

A Conceptual Overview of Deviance and Its Implication to Mental Health: a Bio psychosocial Perspective

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ABSTRACT: *This research paper is a conceptual overview of deviance and its implications to mental health and well-being. The study conceptualized and theorized deviance and mental health through the sociological, biological, and psychological dimensions. All theories agreed that deviant behaviour begins from childhood through old-age. This suggests a deviation from behaviour appropriate to the laws or norms and values of a particular society. This makes deviance to be relative, depending on the society and individual. Mental illness and Post-Traumatic-Stress-Disorder (PTSD) as the inflicted or labelled deviants are unable to cope. The behavioural aftermath of PTSD typically involves increased aggression and drug and alcohol abuse, which could lead to anxiety, depression, insomnia, plus memory and cognitive impairments or mental disorder. The paper recommends policymakers in collaboration with behavioural health specialists (Clinical psychologists), should focus on developing and implementing social learning preventive and reformative programmes through role playing, behaviour modification, social support system, and peer and group psychotherapy among others.*

Keywords: *Conduct disorder, deviance, mental health, post-traumatic-stress-disorder, psychological trauma,*

I. INTRODUCTION

The social understanding of the study of deviance and crime examine cultural norms; how they change over time, how they are enforced, and what happens to individuals and societies when norms are broken. Deviance and social norms vary among societies, communities, and times, and often sociologists are interested in why these differences exist and how these differences impact the individuals and groups in those areas. What is deviant to one group may not be considered deviant to another. Sociologists define deviance as behaviour that is recognized as violating expected rules and norms (1, 2, 3). It is simply more than nonconformity, however; it is behaviour that departs significantly from social expectations. Sociologists stress social context, deviance is looked at in terms of group processes, definitions, and judgments and not just as unusual individual acts. Furthermore, they recognize that established rules and norms are socially created (3), not just morally decided or individually imposed. That is, deviance lies not just in the behaviour itself, but in the social responses of groups to behaviour by others (2). This deviance can either be positively or negative exhibited. On the other hand, Psychological perspective to deviance emphasized criminal tendency or deviance as human natural drives (4) and urges that are repressed in the unconscious through the process of socialization (5). The inappropriate organization of instinctual drive develops a personality disorder that implicates both personal (behavioural and intrapsychic) and social (interpersonal, group, macrosocial) structure and process (6). Mental illness and psychological trauma explained a number of unconscious mechanisms usually related to internal and external childhood events and traumas known as conduct disorder and individual adult mental or psychological disorder known as Post-traumatic-Stress-Disorder (PTSD). This is characterized with alcohol and drug abuse, loss of wages, physical punishment, poor supervision, childhood and adolescent aggression, prostitution, rape, and armed robbery among others. This paper explores the relationship between deviance and mental health or psychology well-being, and emphasis the social learning, behavioural, and cognitive therapy to deviance.

II. DEVIANCE

Deviance simply means “to go astray”. In sociology, social deviance or deviance means those behaviours or characteristics that violate significant social norms and expectations and are negatively valued by a large number of people (3). We can also look at deviance simply as those behaviours that breach commonly held norms, values and expectations of a society. To that, those that depart from conventional norms are called deviants. Howard Becker, a reknown sociologist, sees deviance as that “behaviour that people so label” (4). The study of deviance can be divided into the study of why people violate laws or norms and the study of how society reacts. This reaction includes the labeling process by which deviance comes to be recognized as such. The societal reaction to deviant behavior suggests that social groups actually create deviance by making the rules whose infraction constitutes deviance and by applying those rules to particular people and labeling them as outsiders (2). We are interested in studying deviance in order to understand why people violet social norms; i.e., why do some people commit crime while others conform to norms? We are also interested in knowing how deviant behaviour mentally affects the well-being of an individual and the society at large. Finally, is to suggest psychological techniques in providing psychotherapy to deviant.

