Comparative study of Depression and Stress Factor as Related to Criminals and Non- Criminals of Women's

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Abstract: The main objective of this study was concerned and focussed on the level of depression and stress in criminals and non- criminal women. In this study 150 samples were selected through accidental sampling. For measuring the level of depression and stress, Mental Depression Scale (MDS) and Personal Stress Source Inventory (PSSI) were used. Findings suggested that the level of depression and stress in criminal women is more than non-criminal women. It means that criminals suffer from so many negative emotions and thoughts that's why they commit crime or involved in antisocial activities. In high level of stress and depression a person does not able to take decisions in right ways. This research work focused to find out these areas and dimensions of stress and depression.
Keywords: Accidental, antisocial, commit, criminals, crime, depression, emotions, inventory, mental, sampling, stress.

INTRODUCTION

Today the world is progressive in the scientific field but in emotional and sensitive fields, it is lack behind. It is a modern era that means the age of competition and specialization. There is rapid progress in every field as education, business, and management.

In this fast running life everyone runs with the crowd, no one is aware for their inner potential, emotion, power and strength. Due to lack of awareness people suffers with the mental problems such as inferiority, depression, anxiety, stress, guilt, low self-esteem, mood disorder etc.

Human beings are now unable to cooperate or coordinate with each other. Therefore, the level of stress, tension, and dilemma in their life is increasing and due to which the mental disorders are developing. World Health Organization [1] reported that in upcoming years tension will be the main reason for death in developing countries.

According to Kolman [2] 20th century is the "Age of tension". The psychological problems are developing day by day. The patients of neurosis are included in mental disorders in which, tension is the main reason. Tension could cause serious problems like insomnia, stress, anxiety etc. The present study set out to determine the level of depression and stress among criminal and non-criminal women of Lucknow.

When we experience or perceive challenges to our physical, emotional well-being that exceed our coping resources and abilities, the psychological condition that result is typically referred to as stress [3].

Stress is defined as "a state of psychological and physiological imbalance resulting from the disparity between situational demand and the individual's ability and motivation to meet those q1needs."

According to Hans Selye, "stress is the rate of all wear and tear caused of life."

Stress is our body's physical, mental and chemical reactions to circumstances that frighten, confuse, endanger or irritate us. If controlled, it is a good friend but, if handled poorly, it becomes an enemy. Stress is neutral world, it's associated with constraints and demand and it's not simply anxiety. It should also be differentiated from nervous tension.

There are two types of stress i.e. Eustress –it is the healthy, positive and developmental stress response, which may lead to new and better ways of doing work. Denotes the presence of optimum level of stress due to which individual will perform to his full capacity and the second one is, Distress – it is the unhealthy and negative stress response. Denotes the presence of high level of stress which affects the performance of the individual and efficiency adversely.

Signs and symptoms that causes stress are; Frequent headaches, jaw clenching or pain ,gritting, grinding teeth Stuttering or stammering Tremors, trembling of lips, hands Increased smoking, alcohol or drug use, Weight gain or loss without diet Constant tiredness, weakness, fatigue Increased frustration, irritability, edginess.

Depression is an illness that involves the body, mood, and thoughts that affects the way a person eats, sleeps, feels about him or herself, and thinks about things. It is the feeling of severe despondency and dejection.

Depression is a state o low mood and aversion to activity that can affect a person's thoughts, behaviour, tendencies, feelings, and sense of well-being.

Freud said that depression was anger turned inward. Others suggested that depression results from long-term efforts to repress all types' painful feeling such as: disappointment, frustration, sadness, and grief. Feelings of depression are finite, they will not last forever. If you accept them while they occur, the process will be easier to traverse and once depression is lifted you can help prevent a recurrence.

There are four types of depression i.e., Major depression, Manic depression, Seasonal affective disorder & Agitated depression. Signs and symptoms that causes depression are ;   Loss of interest in activities once found pleasurable, loss of appetite ,weight loss or over eating, persistent sadness, feelings of hopelessness, guilt ,headaches ,digestive disorders ,thought of suicide etc.

