


**TIGER GAME AND THE DANGERS OF GAMBLING ADDICTION**

**JOGO DO TIGRINHO E OS PERIGOS DA DEPENDÊNCIA EM JOGOS DE AZAR**

**EL JUEGO DEL TIGRE Y LOS PELIGROS DE LA ADICCIÓN AL JUEGO**

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**ABSTRACT**

Betting addiction is a complicated phenomenon that encompasses psychological, social, and biological aspects. The "Tigrinho Game", a famous gambling entertainment, has aroused the interest of scholars and health experts because of its great potential to lead to addictive behaviors. This study aimed to describe through scientific evidence the impact of tiger game on gambling addiction, as well as the possible psychological, social and economic consequences. This is an integrated literature review study, covering articles from the years 2020 to 2025, and using data sources such as Latin American and Caribbean Health Sciences Literature (LILACS), Scientific Electronic Library Online (SciELO) and Pubmed. From these results it was possible to observe that addiction to gambling is linked to several elements, such as heredity, environmental influences and the nature of the gaming industry, such as the tiger game, which employs psychologically attractive tactics to increase participation. It is therefore concluded that the Tiger Game serves as a clear example of how addictive gambling can become. Intervention strategies need to incorporate therapeutic methods, awareness campaigns in public policies and the regulation of gaming.

**Keywords:** Online Gambling. Tiger Game. Gambling Disorder. Behavioral Addiction and Psychosocial Impacts.

**RESUMO**

A dependência de apostas é um fenômeno complicado que abrange aspectos psicológicos, sociais e biológicos. O "Jogo do Tigrinho", um entretenimento de apostas famoso, tem despertado o interesse de estudiosos e especialistas em saúde por causa do seu grande

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potencial de levar a comportamentos viciantes. Este estudo teve como objetivo descrever por meio das evidências científicas o impacto do jogo do tigrinho na dependência de jogos de azar, bem como as possíveis consequências psicológicas, sociais e econômicas. Trata-se de um estudo de revisão integrada da literatura, contemplando artigos dos anos de 2020 a 2025, e utilizando fontes de dados como os Literatura Latino-Americana e do Caribe Ciências da Saúde (LILACS), Scientific Electronic Library Online (SciELO) e Pubmed. A partir destes resultados foi possível observar a dependência em jogos de azar está ligada a diversos elementos, como a hereditariedade, influências do ambiente e a natureza da indústria de jogos, como o jogo do tigrinho, que emprega táticas que atraem psicologicamente para aumentar a participação. Conclui-se, portanto, que o Jogo do Tigre serve como um exemplo evidente de como os jogos de azar podem se tornar viciantes. As estratégias de intervenção precisam incorporar métodos terapêuticos, campanhas de conscientização em políticas públicas e a regulamentação dos jogos.

**Palavras-chave:** Jogos de Azar Online. Jogo do Tigrinho. Transtorno do Jogo. Dependência Comportamental e Impactos Psicossociais.

## RESUMEN

La adicción a las apuestas es un fenómeno complicado que abarca aspectos psicológicos, sociales y biológicos. El "Juego del Tigrinho", un famoso entretenimiento de juego, ha despertado el interés de estudiosos y expertos en salud debido a su gran potencial para conducir a conductas adictivas. Este estudio tuvo como objetivo describir a través de evidencia científica el impacto del juego del tigre en la adicción al juego, así como las posibles consecuencias psicológicas, sociales y económicas. Se trata de un estudio integrado de revisión bibliográfica, que abarca artículos de los años 2020 a 2025, y utiliza fuentes de datos como Literatura Latinoamericana y del Caribe en Ciencias de la Salud (LILACS), Scientific Electronic Library Online (SciELO) y Pubmed. A partir de estos resultados fue posible observar que la adicción al juego está vinculada a varios elementos, como la herencia, las influencias ambientales y la naturaleza de la industria del juego, como el juego del tigre, que emplea tácticas psicológicamente atractivas para aumentar la participación. Por lo tanto, se concluye que el Juego del Tigre sirve como un claro ejemplo de lo adictivo que puede llegar a ser el juego. Las estrategias de intervención deben incorporar métodos terapéuticos, campañas de sensibilización en las políticas públicas y la regulación del juego.

