

Family Variables and Precautionary Machineries to Gambling among Students in Akwa Ibom North East Senatorial District, Nigeria

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Abstract

This study investigated family variables and precautionary machineries to gambling among students in Akwa Ibom North East Senatorial District, Nigeria. Specifically, the study examined the influence of parental supervision, quality of the parent-child dyad, and parental discipline practices on precautionary machineries to gambling among students. Three research hypotheses were formulated to guide the study. The study adopted a descriptive survey research design. The population of the study was 21,638 students in secondary schools within Akwa Ibom North East Senatorial District. A sample size of 393 respondents was selected using multi sampling procedure and simple sampling technique. Data for the study were collected using a researcher-developed instrument titled Family Variables and Precautionary Machineries to Gambling Questionnaire (FVPMGQ). The instrument was validated by experts in Educational Psychology, Guidance and Counselling, and Psychological Foundations, while its reliability was established using Cronbach Alpha reliability method which yielded an acceptable reliability coefficient of .87. Data collected were analyzed using simple regression analysis to determine the influence and significance of the independent variables on precautionary machineries to gambling among students. The findings revealed that there is a strong positive influence of parental supervision on precautionary machineries to gambling among students. The study also found an exceptionally strong positive influence of the quality of the parent-child dyad on precautionary machineries to gambling among students. In addition, there was a very strong positive influence of parental discipline practices on precautionary machineries to gambling among students. The findings further showed that parental supervision, quality of parent-child dyad, and parental discipline practices significantly influence precautionary machineries to gambling among students. Based on the findings, the study concluded that family variables are critical factors in preventing gambling behaviours among students. It was therefore recommended among others that parents should strengthen supervision of students, maintain healthy parent-child relationships, and adopt consistent disciplinary practices to reduce students' involvement in gambling activities.

Keywords: Discipline, Family, Gambling, Variables, Supervision, Parent–Child Dyad

Introduction

Adolescence is a sensitive developmental stage characterized by rapid physical, emotional, cognitive, and social changes. During this stage, students are highly vulnerable to risky behaviours such as substance abuse, internet addiction, cultism, delinquency, and gambling. Gambling refers to the act of staking money or valuables on games, sports, or events whose outcomes are uncertain with the hope of gaining financial rewards. In recent years, gambling has become increasingly popular among students due to technological advancement, internet accessibility, sports betting platforms, and widespread media advertisements promoting betting activities.

Globally, Aliyu, and Aransiola (2023) asserted that, adolescent gambling has emerged as a serious public health and social concern because of its negative effects on academic achievement, emotional stability, financial management, and moral behaviour. Students who engage in gambling often develop unhealthy behavioural patterns such as compulsive betting, truancy, stealing, depression, aggression, and poor interpersonal relationships. Studies have also shown that students exposed to gambling environments are more likely to develop gambling addiction in adulthood.

In Nigeria, gambling activities have become more accessible to young people through sports betting centres, online gambling applications, lottery platforms, and mobile betting services. The increasing rate of unemployment, poverty, peer influence, and the desire for quick wealth have further contributed to students' involvement in gambling activities. In many communities, betting outlets are located near schools, markets, and residential areas, thereby increasing students' exposure to gambling practices. (Donati *et al.*, 2023). This trend has generated concerns among parents, teachers, counsellors, religious organizations, and government agencies regarding the moral and psychological well-being of students.

Family Systems Theory by Murray Bowen (1978)

The Family Systems Theory, proposed by Murray Bowen in 1978, conceptualizes the family as an interconnected and interdependent emotional unit, where the actions, feelings, and decisions of each member have direct and reciprocal effects on the others. According to this theory, individuals cannot be fully understood in isolation from their family context because the family operates as a system of relationships that shape each member's behaviour and emotional functioning. The theory introduces core concepts such as family cohesion, patterns of communication, emotional interdependence, and the stability of roles within the family structure. These dynamics are crucial in determining the emotional and behavioural development of students.