Some types and examples of deviant behaviours in many societies include: armed robbery, murder, examination mal-practice, rape, forgery, drug abuse and addiction (smoking and drinking), bribery and corruption, homo-sexuality, vandalization, gangsterism, intimidating behaviours, keeping late hours, sexual harassment and indecent dressing (such as transparent and tied cloths for girls, and radical wears or appearance like coiling of hairs etc for boys), disobedience to parents, elders, and other social authorities, addicted to party, gossiping, greed, jealousy, truancy, among others. It should be noted that all sociologists and social workers have subscribe to the position that there is nothing inherently criminal in a particular act which makes such act deviant. They are only so because they are prescribed by the society. Deviance is therefore relative and not absolute. An act is only deviant when it is socially defined as such. Definition of deviance differs from time to time, place to place and from group to group. For example, to kill a fellow human being is a deviant act but to kill an enemy soldier in times of war is a norm. Behaviour that may be considered deviant in one culture may not be in another. In addition to that, when an Oba fell short of expectations of his people in pre-colonial Yoruba society, he was presented with a calabash which symbolises that his people have lost confidence in him. He was therefore forced to commit suicide. In other cultures, this is not the case. This suggests the positivism and negativism of deviance.

2.1 Negative Effects of Deviance

Deviance is seen by lots of people as a bad behaviour because it constitute a social problems. This is because deviant behaviour affects the smooth flow of social interaction and impairs social organization. As a result of the chaotic phenomena of deviant behaviour, government and government officials divert and allocated huge amount of resources into modern agents of social control such as buying bullet proof cars, uniforms for Police and Prison Officers, construct Police stations, courts and Prisons all over the country. All these agents are meant to enforce or set conformity. These resources could have been invested into other profitable area such as industries, agriculture, education, human and society development. Furthermore, deviant behaviour also undermines trust. For instance, as a result of activities of some few individuals in drug trafficking, fraud, armed robbery, kidnapping, and religious war, some people no longer have confidence in Nigerians. The deviant behaviour of few Nigerians has dainted the image of our country.

2.2 Positive Effects of Deviance

On the other hand, deviant behaviour has positive effects too. Firstly if everybody was afraid to risk that label of deviants, social control would be extremely rigid. Blacks in South Africa would have been contented with apartheid rule, women would have be satisfied with subordinate roles, Nigeria could have been contented with Colonial rule, and Niger-Delta could have been satisfied with governments' marginalization and exploitation of both their natural and human resources. Secondly, all social changes start as deviant behaviour. Lots of people had to risk their lives and reputation to effect social changes. For instance, in Africa during the Colonial era freedom fighters like Zik of Africa, Dr. Kenneth Kaunda, and Nelson Mandela were tagged political deviants. But the consistent and persistent struggles brought about political changes from the shackles of colonialism to independence of Africa and their freedom fighters; for example, Nelson Mandela was recently given befitting funeral rites because of his positive act of deviance.

III. MENTAL HEALTH

Health, or lack of health, was once merely attributed to biological or natural conditions (7). Sociologists have demonstrated that the spread of diseases is heavily influenced by the socioeconomic status of individuals, ethnic traditions or beliefs, and other cultural factors. Where medical research might gather statistics on a disease, a sociological perspective of an illness would provide insight on what external factors caused the demographics that contracted the disease to become ill (8). The sociology of health and illness studies the interaction between society and health (9). In particular, sociologists examine how social life impacts morbidity and mortality rates and how morbidity and mortality rates impact society. This discipline also looks at health and illness in relation to social institutions such as the family, work, school, and religion as well as the causes of disease and illness, reasons for seeking particular types of care, and patient compliance and non compliance (10). On the other hand, from perspectives of the discipline of psychology or holism, mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience (7, 11, 12, 13). Mental health is an expression of emotions and signifies a successful adaptation to a range of demands (7). The World Health Organization defines mental as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community" (7). Maintaining good mental health is crucial to living a long and healthy life in the society.

There are obvious differences in patterns of health and illness across societies, over time, and within particular society types. There has historically been a long-term decline in mortality within industrialized societies, and on average, life-expectancies are considerably higher in developed, rather than developing or undeveloped, societies. Patterns of global change in health care systems make it more imperative than ever to research and comprehend the sociology of health and illness. Continuous changes in economy, therapy, technology and insurance can affect the way individual communities view and respond to the medical care available. These rapid fluctuations cause the issue of health and illness within social life to be very dynamic in definition. This definition of mental health highlights emotional well-being (14), the capacity to live a full creative life, and the flexibility to deal with prospective life's inevitable challenges. This is evident in positive psychology as it is increasingly prominent in mental health (7), and defined mental health as a person's health of the mind. This model generally encompasses psychological, anthropological, educational, religious and sociological perspectives, as well as theoretical perspectives from personality, social, clinical, health and developmental psychology (15).