**Palabras clave:** Juegos de Azar en Línea. Juego del Tigre. Trastorno del Juego. Adicción Conductual e Impactos Psicosociales.

## 1 INTRODUCTION

The advancement of digital technology has profoundly transformed the forms of entertainment and leisure. Among these transformations, the emergence and popularization of online gambling stands out. In Brazil, the "Tigrinho Game" has become a nationwide phenomenon, widely promoted on social networks by digital influencers and propagated among young people, adults and even teenagers. Despite its harmless and playful appearance, it is a betting platform that operates in a similar way to slot machines, using real money to make plays (OLIVEIRA *et al.*, 2022).

Easy access to the internet, added to the absence of specific regulations for this type of game, creates an environment conducive to the emergence of risky behaviors. The "Tigrinho Game" can be accessed through cell phones, tablets or computers, with a few clicks, without the requirement of proof of age or detailed financial information. This reality mainly exposes young people in vulnerable situations, who see gambling as a possibility of obtaining money quickly (ROSA; SERRA, 2020).

Ludopathy, or compulsive gambling disorder, is recognized by the World Health Organization (WHO) as a mental health condition characterized by the inability to resist the urge to gamble, even in the face of negative consequences. Recent studies point to a significant increase in cases related to digital games, which intensified during and after the COVID-19 pandemic, a period in which the use of mobile devices and social networks grew exponentially (RIBAS *et al.*, 2025).

Compulsive gambling can trigger a range of emotional and psychological problems. Among the most common symptoms are anxiety, depression, social isolation, feelings of guilt and, in more severe cases, suicidal ideation (SOKOLOWSKI *et al.*, 2025). The cycle of hope and frustration characteristic of betting feeds a spiral of dependence that weakens the player's emotional balance, directly interfering with their personal, academic and professional life.

In addition to the damage to mental health, gambling addiction also generates important social and economic impacts. Individuals who develop this type of addiction tend to compromise their finances, accumulate debts, neglect responsibilities and even commit illicit acts to sustain the habit (MENDIETA; QUEIROZ, 2024). Family relationships are affected, and withdrawal from social life becomes common, aggravating the situation of exclusion and vulnerability.

The promotion of the Tigrinho Game on social networks contributes to its naturalization and trivialization. Digital influencers, often without any training or ethical responsibility, promote gambling as a legitimate form of enrichment, omitting the risks involved. This advertising practice, combined with the absence of regulation, favors the growth in the number of users and the worsening of cases of addiction (FERREIRA; NASCIMENTO, 2025).

Thus, the objective of this study was to describe through scientific evidence the impact of the tiger game on gambling addiction, as well as the possible psychological, social and economic consequences.

## **2 METHODOLOGY**

To achieve the proposed objective, an integrative literature review was carried out based on the reference of Mendes, Silveira and Galvão (2008), in which it is carried out through the construction of an analysis consisting of six stages: (1) identification of the problem and definition of the guiding question; (2) search and selection of studies according to sampling criteria; (3) data extraction; (4) critical analysis of the selected studies; (5) interpretation of the results and (6) preparation of the synthesis and final report.

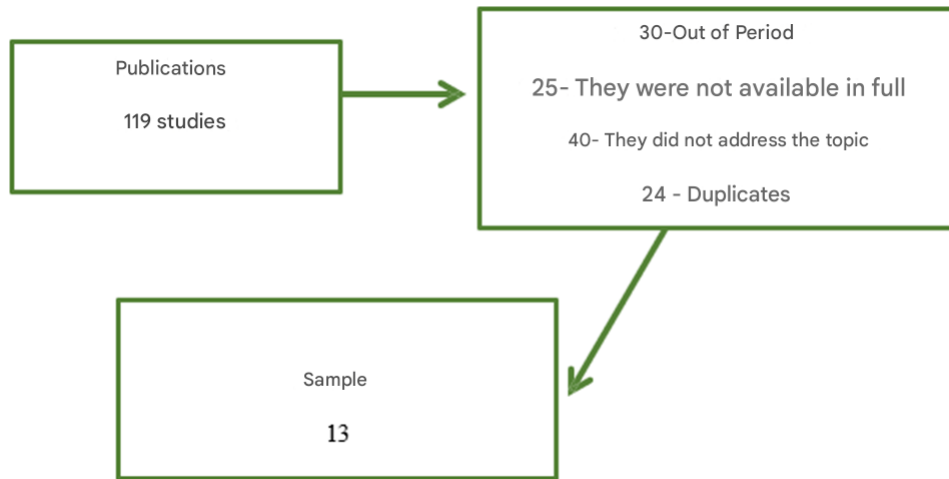
From this, the following guiding question was elaborated: What are the impacts of the tiger game on gambling addiction and the associated psychological, social and economic consequences?