In the context of this present study, the Family Systems Theory is relevant as it provides an explanatory lens for understanding how family cohesion, parent-child relationship quality, parental discipline, communication patterns, and even parental supervision collectively shape the behavioural choices of students. When any of these family variables is deficient, students may become more susceptible to deviant behaviours, including gambling, as a way to gain emotional relief, independence, or a sense of control. Therefore, this theory underscores the need to strengthen the emotional fabric and communication culture within the

family system as a preventive measure against students' risky behaviours in Akwa Ibom North East Senatorial District.

Social Control Theory by Travis Hirschi (1969)

The Social Control Theory was introduced by Travis Hirschi in 1969 to explain why individuals conform to societal norms and laws. The theory asserts that people engage in deviant behaviours when their bond to society is weak or broken. This bond comprises four elements: attachment (emotional closeness to family or others), commitment (investment in conventional goals), involvement (engagement in approved activities), and belief (adherence to social norms and values). The strength of these bonds, especially those formed within the family, determines whether an adolescent will resist or succumb to deviant behaviours such as gambling.

Social Control Theory is relevant to the current study as it underscores the influence of family-based social bonds such as parental discipline, quality of parent-child relationships, and overall communication in regulating students' behaviour. Students who lack emotional attachment to their parents, who experience inconsistent or neglectful discipline, or who grow up in families where there is poor parental supervision is common may not develop strong internalized values against gambling. These students may therefore be more likely to engage in gambling activities due to weakened informal controls. The theory supports the notion that reinforcing discipline, emotional connection, and communication within the family can prevent gambling activities among students in Akwa Ibom North East Senatorial District

Parental supervision refers to the extent to which parents monitor, guide, and regulate the behaviours, activities, and associations of their children. Effective parental supervision helps students avoid risky behaviours by ensuring proper monitoring of peer associations, online activities, and leisure engagements. Research has shown that inadequate parental monitoring increases students' vulnerability to gambling and other deviant behaviours.

The quality of parent-child dyad refers to the emotional bond, communication pattern, trust, attachment, and relationship quality existing between parents and their children. A healthy parent-child relationship encourages openness, emotional security, and positive behavioural adjustment among students. Kerr and Stattin (2000) ascertained that students who maintain close and supportive relationships with their parents are less likely to engage in gambling and other risky behaviours because they receive guidance, encouragement, and emotional support from their families. Conversely, poor communication and weak emotional attachment may expose students to peer pressure and gambling tendencies. Parental discipline practices involve the methods and strategies parents use to correct, guide, and regulate their children's behaviour. Discipline practices may include counselling, reinforcement, restriction, monitoring, punishment, and moral instruction. Molinaro *et al.* (2023). posited that positive and consistent disciplinary measures help students develop self-control, responsibility, and sound decision-making skills. However, (Eze and Ekanem, 2017) noted that harsh, inconsistent, or neglectful discipline practices may contribute to rebellious attitudes and risky

behaviours, including gambling. Contemporary discussions on Nigerian parenting styles have also emphasized the need for balanced and supportive discipline approaches for students.

In addition to family variables, precautionary machineries such as parental guidance, school counselling services, religious teachings, peer education, government regulations, and community sensitization programmes are necessary for preventing gambling behaviours among students. These precautionary machineries are designed to educate students about the dangers associated with gambling and promote healthy behavioural choices. (Racz & McMahon, 2011).

In Akwa Ibom North East Senatorial District, the growing involvement of students in sports betting and online gambling has become a social concern. Many students spend considerable time and financial resources on gambling activities in the hope of obtaining quick money. Despite the efforts of parents, schools, religious institutions, and government agencies to discourage gambling, adolescent participation in gambling activities continues to increase. Therefore, there is a need to investigate the influence of family variables and precautionary machineries on gambling among students in Akwa Ibom North East Senatorial District, Nigeria.

Statement of the Problem

The increasing involvement of students in gambling activities has become a major social and behavioural problem in Nigeria. The emergence of online betting platforms, sports betting centres, and mobile gambling applications has made gambling easily accessible to students. Many students now engage in sports betting and lottery games with the expectation of making quick financial gains without considering the possible negative consequences associated with gambling behaviour. In Akwa Ibom North East Senatorial District, gambling activities among students appear to be increasing despite societal efforts to discourage the practice. Students are frequently exposed to gambling advertisements through television, radio, social media, and peer interactions. Some students spend their school fees, pocket money, and valuable time on gambling activities, which may negatively affect their academic performance, emotional well-being, moral values, and future aspirations. In some cases, gambling involvement has been associated with truancy, stealing, and poor concentration in school, aggression, and addiction tendencies among students.