IV. DEVIANCE AND MENTAL HEALTH

Deviance and mental illness often go hand-in-hand. While not all deviants are considered mentally ill, almost all mentally ill persons are considered deviant (since mental illness is not considered "normal"). When studying deviance, then, sociologists also often study mental illness. The three main theoretical frameworks of sociology regard mental illness a little differently, however they all look to the social systems in which mental illness is define, identified, and treated. Functionalists believe that by recognizing mental illness, society upholds values about conforming behaviour. Symbolic interactionists see mentally ill persons not as "sick," but as victims of societal reactions to their behaviour. Finally, conflict theorists, combined with labeling theorists, believe that the people in a society with the fewest resources are the most likely to be labeled mentally ill. For instance, women, racial minorities, and the poor all suffer higher rates of mental illness than groups of higher social and economic status. Further research has consistently shown that middle- and upper-class persons are more likely to receive some form of psychotherapy for their mental illness (16). Minorities and poorer individuals are more likely to only receive medication and physical rehabilitation, and not psychotherapy.

However, the aforementioned gave two possible explanations for the link between social status and mental illness, which lead to deviant behaviour (17). First, some say it is the stresses of being in a low-income group, being a racial minority, or being a woman in a sexist society that contributes to higher rates of mental illness because this harsher social environment is a threat to mental health (12). On the other hand, others argue that the same behavior that is labeled mentally ill for some groups may be tolerated in other groups and so therefore not labeled as such (18). For instance, if a homeless woman were to exhibit crazy, "deranged" behavior, she would be considered mentally ill whereas if a rich woman exhibited the same behavior, she might be seen as merely eccentric or charming. Furthermore, women also have higher rates of mental illness than men (13). This stems from the roles that women are forced to play in society; poverty, unhappy marriages, physical and sexual abuse, the stresses of rearing children, and spending a lot of time doing housework all contribute to higher rates of mental illness for women.

V. THEORETICAL PERSPECTIVES

Deviant behaviour is any behaviour that is contrary to the dominant norms of society. There are many different theoretical perspectives on what causes deviance and mental health. This ranges through the sociological – social strain typology, structural functionalism, symbolic interactionism, and conflict theories with labelling theories; biological theories; and psychological theories.

5.1 Sociological Theories of Deviance and Mental Health

The study of social deviance is the study of the violation of cultural norms in either formal or informal contexts (19). Social deviance is a phenomenon that has existed in all societies with norms. Sociological theories of deviance are those that use social context and social pressures to explain deviance as thus:

5.1.1 Social Strain Typology

The first is the social strain typology developed by American sociologist Robert K. Merton. Merton proposed a typology of deviant behavior, a classification scheme designed to facilitate understanding (20). Merton typology of deviance was based on two criteria: (i) - a person's motivations or adherence to cultural goals; (ii) - a person's belief in how to attain her goals. According to Merton, there are five types of deviance based upon these criteria: conformity, innovation, ritualism, retreatism and rebellion. Merton's typology is fascinating because it suggests that people can turn to deviance in the pursuit of widely accepted social values and goals (21). For instance, individuals in the U.S. who sell illegal drugs have rejected the culturally acceptable means of making money, but they still share the widely accepted cultural value of making money. Thus, deviance can be the result of accepting one norm, but breaking another in order to pursue the first.

5.1.2 Structural Functionalism

The second main sociological explanation of deviance comes from structural functionalism. This approach argues that deviant behavior plays an active, constructive role in society by ultimately helping to cohere different populations within a particular society (22). Deviance helps to distinguish between acceptable and unacceptable behavior. It draws lines and demarcates boundaries. This is an important function that affirms the cultural values and norms of a society for the members of that society. In addition to clarifying the moral boundaries of society, deviant behavior can also promote social unity (23) by creating an “us-versus-them” *mentality* in relation to deviant individuals. Deviance is actually seen as one means for society to change over time. Deviant behavior can imbalance the social equilibrium but—in the process of restoring balance—society will adjust norms. With changing norms in response to deviance, the deviant behavior can contribute to long-term social stability.