In a study that considered a cross section of 261 patients diagnosed with bipolar disorder, it was found that when compared to criminal records, manic-depressives were more often convicted of crimes[4]. However, those who were unipolar (only depressive, not manic) were found not to be more prone to criminal behaviour. This leads one to focus on the manic aspect of depression in connecting the dots to an increased propensity to commit crimes. A study of 50 juvenile boys corroborated this notion by noting that manic depression not only increased criminal behaviour, but also was linked to antisocial tendencies. Though a high level of aggression was identified, only 14% were ever incarcerated for aggressive acts. Crime that it is a category created by law i.e., if applicable law says that it is a crime, the person is a criminal [5].

Christian Dustmann, Francesco Fasani [6], studied. The effect of local area crime on the mental health in residents. This paper analyses the effect of local crime rates on the mental well-being of residents. Our analysis is based on detailed information about mental well-being from the British Household Panel Survey and the English Longitudinal Study of Ageing, which we combine with detailed local crime data. Our identification strategy addresses the problem of sorting, and endogenous moving behaviour. We find that crime causes considerable mental distress of residents, and that these effects are mainly driven by property crime. However, individuals react also to violent crime, in particular when we include crime rates in areas individuals may be exposed to when following their daily routines, like travel to work etc. Local crime creates more distress for females and is mainly related to depression and anxiety. To benchmark our results, we contrast them with the effects of unemployment, and the London bombings on the 7th of July 2005. We find that the increase in mental distress following a one standard deviation increase in local crime is about 2-4 times as large as a one standard deviation increase in local employment, and about one seventh of the effect experienced by the London Bombings.

Criminals have unrealistic expectations of themselves and others. They see themselves as though they are the hub of a wheel-everything that revolves around them. They are disappointed because they are thwarted in some way. When their plans do not work out, they are depressed. They are depressed about the failure of others to give them what they think they are due.

The everyday stress of prison, problems sleeping, and dealing with being in prison for long periods of time or having life sentences, there is a kind of hopelessness that foes along with that.

METHODOLOGY
The present study is concerned and focused on the comparative study of depression and stress factor as related to criminal women's and   non – criminal of women's.

Objectives
- To study of the depression level in criminal and non – criminal women's.
- To Study of the stress level in criminal and non – criminal women's.

Hypothesis
- No significance difference between level of depression among criminals and non- criminals women.
- No Significance difference between level of stress among criminals and non- criminals women.

Sampling
I have Selected 150 sample through the Accidental Sampling 150 samples are divided into 2 parts , 75 criminals(Lucknow Central Jail) and 75 are non – criminals are selected in Lucknow regions.

Variables
- Criminal Behaviour and non – criminal behaviour.
- Depression & Stress
- Gender

Test used
- Mental Depression Scale (MDS): This test has 50 statements. Each statement measuring depression in individual .Every statement has two answers "Yes" or "No", indicating mental depression and mood depression respectively [7].

- Personal Stress Source Inventory (PSSI): This test has 35 statements. Each assessing stress in individual. A 1 – 3 point's scale is used to seek the response namely, "Seldom", "Sometimes", and "Frequently". The highest score indicates high magnitude of personal stress [8].

RESULTS

Ho1: There is no significance relationship between criminal women's and non- criminal women's among depression.