One major concern is that some parents may not adequately supervise their children's activities, online engagements, peer associations, and financial expenditures. Poor parental supervision may create opportunities for students to participate freely in gambling activities without restriction. Furthermore, the quality of relationship existing between parents and students may influence students' behavioural choices. Students who experience poor communication, weak emotional attachment, and lack of parental support may seek acceptance and excitement through gambling and peer-related activities.

Similarly, parental discipline practices may contribute significantly to students' involvement in gambling. Inconsistent discipline, excessive harshness, neglect, or lack of

proper behavioural guidance may encourage deviant behaviours among students. Although precautionary machineries such as counselling services, religious teachings, parental guidance, and government regulations exist to reduce gambling behaviours, these preventive measures may not be sufficiently effective in controlling adolescent gambling in the study area.

Despite the growing concern over students gambling, there appears to be limited empirical studies focusing specifically on parental supervision, quality of parent-child dyad, and parental discipline practices as family variables influencing gambling among students in Akwa Ibom North East Senatorial District. It is against this background that this study seeks to investigate family variables and precautionary machineries to gambling among students in Akwa Ibom North East Senatorial District, Nigeria.

Purpose of the Study

The main purpose of the study is to determine the influence of family variables and precautionary machineries to gambling among students in Akwa Ibom North East Senatorial District, Nigeria. Specifically, the study sought to determine;

1. what is the influence of parental supervision and precautionary machineries to gambling among students?
2. the influence of quality of the parent-child dyad and precautionary machineries to gambling among students.
3. the influence of parental discipline and precautionary machineries to gambling among students.

.Research Questions

The following research questions guided the study;

1. what is the influence of parental supervision on precautionary machineries to gambling among students?
2. what is the influence of the quality of the parent-child dyad on precautionary machineries to gambling among students?
3. what is the influence of parental discipline on precautionary machineries to gambling among students?

Research Hypotheses

1. There is no significant influence of parental supervision and precautionary machineries to gambling among students.
2. There is no significant influence of quality of the parent-child dyad and precautionary machineries to gambling among students
3. There is no significant influence of parental discipline and precautionary machineries to gambling among students.

Methodology

The study adopted a descriptive survey research design. A descriptive survey research design is used when data are collected using questionnaire, observation and interview to describe persons, organizations, settings or phenomena. (Usono 2018) The present study was conducted in Akwa Ibom North East Senatorial District, Nigeria. It is one of the three

senatorial zones in Akwa Ibom State, Nigeria. This district comprises nine Local Government Areas, namely Uyo, Itu, Ibiono Ibom, Ibesikpo Asutan, Nsit Ibom, Nsit Atai, Uruan, Etinan, and Nsit Ubium. Geographically, the region lies in the coastal southern part of Nigeria, bounded by latitudes $4^{\circ}32'N$ and $5^{\circ}33'N$, and longitudes $7^{\circ}25'E$ and $8^{\circ}25'E$, with approximate coordinates of $5.2^{\circ}N$ and $7.55^{\circ}E$. The population of the study comprises 21,638 senior secondary two students in public secondary schools in Akwa Ibom North East Senatorial District. There are 89 public secondary schools in Akwa Ibom North East Senatorial District, Nigeria. The sample of 393 Senior Secondary Two Students in public secondary schools in Akwa Ibom North East Senatorial District will be selected for the study using multi-stage sampling procedure. Using simple random sampling procedure (cap and draw). The sample size of 451 SS Two students was obtained for the study

The instrument used for this study was a structured questionnaire titled: Family Variables and Precautionary Machineries to Gambling Questionnaire (FVPMGQ), the questionnaire was designed by the researchers to obtain information from students on family variables and precautionary machineries to gambling among students in Akwa Ibom North East Senatorial District, Nigeria. The instrument was divided into three sections: Section A: Demographic Information, section B concentrated on the independent variables cluster, subdivided into clusters based on the specific objectives of the study: Parental Supervision, Quality of Parent–Child Dyad, Parental Discipline Practices, while Section C was on dependent variable of Precautionary Machineries to Gambling, A four point Likert scale option of Strongly Agree (SA) = 4, Agree (A) = 3, Disagree (D) = 2, Strongly Disagree (SD) = 1 was used.