5.1.3 Symbolic Interactionism

The symbolic interaction perspective, also called symbolic interactionism, is a major framework of sociological theory. This perspective relies on the symbolic meaning that people develop and rely upon in the process of social interaction (24). Although symbolic interactionism traces its origins to Max Weber's assertion that individuals act according to their interpretation of the meaning of their world (25), however, the American philosopher George Herbert Mead introduced this perspective to American sociology in the 1920s.

Symbolic interaction theory analyzes society by addressing the subjective meanings that people impose on objects, events, and behaviors. Subjective meanings are given primacy because it is believed that people behave based on what they believe and not just on what is objectively true. Other researchers argued that society is thought to be socially constructed through human interpretation (26). People interpret one another's behavior and it is these interpretations that form the social bond. These interpretations are called the “definition of the situation.” Botterweck, and Michael added the following example; why would young people smoke cigarettes even when all objective medical evidence points to the dangers of doing so? The answer is in the definition of the situation that people create. Studies find that teenagers are well informed about the risks of tobacco, but they also think that smoking is cool, that they themselves will be safe from harm, and that smoking projects a positive image to their peers. So, the symbolic meaning of smoking overrides that actual fact regarding smoking and risk (2).

Critics of this theory claim that symbolic interactionism neglects the macro level of social interpretation - the “big picture.” In other words, symbolic interactionists may miss the larger issues of society by focusing too closely on the “trees” rather than the “forest”. The perspective also receives criticism for slighting the influence of social forces and institutions on individual interactions.

5.1.4 Conflict Theory

The third main sociological theory of deviance is conflict theory. Conflict theory emphasizes the role of coercion and power in producing social order. This perspective is derived from the works of Karl Marx, who saw society as fragmented into groups that compete for social and economic resources (1). Social order is maintained by domination or material inequalities of a social group, with power in the hands of those with the greatest political, economic, and social resources. In response to these inequalities, certain groups will act deviantly in order to change their circumstances, change the social structure that engendered their circumstances, or just to “act out” against their oppressors. Those with the most resources exercise power over others with inequality and power struggles resulting. There is great attention paid to class, race, and gender in this perspective because they are seen as the grounds of the most pertinent and enduring struggles in society (27). When consensus exists, it is attributable to people being united around common interests, often in opposition to other groups. An example of conflict theory would be the Niger Delta Militia in Nigeria. Angered at the extreme inequalities in wealth distribution within the Niger Delta region, the youth began to organize more demonstration and kidnapping of the few socioeconomic ladders. The Niger Delta youth (militia) were deviating from social norms of coherence in order to articulate grievances against the extremely wealthy. Their actions and perspectives demonstrate the use of conflict theory to explain social deviance.

Whereas most other sociological theories focus on the positive aspects of society (10, 17, 28), conflict perspective focuses on the negative, conflicted, and ever-changing nature of society (28, 1). Unlike functionalists who defend the status quo, avoid social change, and believe people cooperate to effect social order (22), conflict theorists challenge the status quo, encourage social change (even when this means social revolution), and believe rich and powerful people force social order on the poor and the weak (1). Conflict theorists, for example, may interpret an “elite” board of regents raising tuition to pay for esoteric new programs that raise the prestige of a local college as self-serving rather than as beneficial for students.

5.1.5 Labeling Theory

The fourth main sociological theory of deviance, labeling theory, refers to the idea that individuals become deviant when a deviant label is applied to them; they adopt the label by exhibiting the behaviors, actions, and attitudes associated with the label (1). Labeling theory argues that people become deviant as a result of others forcing that identity upon them. This process works because of stigma (5); in applying a deviant label, one attaches a stigmatized identity to the labeled individual.

This theory, while very much symbolically-interactionist, also has elements of conflict theory, as the dominant group has the power to decide what is deviant and acceptable, and enjoys the power behind the labeling process (1). An example of this is a prison system that labels people convicted of theft, and because of this they start to view themselves as by definition thieves, incapable of changing. "From this point of view," as Howard S. Becker has written;

Deviance is not a quality of the act the person commits, but rather a consequence of the application by others of rules and sanctions to an "offender". The deviant is one to whom the label has successfully been applied; deviant behavior is behavior that people so label (29).

