

16. BÖLÜM

Kumar Oynama Bozukluğu

Soner ÇAKMAK¹

İç ve dış etkilerle tekrarlanan, hep aynı biçimde gerçekleşen şartlanmış davranışlar alışkanlık olarak tanımlanmaktadır. Bağımlılık ise alışkanlığın bir sonraki safhasıdır ve davranışının rutin ve aşırı ölçüde yapılmasıyla ilişkilidir. Bağımlılık olarak tanımlanan davranışlar bir takım tanımlayıcı ortak bileşenlere sahiptirler. Bunlar; davranışın olumsuz sonuçlarına rağmen sürdürülmesi, davranışa katılım üzerindeki öz denetimin azalması ve davranışa katılım için zorlayıcı bir istek duyulmasıdır (Shaffer ve ark., 2004; Potenza, 2006; Wareham ve Potenza, 2010).

Bağımlılık kavramı bir süre tıbbi literatürde alkol, uyuşturucu ve uyarıcı maddelerin aşırı kullanımı, kişinin kullanımı üzerinde özdenetiminin zayıflaması ve olumsuz sonuçlarına rağmen kullanımına devam etmesi anlamında kullanılmıştır (Yau ve Potenza,

2015). Bu nedenle bağımlılığı inceleyen bilimsel araştırmalar geleneksel olarak madde ve alkol bağımlılığı üzerine odaklanmıştır. Ancak alkol ve madde kullanımı dışında bu ortak özelliklere sahip davranışların olduğu da bir gerçektir. Bu alan araştırmacıların dikkatini çekmeye başlamış ve klinisyenlerin giderek daha sık karşılaştıkları bir sorun haline gelmiştir.

Son yirmi yılda, madde dışı davranışsal bağımlılıklarla ilgili araştırmalar artmıştır (Grant ve ark., 2010a; Demetrovics ve Griffiths, 2012; Griffiths ve ark., 2014; Griffiths 2017). Griffiths 2017. Bazı davranış biçimlerinin alkol ve uyuşturucu madde bağımlılığına benzediğini ve bu davranışlarında bağımlılık kapsamında değerlendirilmesi gerektiğini ileri süren araştırma sonuçları

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Bu davranışların topluma maliyeti, sağlığa zararlı etkileri hakkında toplum farkındalığını artırmak ve topluma davranışsal bağımlılıklarını değerlendirme ve tedavi etmenin önemi konusunda etkili eğitim kampanyaları düzenlemek yararlı olabilir. Sağlık politikaları da bağımlılık davranışlarına sahip bireylerin tedaviye erişimlerini geliştirmelidir. Gençler arasında davranışsal bağımlılıkların yaygınlığı göz önüne alındığında okul temelli önleme programları özellikle yararlı olabilir (Volberg ve ark., 2010).

PROGNOZ

Patolojik kumar oynamanın doğal öyküsü, genellikle yaşam olaylarıyla ilişkili alevlenmeler ve remisyonlarla karakterizedir. Prognozu genellikle altta yatan kişilik, depresyon ve diğer nevrotik bozuklukların bütünlüğü ile belirlenir. Sosyal içicilikten alkol bağımlılığına doğru ilerlemeye benzer bir süreçte, kumar oynama bozukluklarının, sosyal kumardan sorunlu kumar oynama yoluyla patolojik kumar oynamaya doğru ilerleyerek geliştiği düşünülmektedir (Prasad ve Jiriwal, 2019). Ömür boyu DSM-IV patolojik kumar öyküsü olan bireyler arasında yapılan iki ABD Ulusal Araştırmasında, %36-%39'unun bir önceki yıl kumarla ilgili herhangi bir sorun yaşamadığını, ancak sadece %7-%12'si tedavi başvurusunda bulunmuş ve AK toplantılarına katılmıştır. Bu temsili ABD örneğinde yapılan çalışma sonucu, PKO bozukluğu olan bireylerin yaklaşık üçte birinin doğal iyileşme gösterebildiği şeklinde yorumlanmıştır (Slutske, 2006).

SONUÇ

Kumar Oynama Bozukluğu fenomenolojik ve nozolojik olarak ruhsal hastalıklar

sınıflaması içerisinde zamansal evrimini davranışsal bir bağımlılık olarak tanımlanması ile büyük oranda tamamlamış görünmektedir. Etiyoloji hala belirsizliğini büyük oranda korumaktadır. Tedavi konusunda tanınan ölçütlerin ve etiyolojik ipuçlarının belirsizliği nedeni ile standart ve spesifik tedavi kılavuzlarının oluşturulması mümkün olmamıştır. Her ne kadar etiyoloji ve tedavi konusunda hala saklı kalan ve açıklanmaya ihtiyaç duyulan alanlar çoğunlukta olsa da bu fenomenolojik değişim bu alanın gelişimine, tedavi ve etiyoloji ile ilgili araştırma hedeflerinin daha net hale gelmesine olanak sağlamıştır. Son 10 yılda kumar oynama bozukluğu ile ilgili pek çok çalışmanın bilime kazandırılması bu alanda hızlı bir ilerlemenin olduğunu göstermektedir. Etiyoloji ile ilgili yeni kanıtların ortaya çıkarılması, tedavide de spesifik hedeflerin belirlenmesine, yeni kılavuzların ve yöntemlerin ortaya çıkarılmasına ve standartlaştırılmasına olanak sağlayacaktır.

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