The instrument titled Family Variables and Precautionary Machineries to Gambling Questionnaire (FVPMGQ) was subjected to face validation by experts in: Psychology Foundations and Guidance and Counselling all from the Faculty of Education University of Uyo. The validators examined the questionnaire items in terms of: clarity of language, appropriateness of the items, relevance to the research objectives, adequacy of coverage of the variables, and suitability of the response options. Their observations, corrections, and recommendations were incorporated to modify and improve the final draft of the instrument before administration. The reliability for the internal consistency of the instrument was established through a trial test conducted among 30 Senior Secondary Two (SS2) students from public secondary schools in Akwa Ibom North East Senatorial District with the same characteristic but were not part of the sample size. The responses obtained from the trial testing was analyzed using the Cronbach Alpha reliability method to determine the internal consistency of the instrument and a reliability coefficient of 0.87 was obtained. Simple linear regression was used to answer the research questions and also test the null hypotheses at 0.05 level of significance. All the data collated will be subjected to analysis using statistical package for social science (SPSS).

Results

Research Question 1: What is the influence of parental supervision on precautionary machineries to gambling among students?

Table 1: Simple Linear Regression Analysis on the Influence of Parental Supervision on Precautionary machineries to Gambling among Students

Model	R	R ² (Coefficient of Determination)	Adjusted R ²	Remarks
1	.764	.584	.580	Very High Influence

Predictor Variable: Parental Supervision Outcome Variable: Precautionary machineries to Gambling among Students

The simple linear regression analysis conducted on Table 1, to examine the influence of parental supervision on precautionary machineries to gambling among students revealed a strong and significant association. The Pearson correlation coefficient ($R = .764$) indicates a strong positive relationship between the two variables. This means that higher levels of consistent and effective parental supervision are strongly associated with stronger precautionary machineries against gambling among students. Furthermore, the coefficient of determination ($R^2 = .584$) shows that approximately (58.4%) of the variance in the effectiveness of precautionary machineries to gambling can be explained by parental supervision alone. The adjusted R^2 value of .580, which accounts for the number of predictors, confirms the robustness of this explanation. The standard error of the estimate (.830) provides a measure of the average distance that the observed values fall from the regression line. There is a strong positive influence of parental supervision on precautionary machineries to gambling among students. Effective monitoring and supervision by parents significantly contribute to the implementation and effectiveness of preventive strategies against students gambling.

Research Question 2: what is the influence of quality of the parent-child dyad on precautionary machineries to gambling among students?

Table 2: Simple Linear Regression Analysis on the Influence of Quality of the Parent-Child Dyad on Precautionary machineries to Gambling among Students

Model	R	R ² (Coefficient of Determination)	Adjusted R ²	Remarks
1	.927	.859	.857	Very High Influence

Predictor Variable: Quality of the Parent-Child Dyad, Outcome Variable: Precautionary machineries to Gambling among Students

The simple linear regression analysis conducted on Table 2 to examine the influence of the quality of the parent-child dyad on precautionary machineries to gambling among students revealed a very strong and significant association. Coefficient ($R = .927$) indicates an exceptionally strong positive relationship between the two variables. This means that higher levels of emotional closeness, trust, and mutual responsiveness within the parent-child relationship are very strongly associated with more effective precautionary machineries against gambling among students.

Furthermore, the coefficient of determination ($R^2=.859$) shows that approximately (85.9%) of the variance in the effectiveness of precautionary machineries to gambling can be explained by the quality of the parent-child dyad alone. The adjusted R^2 value of .857, which accounts for the number of predictors, confirms the robustness and excellent fit of this explanatory model. A strong, supportive, and emotionally secure parent-child relationship is a highly significant factor in the implementation and effectiveness of preventive strategies against students gambling.