Table-1: Depression of Criminal Women's and Non – Criminal women's

| Group	N	Mean	SD	SED	t Ratio	df	Significant Level
Criminal	75	38.78	10.44	1.38	4.89	148	significant at 0.01 level
Non-Criminal	75	32.02	5.94				
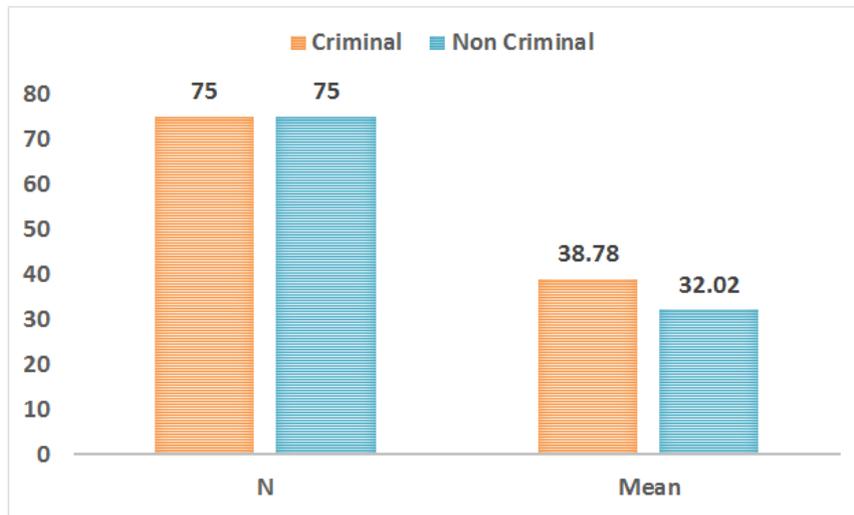
Result Table 1- shows the relation between Depression of criminal women's and non- criminal women's students mean values are 38.78 and 32.02. SD is 10.44 and 5.94 and SED is 1.38 respectively. t-Value is 4.89, thus t-value is more than the significance level 0.01 at df 148. Which is significant thus our null hypothesis is rejected.

- Ho2: There is no significant relationship criminal women's and non- criminal's among stress.

Table-2: Stress level in criminal and non- criminal women's

Group	N	Mean	SD	SED	t Ratio	df	Significant Level
Criminal	75	80.58	13.55	2.62	7.93	148	significant at 0.01 level
Non-Criminal	75	33.58	18.24				
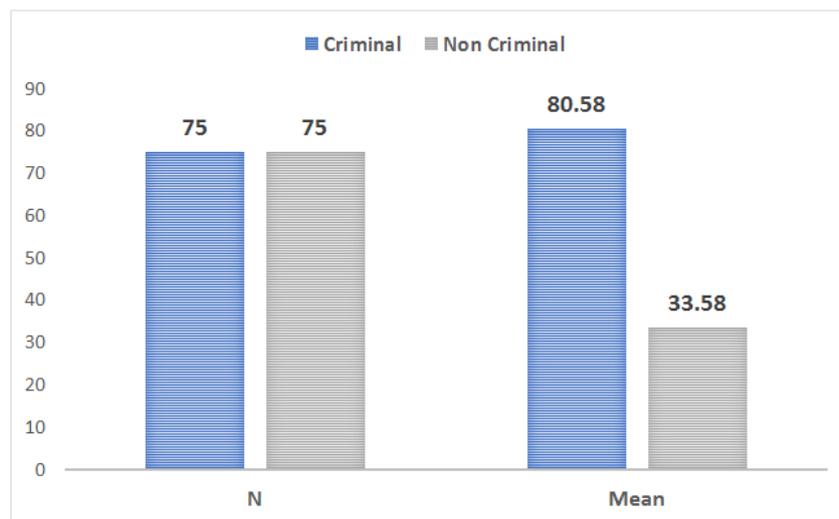
Result Table 2 – shows the relation between stress among criminal women's and non- criminal women's mean Values are 80.58 and 18.24. SD is 13.55 and 18.24 and SED is 2.62 respectively. t- Value is 7.93, thus t – value is more than the significance level 0.01 at DF 148 .which is significant thus our null hypothesis is rejected.

DISCUSSION

The purpose of the test is to study the level of Depression and Stress among Criminal and Non-Criminal Women's A total number of sample is 150 i.e., 75 Criminal Women's from Lucknow Central Jail and 75 Non- Criminals Lucknow regions. After the selection process, women's were seated comfortably and a good rapport was established with them. Mental Depression Scale (MDS) and Personal Stress Source Inventory (PSSI) were conducted on them. Scoring was done according to the manual of the tests. After the scoring was done comparison between the Depression and Stress Level among Criminal Women's and Non-Criminal Women's.