Labeling theory allows us to understand how past behaviors of a deviant-labeled individual are reinterpreted in accordance with their label. It reprints consistent negative mental thoughts (11), which affects and influence their behaviours. It is based on the idea that behaviors are deviant only when society labels them as deviant (3). As such, conforming members of society, who interpret certain behaviors as deviant and then attach this label to individuals, determine the distinction between deviance and non-deviance. Labeling theory questions who applies what label to whom, why they do this, and what happens as a result of this labeling. Powerful individuals within society (politicians, judges, police officers, etc.) typically impose the most significant labels. Labeled persons may include drug addicts, alcoholics, criminals, delinquents, prostitutes, sex offenders, and psychiatric patients, to mention a few. The consequences of being labeled as deviant can be far-reaching. Social research indicates that those who have negative labels usually have lower self-images, are more likely to reject themselves, and may even act more deviantly as a result of the label (20). Unfortunately, people who accept the labeling of others - be it correct or incorrect—have a difficult time changing their opinions of the labeled person, even in light of evidence to the contrary. If the repressed feeling and thoughts are fixated it could result to mental or psychological trauma of psychosis or neurosis (5).

5.2 Biological Theories of Deviance and Mental Health

Biological theories of deviance see crime and deviant behavior as a form of mental illness caused by pathological factors that are specific to certain types of individuals (30). They assume that some people are "born criminals" who are biologically different than non-criminals. The underlying logic is that these individuals have a mental and physical inferiority (31), which causes an inability to learn and follow the rules. This in turn leads to criminal behavior. However, it should be noted that since their inception, all of the following theories have been discredited.

5.2.1 Lombroso's Theory

Cesare Lombroso was an Italian criminologist of the mid to late 1800s. He rejected the Classical School, which believed that crime was a characteristic of human nature and instead believed that criminality was inherited (31). From this belief, he developed a theory of deviance in which a person's bodily constitution indicates whether or not an individual is a "born criminal." These "born criminals" are a throwback to an earlier stage of human evolution with the physical makeup, mental capabilities, and instincts of primitive man (32).

In developing his theory, Lombroso observed the physical characteristics of Italian prisoners and compared them to those of Italian soldiers. He concluded that the criminals were physically different. The physical characteristics that he used to identify prisoners included an asymmetry of the face or head, large monkey-like ears, large lips, a twisted nose, excessive cheekbones, long arms, and excessive wrinkles on the skin (33). Lombroso declared that males with five or more of these characteristics could be marked as born criminals. Females, on the other hand, only needed as few as three of these characteristics to be born criminals. Furthermore, he added that tattoos were markings of born criminals because they stood as evidence of both immortality and insensitivity to physical pain.

A human universal is a trait, characteristic, or behavior that exists across cultures, regardless of the nuances of a given context. A famous example of a universal is the incest taboo (34). Exempting a very small number of small communities, all human cultures have a taboo against incest in some form. As soon as criminals are marked as inhuman or unnatural, the public has license to think of an individual convicted of a crime as completely unlike the rest of society; a whole new range of punishments are authorized, including serious social stigmatization.

5.2.2 Sheldon's Theory of Body Types

William Sheldon was an American psychologist from the early to mid 1900s who spent his life observing the varieties of human bodies. As a result, he came up with three types of human bodies: ectomorphs, endomorphs, and mesomorphs.

Ectomorphs are thin and fragile. Their body is described as flat-chested, fragile, lean, lightly muscled, small shouldered, and thin. **Endomorphs** are considered soft and fat. They are described as having a soft body, underdeveloped muscles, a round physique, and they often have difficulty losing weight. **Mesomorphs** are muscular and athletic. Their body is described as hourglass shaped (female) or rectangular shaped (male), muscular, has excellent posture, gains muscle easily, and has thick skin. Famous mesomorphs include Bruce Willis and Sylvester Stallone. Mesomorphs, according to Sheldon, are the most prone to commit crime or deviant behaviors because of hyperactive nature and their exaggerated mental thought of "over powerful", which could lead to conduct personality disorder (35).