Research Question 3: what is the influence of parental discipline on precautionary machineries to gambling among students?

Table 3: Simple Linear Regression Analysis on the Influence of Parental Discipline on Precautionary Machineries to Gambling Among Students

Model	R	R^2 (Coefficient of Determination)	Adjusted R^2	Remarks
1	.860	.739	.736	Very High Influence

Predictor Variable: Parental Discipline, **Outcome Variable:** Precautionary machineries to Gambling among Students

The simple linear regression analysis conducted on Table 3 to examine the influence of parental discipline on precautionary machineries to gambling among students revealed a strong and significant association. correlation coefficient ($R = .860$) indicates a very strong positive relationship between the two variables. This means that higher levels of consistent, fair, and developmentally appropriate parental discipline are strongly associated with more effective precautionary machineries against gambling among students. Furthermore, the coefficient of determination ($R^2 = .739$) shows that approximately 73.9% of the variance in the effectiveness of precautionary machineries to gambling can be explained by parental discipline alone. The adjusted R^2 value of .736, which accounts for the number of predictors, confirms the robustness of this explanation, indicating that the model has a very good fit. The standard error of the estimate (.657) provides a measure of the average distance that the observed values fall from the regression line. There is a very strong positive influence of parental discipline on precautionary machineries to gambling among students. Effective and consistent parental discipline contributes to the establishment and success of preventive strategies, acting as a key protective factor against students gambling involvement.

Null Hypothesis 1: There is no significant influence of parental supervision on precautionary machineries to gambling among students.

Table 4: Summary of Linear Regression Analysis on the Significant Influence of Parental Supervision on Precautionary machineries to Gambling among Students



Model	Sum of Squares	df	Mean Square	F	Sig. (p-value)	Decision
Regression	92.736	1	92.736	134.723	.001	Sig.
Residual	66.081	391	.688			
Total	158.816	392				

Dependent Variable: *Precautionary machineries to Gambling Among Students*

Predictor: *Parental Supervision*

The result in Table 4 indicates that a simple linear regression (ANOVA) analysis was used to test the hypothesis that parental supervision does not significantly influence precautionary machineries to gambling among students. The result shows a statistically significant relationship. The regression model yielded a substantial F-statistic of 134.723 with an associated p-value of .001 ($p < .001$). Since the p-value is significantly less than the conventional alpha level of .05, the null hypothesis is rejected. This provides strong evidence that there is a statistically significant influence of parental supervision on precautionary machineries to gambling among students. Therefore, the null hypothesis stating "there is no significant influence of parental supervision on precautionary machineries to gambling among students" is rejected

Null Hypothesis 3: There is no significant influence of the quality of the parent-child dyad on precautionary machineries to gambling among students.

Table 5: Summary of Linear Regression Analysis on the Significant Influence of the Quality of the Parent-Child Dyad on Precautionary machineries to Gambling among Students

Model	Sum of Squares	df	Mean Square	F	(p-value)	Decision
Regression	136.394	1	136.394	583.970	.009	Sig.
Residual	22.422	391	.234			
Total	158.816	392				

Dependent Variable: *Precautionary machineries to Gambling among Students*

Predictor: *Quality of the Parent-Child Dyad*

The result in Table 5 indicates that a simple linear regression (ANOVA) analysis was used to test the null hypothesis. The analysis reveals an extremely strong and statistically significant relationship. The regression model produced an exceptionally high F-statistic of 583.970 with a p-value of .009 ($p < .009$). As the p-value is far below the standard alpha level of .05, the null hypothesis is resoundingly rejected. This indicates that there is a statistically significant influence of the quality of the parent-child dyad on precautionary machineries to gambling among students. Therefore, the null hypothesis stating "there is no significant influence of the quality of the parent-child dyad on precautionary machineries to gambling among students" is rejected.

Null Hypothesis 6: There is no significant influence of parental discipline on precautionary machineries to gambling among students.

