

Adam Sinicki

MLA

Sinicki, Adam. "The Dark Side of Learning: Negative Brain Plasticity." The Bioneer, 26 Nov. 2017, [www.thebioneer.com/dark-side-learning-negative-brain-plasticity/](http://www.thebioneer.com/dark-side-learning-negative-brain-plasticity/).

APA

Sinicki, A. (2017, November 26). The dark side of learning: Negative brain plasticity. The Bioneer. [www.thebioneer.com/dark-side-learning-negative-brain-plasticity/](http://www.thebioneer.com/dark-side-learning-negative-brain-plasticity/).

Summary:

Adam Sinicki who is also known as the Bioneer is quite the jack of all trades being a writer, personal trainer, author, entrepreneur, and web developer. He writes an article based on brain plasticity which is the process of our brains developing, growing, and advancing over time has a negative side to it. The brain is constantly changing and molding people into who they are and what choices they make every day. Which means that there are some experiences that will subconsciously change you. Brain Plasticity can happen in a noticeably short amount of time. In a very short amount of time then your brain can change, and bad habits can form both behaviorally and in your thoughts. Staying Physically active and neurologically active is imperative to your brain's health

Adam Sinicki's text relates well with my source from the Gateway Foundation because while Sinicki's goes into the biological process of how people get addicted the Gateway foundation shows a few of the numbers of the people effected and how gambling itself effects your brain "On the other hand, though, the formation of negative habits leading obsessive compulsive behaviour with a neural basis could be considered 'negative plasticity' (Sinicki.)

“The point is, that everything you see, think or do will find its way into your brain and thus have an impact on your personality and on your future behavior.” (Sinicki.)

## Gateway Foundation

### MLA

Gateway Foundation. “How Gambling Affects Your Brain.” *Gateway Foundation*, 8 Aug. 2022, <https://www.gatewayfoundation.org/addiction-blog/how-gambling-affects-brain/>.

### APA

Gateway Foundation. (2022, August 8). *How gambling affects your brain*. Gateway Foundation. Retrieved April 12, 2023, from <https://www.gatewayfoundation.org/addiction-blog/how-gambling-affects-brain/>

Summary: Approximately 5 million Americans struggle with compulsive gambling. Gambling addiction, commonly referred to as pathological gambling, may develop swiftly from persistent compulsive gambling. Although it may seem simple to stop before the issue becomes that bad, the fact that gambling alters your brain chemistry might make quitting difficult. Your brain chemistry alters in quantifiable ways as a result of compulsive gambling. Gambling addiction is a behavioral addiction that is directly linked to how the brain's reward system works. Gambling is particularly addictive due to its impact on dopamine levels in the brain, a chemical messenger that promotes emotions of pleasure.

This text relates to my inquiry very well because it helps to describe the chemical reactions involved in your brain that effect you when you are gambling, including the dopamine releases that occur.

“Hitting the jackpot releases dopamine, generating exceptionally good feelings each time a gambler wins.” (Gateway Foundation)

“The dopamine release from gambling makes it easy to gamble repetitively without a second thought.” (Gateway Foundation)

Constance Scharff

MLA

Scharff, Constance. “Neuroplasticity and Addiction Recovery.” *Psychology Today*, Sussex Publishers, <https://www.psychologytoday.com/us/blog/ending-addiction-good/201302/neuroplasticity-and-addiction-recovery#:~:text=Essentially%20the%20pleasure%20centers%20of%20the,but%20also%20a%20process%20of%20habit.&text=Essentially%20the%20pleasure%20centers%20of%20the,but%20also%20a%20process>.

APA

Scharff, C. (n.d.). *Neuroplasticity and addiction recovery*. Psychology Today. Retrieved April 12, 2023, from <https://www.psychologytoday.com/us/blog/ending-addiction-good/201302/neuroplasticity-and-addiction-recovery#:~:text=Essentially%20the%20pleasure%20centers%20of%20the,but%20also%20a%20process%20of%20habit.&text=Essentially%20the%20pleasure%20centers%20of%20the,but%20also%20a%20process>

Summary: When we form a habit, the brain forges an internal way to support that behavior. The route gets beaten down or built up as we repeat the habit again and over. This is comparable to using weights. Lifting weights repeatedly will make your muscles stronger. Addiction is frequently characterized as a neuroplastic event. Over time, the brain becomes conditioned to prioritize one action over all others, whether it is using drugs, drinking, or gambling. However, during therapy, we may retrain the brain, or create a new pathway that aids in healing. In essence, addiction takes over the brain's pleasure centers. In the end, the addict's primary source of happiness or at the very least, relief from suffering is their

addictive activity. As the medications themselves alter the biochemistry of the brain, this is both a biological and a habit-forming process.