The databases for research were Latin American and Caribbean Health Sciences Literature (LILACS), Scientific Electronic Library Online (SciELO) and Pubmed. The search was carried out in May and June 2025, using the following Science Descriptors (DECS): "online gambling", "tiger game", "gambling disorder", "behavioral dependence" and "psychosocial impacts", combined by Boolean operators "AND" and "OR".

The inclusion criteria for articles for this review were: scientific articles available in full, in Portuguese and English, freely available, in the period from 2020 to 2025 and that addressed the topic under study. Thus, the exclusion criteria were: theses; Dissertations; materials not available in full for free and duplicate articles. From the use of the search strategy, 132 scientific materials were found, of which, 119 were excluded, 30 for being outside the study period, 25 for not being available in full, 40 for not addressing the study theme and 24 duplicated. The following figure describes the search strategy.

**Figure 1**

*Strategy for selecting articles. Maceió, Alagoas, Brazil, 2025*



After selection, the articles were organized according to the journal, the year of publication and the name of the authors, classifying them by the level of evidence (NE), which deals with the hierarchy of publications according to external evidence and considers seven levels: I - systematic reviews or meta-analysis of relevant clinical trials; II - evidence from at least one well-designed randomized controlled clinical trial; III - well-designed clinical trials without randomization; IV - well-designed cohort and case-control studies; V - systematic review of descriptive and qualitative studies; VI - evidence derived from a single descriptive or qualitative study; VII - opinion of authorities or committees of experts, including interpretations of information not based on research.

The systematization of the data occurred through the technique of content analysis of the theme following the following steps: pre-analysis; exhaustiveness rule; exploration of the material and the treatment of data, inferences and interpretations. At the end, the registration units were coded according to the analogy of meanings and the abstraction of categories (BARDIN, 2011).

### 3 RESULTS AND DISCUSSION

The analysis of the 13 selected scientific articles allowed the identification of recurrent patterns related to the influence of the Tigrinho Game on the mental health, social bonds and economic stability of users. The publications addressed both the mechanisms of addiction and the consequences observed in vulnerable populations. The synthesis of the

data was organized into four thematic axes: players' profile, risk factors and addiction mechanisms, psychosocial impacts, and coping strategies.

The most recurrent user profile in the studies comprises young adults between 18 and 35 years of age, with a higher prevalence among low-income individuals, intermediate education and daily access to social networks (MARTINS; ROCHA, 2024). These users reported looking for a quick and easy income alternative in the Tigrinho Game, often encouraged by advertisements on digital platforms such as YouTube, TikTok and Instagram.

In many cases, the first contact with the game occurred through digital influencers, who use appealing language, associating the game with the possibility of changing one's life or conquering consumer goods with little effort (SILVA *et al.*, 2024). This initial exposure factor has been decisive for early involvement with gambling, especially among adolescents and young people without knowledge about the associated risks.

The addiction mechanisms observed in the Tigrinho Game follow the logic of intermittent reinforcement, that is, variable and unpredictable rewards that keep the player engaged for long periods (RODRIGUES, 2025). These elements activate the brain's reward system and make it difficult to quit the game, even after financial or emotional losses (MORAES; MENEGUZZI, 2023).