5.2.3 Y-Chromosome Theory

The extra Y chromosome theory is the belief that criminals have an extra Y chromosome, giving them an XYY chromosome makeup rather than an XY makeup that creates a strong compulsion within them to commit crimes. These persons are sometimes called the "super male," because of their aggressive "extra-large-look." They tend to characterize with aggression which lead to psychosis and neurosis. Some studies have found that the proportion of XYY males in the prison population is higher than the general male population - 1 to 3 percent versus less than 1 percent (36, 37), however other studies don't provide evidence that supports this theory.

5.3 Psychological Theories of Deviance and Mental Health

Psychological theories of deviance use a deviant's psychology to explain her motivation and compulsion to violate social norms. In many ways, psychological theories of deviance mirror biological explanations, only with an added emphasis on brain function (38). Whereas historical biological explanations, such as those provided by the Italian School, used biological traits from the whole body (e.g., protruding jaws, large ears) as signifiers of a biological propensity for criminal behavior, today's psychological theories of deviance use the biology of the brain (in terms of the structure of the brain, levels of neurotransmitters, and psychiatric diagnoses) to explain deviance (39).

There are several fundamental assumptions that all psychological theories on deviance have in common. First, the individual is the primary unit of analysis in psychological theories of deviance. That is, individual human beings are solely responsible for their criminal or deviant acts. Second, an individual's personality is the major motivational element that derives behavior within individuals. Third, criminals and deviants are seen as suffering from personality deficiencies. Thus, crimes result from abnormal, dysfunctional, or inappropriate mental processes within the personality of the individual (40). Finally, these defective or abnormal mental processes could be caused from a variety of things, including a diseased mind, inappropriate learning, improper conditioning, and the absence of appropriate role models or the strong presence of inappropriate role models.

5.3.1 Conduct Disorder

One case study of a psychological theory of deviance is the case of conduct disorder. Conduct disorder is a psychological disorder diagnosed in childhood that presents itself through a repetitive and persistent pattern of behavior in which the basic rights of others and major age-appropriate norms are violated. This childhood disorder is often seen as the precursor to antisocial personality disorder. According to the *Diagnostic and Statistical Manual of Mental Disorders: DSM-IV* and International Classification of Diseases: ICD-10 (the professional manual listing all medically recognized mental disorders and their symptoms), conduct disorder presents as aggressive and disrespectful behaviour (41). Youth with early and adolescent onset of conduct disorder displayed reduced responses in the brain regions associated with antisocial behaviour (42). In addition, youth with conduct disorder demonstrated less responsiveness in the orbito-frontal regions of the brain during a stimulus-reinforcement and reward task. These psychological symptoms of conduct disorder, both in terms of neuro-anatomy and neurotransmitter regulation, help to explain the explanatory link between psychology and crime (42). Moreover, they demonstrate the increasingly fluid boundary between psychological and biological theories of deviance.

5.3.2 Post-Traumatic-Stress-Disorder (PTSD)

Psychological theories of deviance do not necessarily have a biological element. Deviant behaviour can also be explained by psychological trauma in one's past. Take, for example, the case of post-Traumatic Stress Disorder (PTSD). This is a psychological condition in which a traumatic incident in one's past causes an individual to have abnormal reactions to stimuli (41). PTSD is frequently invoked in cases of child abuse, in which the psychological trauma of having been abused as a child can contribute to deviant behaviour in the future. PTSD is also discussed in cases of deviant, violent behaviour on the part of individuals who have experienced trauma while in the military (43).

5.3.3 Psychoanalytic Theory

Psychoanalytic theory, which was developed by Sigmund Freud, states that all humans have natural drives and urges that are repressed in the unconscious. Additionally, all humans have criminal tendencies. These tendencies are curbed, however, through the process of socialization. A child that is improperly socialized, then, could develop a personality disturbance that causes him or her to direct antisocial impulses either inward or outward. Those who direct them inward become neurotic while those that direct them outward become criminal.

The American Psychiatric Association defines psychological trauma as *a threat to life, to yourself or someone close to you accompanied by intense fear, horror or helplessness*. The ensuing brain damage from severe and chronic stress further brings about a host of trauma-related psychiatric disorders or *trauma spectrum disorders*, which include impairments in learning, reasoning, rationalizing, impaired alertness and increased destructive behavior including smoking, alcoholism, drug abuse, family violence and reckless risk taking (44). This suggests that deviance leads to psychological trauma and these psychological disorders are mental illnesses that can be diagnosed on the basis of their symptoms and cured through therapy, sometimes in a clinical or hospital setting (45).