This text helps to supply the inquiry with information about how addicts recover and how Neuroplasticity directly plays into the effects of your brain. This source is more on addictions as a whole and how they effect your brain.

“For example, you may not have been to your college campus in 20 years, but within minutes of arrival for a visit, it will become familiar to you—your old haunts, how to get around, etc. Addiction is no different.” (Scharff)

“The addict’s brain becomes accustomed to the addictive act being the source of pleasure—not family, friends, a good meal, or a job well done.” (Scharff)

### History of Sports Betting in the USA

MLA

“History of Sports Betting in the USA.” *LegalSportsBetting.com*,  
<https://www.legalsportsbetting.com/history-of-sports-betting-in-the-usa/>.

APA

History of sports betting in the USA. (n.d.). Retrieved April 12, 2023, from  
<https://www.legalsportsbetting.com/history-of-sports-betting-in-the-usa/>

Summary: Sports are so frequently about setting new benchmarks and passing the torch. To that extent, it makes a certain ironic logic that PASPA's Supreme Court overturn now has that exalted distinction because the legislation and execution of PASPA were for so long thought to be the most significant event in the history of American sports betting. In fact, the repeal of PASPA represents the turning point in US sports betting history because it made it possible for a remarkable, mostly unregulated sector to reenter the public consciousness. Currently, sports betting is accepted in 18 states in total. Nearly 80 percent

of US states will reportedly offer residents and tourists some type of legal, state-sanctioned sports betting product in just a few short years, according to the majority of industry analysts and political insiders. It is simply astounding how quickly sports betting is becoming popular, as evidenced by public polls. After decades of being pushed to the periphery of society, sports betting is now reclaiming its place at the center. This text will help to give my inquiry a history on sports betting from the beginning to help build a foundation for what gamblers are getting addicted too. Sports gambling makes up a good amount of betting that takes place today.

“In the early 19th century, betting on horses was the most popular sport amongst gamblers. Though horse racing betting today involves pari-mutuel pools, horses played a role in developing the history of sports betting in the USA.” (History of Sports Betting in the USA)

“After the turn of the century, sports betting was more popular than ever, but the Chicago Black Sox scandal brought its unfettered professional participation to a halt (and sullied the pastime in the eyes of many more puritanical citizens and lawmakers around the nation).” (History of Sports Betting in the USA)

Timothy O’Brien and Elaine He

MLA

O’Brien, Timothy L., and Elaine He. *Online Sports Betting Is Changing Sports and the Gambling Business: Graphic*. 16 Dec. 2021, <https://www.bloomberg.com/graphics/2021-opinion-online-sports-betting-future-of-american-gambling/>.

APA

O’Brien, T., & He, E. (2021, December 16). Online sports betting is Changing Sports and the gambling business: Graphic. Retrieved April 12, 2023, from

<https://www.bloomberg.com/graphics/2021-opinion-online-sports-betting-future-of-american-gambling/>

Summary: Once exclusive to Nevada, legal sports betting has since become widely accepted in the United States. Numerous states have legalized the business after the Supreme Court in 2018 overturned federal restrictions on its growth, and a multibillion-dollar betting boom is in the works. New Jersey now surpasses Nevada in the amount of money gambled on sports. The biggest market of them all, California, will vote on legalizing the following year. Sports betting was a supplement at most casinos for many years. The actual activity was at the slot machines, keno, roulette, and other table games, but it added to the atmosphere of the venue. Sports betting is booming right now. By 2033, the internet industry, which currently generates less than \$1 billion in yearly revenue, may generate \$39 billion in revenue, according to Goldman Sachs Group Inc. This increase has been caused by digital betting. It received a significant boost from the Covid-19 lockdowns, like many other internet activity.

The text listed above will support my paper by supplying the reader with details of online betting and how it has made gambling as mainstream as it is today.

“In June 2018, sports gamblers wagered \$310 million for the month. In October 2021, they wagered \$7 billion for the month — a more than 20-fold increase.” (O’Brien and He)

“Mobile wagering has become the preferred method of sports gamblers (gambling revenue at the corporate level represents total wagers minus payouts to winning bettors).” (O’Brien and He)

Ahaana Singh

MLA

Singh, Ahaana. "Gambling Addiction: What Is It, Causes, Signs, Prevention ... - Osmosis."  
*Gambling Addiction: What Is It, Causes, Signs, Prevention, Support, and More*,  
<https://www.osmosis.org/answers/gambling-addiction>.