In addition, the game's aesthetics with festive sounds, vibrant colors, and caricatured characters creates an environment of constant excitement that masks the character of a real financial bet, which contributes to a decrease in the perception of risk (OLIVEIRA *et al.*, 2022). The false sense of control leads the user to insist on betting, even in successive losses.

From a psychological point of view, the most reported effects include anxiety, depression, stress, insomnia, and feelings of guilt (SOKOLOWSKI *et al.*, 2025; RIBAS *et al.*, 2025). These symptoms are aggravated by the frustration of not being able to stop gambling and by the accumulated financial losses, which generate family conflicts and, in some cases, suicidal ideation (GONÇALVES; AZAMBUJA, 2021).

The social impacts were also strongly highlighted. Many players reported social isolation, a drop in academic performance and absence from work, as direct consequences of involvement with the game. In some situations, there was a breakdown of family ties, loss of custody of children and involvement with illicit activities to finance addiction (MENDIETA; QUEIROZ, 2024).

In the economic field, most of the articles analyzed pointed to growing indebtedness and compromised family income as recurrent effects of compulsive use of the platform (SOKOLOWSKI *et al.*, 2025). The loss of control over spending, added to the belief that "in the next round everything will be recovered", deepens the cycle of losses, leading some individuals to resort to loans, pledge of assets and misuse of third-party cards.

Some studies draw attention to the absence of specific legal regulation on online gambling in Brazil, which favors the spread of platforms such as Jogo do Tigrinho (BONINI; STEOLA; MARTINS, 2025). The gap in the legislation makes it difficult to hold the responsible companies accountable and limits the performance of the public authorities in containing the damages.

As alternatives for coping, the articles suggest the implementation of educational campaigns in schools and social networks, the prohibition of the dissemination of gambling by influencers, and the creation of clinical protocols for the early diagnosis and treatment of ludopathy in public health services (RASTELI; SANTOS, 2024). The absence of policies that regulate this advertising represents a population risk factor.

Although some studies indicate attempts at regulation by government agencies, there is still low effectiveness of public policies aimed at protecting vulnerable digital consumers (COSTA *et al.*, 2024). The absence of geo-blocks and the ease of transferring resources through digital platforms make games accessible to anyone, with no age filter or time limit.

Finally, the need for new longitudinal and population-based studies that can more accurately measure the prevalence of addiction to online gambling and its consequences for public health is highlighted. The literature analyzed reinforces the urgency of interdisciplinary action — involving areas such as health, education, law and communication — in containing the harmful effects of the Tigrinho Game and the like.

## 4 CONCLUSION

Based on the scientific evidence analyzed in this integrative review, it was found that the Tigrinho Game, as a digital betting platform, has high addictive potential and poses a growing risk to the mental health and well-being of individuals, especially young adults. The use of positive reinforcement strategies, stimulating sounds, and random rewards contributes to the maintenance of compulsive behavior, characterizing a typical pattern of behavioral dependence.

The most common psychological consequences among compulsive gamblers include anxiety, irritability, insomnia, depression, and feelings of guilt. Such conditions, associated with the continuous use of the platform, demonstrate that addiction to online gambling seriously compromises mental health and can progress to serious clinical conditions, requiring specialized attention and early intervention by health services.

In the social aspect, compulsive gambling generates isolation, loss of affective bonds and difficulty in insertion in collective environments, such as family, school and work. Players often withdraw from everyday activities and exhibit evasive behavior, which weakens their support network and hinders the rehabilitation process. Social exclusion is therefore one of the most devastating consequences of digital ludopathy.

From an economic point of view, the impacts are equally worrying. The unbridled pursuit of financial gain leads many users to take on debt, take out loans, sell personal assets, and even commit illicit acts to support their addiction. This behavior compromises the family's financial balance and can aggravate situations of poverty and chronic indebtedness, especially among already vulnerable populations.

In view of the above, it is concluded that the Tigrinho Game represents a serious public health problem that requires articulated actions between the health, education, justice and communication sectors. It is urgent to develop specific public policies, prevention campaigns, regulation of digital advertising and inclusion of the theme in school curricula. In addition, interdisciplinary action is essential to mitigate the damage caused by this new form of contemporary dependence.

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