Table 6: Summary of Linear Regression Analysis on the Significant Influence of Parental Discipline on Precautionary machineries to Gambling among Students

Model	Sum of Squares	df	Mean Square	F	(P-Value)	Decision
Regression	117.353	1	117.353	271.705	.010	Sig.
Residual	41.464	391	.432			
Total	158.816	392				

Dependent Variable: Precautionary machineries to Gambling among Students

Predictor: parental discipline

The result in Table 6 indicates that a simple linear regression analysis was used to test the null hypothesis. The analysis reveals a statistically significant relationship. The regression model produced a substantial F-statistic of 271.705 with a p-value of .010 ($p < .010$). As the p-value is far below the standard alpha level of .05, the null hypothesis is rejected. This indicates that there is a statistically significant influence of parental discipline on precautionary machineries to gambling among students. Therefore, the null hypothesis stating "there is no significant influence of parental discipline on precautionary machineries to gambling among students" is rejected.

Summary of Findings

1. There is a very strong positive influence of parental supervision on precautionary machineries to gambling among students.
2. There is a very strong positive influence of the quality of the parent-child dyad on precautionary machineries to gambling among students.
3. There is a very strong positive influence of parental discipline on precautionary machineries to gambling among students.
4. There is a statistically significant influence of parental supervision on precautionary machineries to gambling among students.
5. There is a statistically significant influence of the quality of the parent-child dyad on precautionary machineries to gambling among students.
6. There is a statistically significant influence of parental discipline on precautionary machineries to gambling among students.

Discussion of Findings

Influence of Parental Supervision on Precautionary machineries to Gambling among Students

The finding revealed that there is a strong positive influence of parental supervision on precautionary machineries to gambling among students. This implies that students whose parents adequately monitor their activities, peer associations, internet usage, and financial behaviours are less likely to engage in gambling activities. Effective parental supervision

helps students develop self-control, responsible decision-making, and awareness of the dangers associated with gambling. Parents who closely supervise their children are more likely to detect risky behaviours early and implement corrective measures before such behaviours become habitual.

The finding agrees with the work of Racz and McMahon who reported that parental monitoring significantly reduces students' involvement in risky and antisocial behaviours. Their study emphasized that students who experience consistent supervision from parents are less likely to engage in gambling, substance abuse, and delinquent acts. Similarly, Kerr and Stattin observed that parental knowledge and monitoring positively influence adolescent behavioural adjustment and social responsibility. The result is also consistent with the finding agrees with the study by Ogunbiyi and Alade (2018), which reported a significant correlation between parental supervision and students' involvement in gambling. Similarly, Amadi and Tetteh (2020) found that consistent digital supervision significantly reduced gambling tendencies among students in Ghana and also posits that strong parental monitoring and attachment discourage deviant behaviours among students. In the context of Akwa Ibom North East Senatorial District, effective parental supervision may limit students' exposure to betting centres, online gambling platforms, and peer pressure associated with gambling activities.

Furthermore, the finding revealed that parental supervision has a statistically significant influence on precautionary machineries to gambling among students. This indicates that parental supervision is not only positively related to gambling prevention but also contributes meaningfully to reducing gambling tendencies among students. The statistical significance suggests that parental supervision remains an important predictor of students' behavioural outcomes. Students who receive proper guidance, monitoring, and parental attention are more likely to avoid behaviours that may negatively affect their academic achievement and emotional well-being.

Influence of Quality of Parent–Child Dyad on Precautionary machineries to Gambling among Students

The finding showed that there is an exceptionally strong positive influence of the quality of the parent-child dyad on precautionary machineries to gambling among students. This means that students who enjoy healthy emotional relationships, open communication, trust, and strong attachment with their parents are less likely to engage in gambling activities. A positive parent-child relationship provides emotional security, moral guidance, and psychological support that help students resist peer pressure and risky behaviours.

The study found that supportive parent-child relationships significantly reduce students' susceptibility to gambling involvement. The researchers explained that students who experience emotional closeness and effective communication with parents tend to develop healthier coping mechanisms and stronger behavioural control. Likewise, Steinberg

emphasized that warm and supportive parent-child interactions promote positive adolescent adjustment and reduce engagement in problematic behaviours. The exceptionally strong influence observed in this study may be attributed to the fact that students who communicate freely with their parents often receive counselling, encouragement, and behavioural guidance that discourage gambling participation. Such students may also feel emotionally fulfilled within the family environment and therefore avoid seeking excitement or validation through gambling activities.