APA

Singh, A. (n.d.). *Gambling addiction: What is it, causes, signs, prevention ... - osmosis*.  
Gambling Addiction: What Is It, Causes, Signs, Prevention, Support, and More. Retrieved  
April 12, 2023, from <https://www.osmosis.org/answers/gambling-addiction>

Summary: The obsessive drive to gamble is referred to as a gambling addiction, often referred to as compulsive gambling or ludopathy. Gambling is the risking of something valuable in the pursuit of a more valuable reward. This frequently entails betting money, but it can also include personal possessions or other property. Gambling can take the shape of lottery tickets, scratch cards, slot machines, virtual or spread bets, online or casino games (such as poker or roulette), lottery tickets, scratchcards, and slot machines. Though it may occur in a variety of contexts, casinos and internet gambling are where it most frequently occurs. The gambling industry as a whole frequently promotes and supports problematic gambling behavior. For instance, gambling advertising is utilized across a variety of channels, including internet marketing, social media, television, newspaper ads, billboards, and sponsorship, to draw in both new and devoted players. Due to its ability to be customized and targeted based on demographics and interests, online advertising is extremely successful. By clicking a few buttons, the ad-viewer can so be persuaded to partake in online gambling.

The text here will give insight into the signs of gambling addiction and how to pick up on it early. It will also show how gambling is offered in different ways such as what was listed in the summary.

“Concurrent problems associated with an individual’s health, mental health, and general well-being are some of the strongest risk-factors for gambling addiction.” (Singh)

“Gambling addiction is often described as being a silent addiction. However, it can cause a wide variety of signs and symptoms that primarily manifest as behavioral changes.” (Singh)

Marsha Mercer

MLA

Mercer, Marsha. “As Sports Betting Grows, States Tackle Teenage Problem Gambling.” *The Pew Charitable Trusts*, The Pew Charitable Trusts, 12 July 2022, <https://www.pewtrusts.org/en/research-and-analysis/blogs/stateline/2022/07/12/as-sports-betting-grows-states-tackle-teenage-problem-gambling>.

APA

Mercer, M. (2022, July 12). *As sports betting grows, states tackle teenage problem gambling*. The Pew Charitable Trusts. Retrieved April 12, 2023, from <https://www.pewtrusts.org/en/research-and-analysis/blogs/stateline/2022/07/12/as-sports-betting-grows-states-tackle-teenage-problem-gambling>

Summary: According to the National Council on Problem Gambling, anywhere from sixty percent to eighty percent of students in high school say they've gambled for money in the previous year, even though the legal age to do so varies from state to state and ranges from 18 to 21. According to the organization, young individuals are at increased risk because of the epidemic and easy access to internet gaming. According to study, high school children are twice as likely as adults to have a gambling addiction. Between the ages of 11 and 17, around 5% of all young people match at least one of the criteria for having a gambling problem, including loving the adrenaline that comes from gambling, writing IOUs to stay in the game, and having such a strong desire to win big so then they continue playing even when they are losing a lot.



This article will help to give my paper an insight into the younger side of gambling addiction and the damage that it can do to a teenager's mental health. It helps to show that gambling addiction can start at a young age

“Children and young people are the fastest-growing segment of gamblers,” said Virginia Del. Sam Rasoul, a Democrat, who this year sponsored the first state law in the country requiring all public schools to teach students about the risks of gambling.” (Mercer)

“The vast majority of American kids never receive a focused message on the dangers of gambling addiction,” Whyte said.” (Mercer)

Howard J. Shaffer

MLA

Shaffer, Howard J. “When Gambling Might Be a Problem.” *Harvard Health*, 1 Feb. 2018, <https://www.health.harvard.edu/blog/when-gambling-might-be-a-problem-2018020113202>.

APA

Shaffer, H. J. (2018, February 1). *When gambling might be a problem*. Harvard Health. Retrieved April 12, 2023, from <https://www.health.harvard.edu/blog/when-gambling-might-be-a-problem-2018020113202>

Summary: The most recent edition of the American Psychiatric Association's diagnostic manual (DSM-5) now includes gambling disorder. The first "behavioral" addiction included in the manual's section on substance-related and addictive illnesses is gambling. The APA now acknowledges that difficult-to-control behavioral addiction and addiction to substances are alike enough to be classified as forms of addiction. Now, physicians, scientists, policymakers, gambling operators, and the general public all agree that excessive behavior patterns that result from either using a drug, like cigarettes or alcohol, or from engaging in

activities, like gambling, playing video games, or having sex, can lead to addiction. It may surprise you to learn this, but it's true. Similar to how you might become hooked to alcohol or other substances, you can develop a gambling addiction.

