coon, D. (2000). *Introduction to psychology: Exploration and Application* (8th ed.). Belmont, CA: Wadsworth.

Dickson-Swift, V.A., James, E.L., & Kippen, S. (2005, March). The experience of living with a problem gambler: Spouses and children speak out. *Journal of Gambling Issues*. Available at [http://www.gamblingissues.com](#)

Feldman, R.S. (2005) *Understanding Psychology* (7th edition). Boston: McGraw-Hill.

Griffiths, M. & Delfabbro, P. (2002, October). The biopsychosocial approach to gambling: Contextual factors in research and clinical interventions. *The Electronic Journal of Gambling Issues: eGambling*. Available at [http://www.gamblingissues.com](#)

Guilliatt, R. (2005, March 19). Has she got a deal for you! *Sydney Morning Herald*, Good Weekend, pp. 24-28.