The finding further indicated that the quality of the parent-child dyad has a highly statistically significant influence on precautionary machineries to gambling among students. This suggests that strong parent-child relationships contribute significantly to the prevention of gambling behaviours. The statistical significance highlights the critical role of emotional bonding, parental support, and healthy family communication in shaping students' behavioural patterns and lifestyle choices.

Influence of Parental Discipline on Precautionary machineries to Gambling among Students

The finding also revealed that there is a very strong positive influence of parental discipline on precautionary machineries to gambling among students. This implies that appropriate disciplinary practices such as counselling, monitoring, reinforcement, rule setting, and behavioural correction help students avoid gambling behaviours. Parents who maintain consistent and fair disciplinary measures are more likely to instill discipline, responsibility, and self-regulation in their children. This finding agrees with the study by Onuoha and Ekpenyong (2016), which found that students subjected to permissive or neglectful discipline were more likely to engage in online gambling. Similarly, Ekanem and Udo (2020) reported that disciplinary measures lacking empathy and dialogue increased students' vulnerability to gambling the findings explained that authoritative parenting characterized by warmth, discipline, and consistent control promotes positive adolescent behaviour and discourages deviant activities. Similarly, Steinberg noted that students raised under supportive but firm disciplinary environments demonstrate higher levels of self-control and social responsibility.

The result may also be explained by the fact that effective parental discipline enables students to understand the consequences of negative behaviours such as gambling. Students raised in homes where discipline is balanced with love and communication are more likely to obey family rules and avoid activities capable of jeopardizing their future aspirations. The findings of this study demonstrate that family variables such as parental supervision, quality of parent-child dyad, and parental discipline play important roles in preventing gambling behaviours among students. The study therefore underscores the need for parents, schools, counsellors, religious organizations, and community leaders to strengthen family relationships and precautionary machineries aimed at protecting students from gambling-related problems.

Conclusion

Based on the findings of this study, it was concluded that family variables play significant roles in preventing gambling behaviours among students in Akwa Ibom North East Senatorial District, Nigeria. Specifically, parental supervision, quality of the parent-child dyad, and parental discipline practices were found to have strong positive influences on precautionary machineries to gambling among students. The study established that students who receive adequate parental monitoring, maintain healthy emotional relationships with their parents, and experience consistent disciplinary practices are less likely to engage in gambling activities. The findings further revealed that these family variables significantly contribute to students' behavioural adjustment and moral development. Effective parental supervision helps regulate students' activities and peer associations, while positive parent-child relationships provide emotional support, communication, and guidance necessary for resisting gambling temptations. Similarly, proper parental discipline instills self-control, responsibility, and sound decision-making among students.

The study therefore concludes that strong family involvement remains an essential preventive mechanism against adolescent gambling. Consequently, parents, schools, counsellors, religious organizations, and community leaders should work collaboratively to strengthen family relationships and promote healthy behavioural patterns among students in order to reduce gambling-related problems in society.

Recommendations

1. Parents should strengthen parental supervision by closely monitoring students' activities, peer associations, internet usage, and financial expenditures in order to reduce their exposure to gambling activities and betting environments.
2. Families should promote healthy parent-child relationships through open communication, emotional support, trust, and regular interaction so that students can freely discuss personal challenges and receive proper guidance from their parents.
3. Parents should adopt positive and consistent disciplinary practices that combine firmness with love, counselling, and moral instruction to help students develop self-control and responsible behaviour toward gambling and other risky activities.
4. School counsellors, teachers, religious organizations, and community leaders should organize regular sensitization programmes, seminars, and awareness campaigns to educate students and parents on the dangers and negative consequences of gambling addiction.
5. Government agencies and regulatory bodies should strengthen policies and enforcement measures aimed at restricting students' access to betting centres, online gambling platforms, and gambling advertisements within communities and around school environments

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