Table 1, shows that the mean score of depression in criminal women's is 38.78, S.D. is 10.44 and mean score of depression in non – criminal women's is 32.02, S.D. is 5.94. It shows that depression level in criminal women's is higher than non- criminal women's. Thus, t- value of depression is 4.89 and it is significant at 0.01 level.

Table 2, shows that mean score of stress in criminal women's is 80.58, S.D. is 13.55 and mean score of stress in non – criminal women's is 33.58, S.D. is 18.24. It shows that stress level is higher than non – criminal women's. Thus, t – value of stress is 17.93 and it is significant at 0.01 level.

The result has shown that the Depression and Stress Level in criminal women's are higher than the non – criminal women's. Mental health problems were found to be present in all the criminals, but murderers showed higher level of mental problem.

Neelu Sharma, Om Prakash and *et al.,* [3] studied mental health problems in criminals in terms of depression, anxiety and stress. A sample of 72 convicted criminals was selected from Birsa Munda Central Jail Hotwar, Ranchi, India. Study intends to assess mental health problem in two groups of convicted criminals: murderers and rapists. The researcher used Depression Anxiety and Stress Scale (DASS). The result was found that rapists group has shown significant difference on scale of depression in comparison to murderer's group. Whereas there were no significant differences found between both the groups on level of anxiety and stress. Rapists group have shown more symptoms and severity of depression, anxiety and stress than the murderers group.

Kristine Artello & Shanna Williams [9] studied, stress and crime. Criminal actors and victims experience various forms of stress related to criminal activity. Stress and crime are interrelated in a linear fashion (e.g., stress causes crime) and in a reciprocal cycle (e.g., victimization inducing stress). Strain theories posit the causal relationship of stress to crime, and psychological conditions, such as post-traumatic stress disorder and acute stress disorder, explain the experience of stress caused by criminal action. Using general strain theory to explain the causal relationship, recent research explores the circumstances that cause stress and result in crime. Gender differences will be explored in relation to criminal activity resulting from stress. Lastly, victimization in the prison system and community will be explored as crime inducing stress. Future areas to explore the stress–crime relationship in research will be suggested.

Francois Steyn and Brittany Hall [10] studied, **"**Depression, anxiety and stress among incarcerated female offenders "incarcerated female offenders have

poorer mental health states compared to the general population. The present study set out to determine the levels of depression, anxiety and stress experienced by imprisoned female offenders. Through survey methods, quantitative data was obtained from 64 female offenders incarcerated at a correctional centre in Gauteng, South Africa. The questionnaire consisted of a biographical section and the Depression, Anxiety and Stress Scale. Most respondents reported normal to moderate levels of depression (69.8%), anxiety (68.3%) and stress (74.2%). Nearly one in three respondents showed severe to extremely severe levels of depression (30.2%) and anxiety (31.8%). Unemployment prior to incarceration, having used illegal substances in the past, previous conviction and the duration of the prison sentence showed a significant correlation ($p<0.05$) with depression, anxiety and stress. It appears that some situations in prison promote anxiety since more than half of respondents (57.8%) identified with the statement "I found myself in situations that made me so stressed that I was most relieved when they ended". The greater part of respondents had relatively high levels of education which could in part explain the results of the survey.

CONCLUSION

From the above discussion it may be concluded that the level of stress and the level of depression in criminals is more than non-criminals. The criminals are emotionally immature, unsuccessful and unsatisfied. On the contrary, non-criminals are optimistic, decisive and emotionally mature.

Implications

The present research may help in comparing the level of depression and level of stress between criminals and non-criminals and emphasize the need of assessment of mental issues in prison setting on a broad level.

Limitations

- The sample size was small to generalize the results.
- Male population was also excluded from the study.
- The research work limits itself to Lucknow city only.
- Only level of stress and depression in female criminals and female non-criminals were compared.

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