The text listed above is a Harvard piece that was made to show that gambling addiction is officially recognized. This will help my paper with a very credible source to show the seriousness of gambling addiction.

“To figure out whether you might benefit from a change, you need to take stock. A variety of mental health issues often accompany excessive gambling. You might have some of these symptoms even if they don't reflect a full-blown disorder.” (Shaffer)

“Gambling problems have many potential causes: genetics, erroneous thought patterns, impulse control disorders, poverty, and personal experiences, for example. An estimated 2% to 3% of the US population has experienced some kind of gambling-related problem during the past 12 months.” (Shaffer)

Spencer Bokak-lindell

MLA

Bokat-lindell, Spencer. “The Sports Gambling Gold Rush Is on. Should We Be Concerned?” *The New York Times*, The New York Times, 22 Feb. 2022, <https://www.nytimes.com/2022/02/22/opinion/sports-gambling-superbowl.html>.

APA

Bokat-lindell, S. (2022, February 22). *The Sports Gambling Gold Rush is on. should we be concerned?* The New York Times. Retrieved April 12, 2023, from <https://www.nytimes.com/2022/02/22/opinion/sports-gambling-superbowl.html>

Summary: The federal ban on sports betting was overturned by the U.S. Supreme Court in 2018.

Since then, around 30 states including the United States capital have authorized the

activity; as a result, over 100 million Americans currently reside in locations where gaming is permitted. Interestingly, business is thriving. Sports betting generated a total of \$1.5 billion in income in 2020, a 69 percent rise from the year before. Revenue rose by another 270 percent in the first quarter of 2021, and that was before the NFL decided to permit advertisements for sports betting during its games. The American Gaming Association predicted that 31.4 million Americans will legally wager \$7.6 billion on the Super Bowl this year, setting records and jumping by 35% and 78% over the previous year.

The article that I have chosen here will support my paper with statistics of the gambling business to portray an image of the seriousness that gambling is. The amount of money generated will be interesting to add to my paper

“In 2021, the National Problem Gambling help line (1-800-522-4700) received an average of more than [22,500 calls a month](#), up from 14,800 per month the year before.” (Bokat-lindell)

“Sports betting is legal now, and the glut of advertising we’re seeing for it is no different than that for tequila, beer, drugs for previously unknown ailments, unhealthy foods, unnecessary beauty products, expensive sports cars dangerously speeding across icy terrain, and more,” writes Howard Gensler, co-founder and editor of the gambling website [bettorsinsider.com](#).” (Bokat-lindell)

Samantha Gluck

MLA

Gluck, Samantha. “Psychology of Gambling: Why Do People Gamble?” *HealthyPlace*, <https://www.healthyplace.com/addictions/gambling-addiction/psychology-of-gambling-reasons-for-gambling>.

APA

Gluck, S. (n.d.). *Psychology of gambling: Why do people gamble?* HealthyPlace. Retrieved April 12, 2023, from <https://www.healthyplace.com/addictions/gambling-addiction/psychology-of-gambling-reasons-for-gambling>

Summary: It's human nature to feel delighted when facing risks, and the good sensation obtained from gambling is no different. This is one of the reasons people gamble. The question "Will my numbers come up?" The question "Will my team win?" A natural high, an adrenaline rush, and a sensation of anticipation are what many of us seek for while seeking for amusement and enjoyment. a sensation that some individuals feel they cannot survive without. The atmosphere of a casino might be a haven from the real world. When we participate, we may be surrounded by many people, noises, and feelings that stimulate and awaken our senses, whether it be in the opulent casino setting, a boisterous and energetic amusement arcade, or even an internet betting firm. Gambling is commonly practiced (with variable frequency) by the majority of the population in this nation since it is considered as a cultural tradition. Some young people learn how to play card games with their parents at home, go to the bingo with pals on a Friday night, or hang out at the amusement arcade after school.

The text listed above will go into the different reasons to why a gambler might keep doing what they do by providing examples of them. This will help give a rough idea of the different reasons why gamblers keep going.

“The gambling environment can provide an escape from everyday life. Whether it be the glitzy casino environment, a loud and exciting amusement arcade or even an online betting company, for the time that we are taking part we can be surrounded by different people, different sounds and emotions, all of which stimulate and arouse our senses.” (Gluck)

“The above reasons for gambling all tie into this: most people think about gambling as a low-risk, high-yield proposition. In reality, it's the opposite: a high-risk, low-yield situation. The odds always favor the house.” (Gluck)