5.3.4 Cognitive Development Theory

According to the cognitive development theory, criminal and deviant behavior results from the way in which individuals organize their thoughts around morality and the law (11). Lawrence Kohlberg, a developmental psychologist, theorized that there are three levels of moral reasoning (46). During the first stage, called the pre-conventional stage, which is reached during middle childhood, moral reasoning is based on obedience and avoiding punishment. The second level is called the conventional level and is reached at the end of middle childhood. During this stage, moral reasoning is based on the expectations that the child's family and significant others have for him or her. The third level of moral reasoning, the post-conventional level, is reached during early adulthood at which point individuals are able to go beyond social conventions (47). That is, they value the laws of the social system. People who do not progress through these stages may become stuck in their moral development and as a result become deviants or criminals.

5.3.5 Learning Theory

Learning theory is based on the principles of behavioral psychology, which hypothesizes that a person's behavior is learned and maintained by its consequences or rewards (48). Akers and Sellers added, individuals thus learn deviant and criminal behavior by observing other people and witnessing the rewards or consequences that their behavior receives (49). For example, an individual who observes a friend shoplifting an item and not getting caught sees that the friend is not being punished for their actions and they are rewarded by getting to keep the item he or she stole. That individual might be more likely to shoplift, then, if they believe he or she will be rewarded with the same outcome. According to this theory, if this is how deviant behavior is developed, then taking away the reward value of the behavior can eliminate deviant behaviour (4).

5.3.6 Problems with Psychological Theories of Deviance

While psychiatric diagnoses are commonly used to explain deviance, one must remember that what counts as a legitimate diagnosis is always in contention. The DSM, the manual for what the psychological community recognizes as a legitimate psychiatric diagnosis, is a revised manual. One example of the importance of these revisions: homosexuality used to be included in the DSM as a psychiatric condition. Thus, until it was removed in 1986, homosexuality (the psychological condition) could have been a psychological explanation for deviant sexuality. However, since being removed from the DSM, homosexuality is no longer recognized as a legitimate psychiatric condition and, therefore, the now debunked homosexuality-as-psychiatric-condition does not serve an explanatory role in regards to deviant sexuality. This goes to demonstrate the fluctuating nature of psychological theories of deviance.

VI. CONCLUSION

The relationship between Deviance and Mental Disorder is viewed as culturally and socially relative category whose precise boundaries and meanings varies over time and place and is highly contested. Although the researcher accepted that there is an ontological reality to mental disorder but that reality is culturally mediated and labelled by the society to be seen as deviant behaviour. Thus, in this context labelled deviants who are technically mental ill are inextricably linked to the treatment of mental illness (i.e., psychological illness). This explained by a number of unconscious mechanisms usually related to internal and external childhood events and traumas known as conduct disorder (symptoms of anxiety situation) that threatens throughout human life course may include annihilation, separation, loss of love, castration, death, all which energize the individual human being on to his or her subjectivity. When these things threaten to engulf the individual and threaten the individual's relationships with others, it justifies the individual's level of mental or psychological disorder known as Post-Traumatic-Stress-Disorder (PTSD). The implications of PTSD include a combination of family and societal violence, intimate partner violence, childhood and adolescent aggression, terrorism, alcohol and drug abuse, loss of wages, increased suicide ideation, physical punishment, poor supervision, and poor communication within the family, and other violent and non-violent criminal behaviour. The social learning variables mentioned above were found to be moderate predictor of aggressive and depressive behaviour, which lead to deviance. The aggression and depression drives the brain further into struggling with dysregulation and cognitive impairments, which is synonymous to mental disorder as related to illness and deviance; being an activity that lacks the consciousness of proper mental thoughts and processes. Professional psychologists (Clinicians) would be instrumental in providing psychological treatment (psychotherapy) to regulating and controlling deviance in our society.

VII. RECOMMENDATIONS

The support social learning theory has generated in the study has important implications for policy. From a social learning perspective, deviant and criminal conduct is learned and sustained via associations with family and peer networks. If one agrees that this is the source of such behaviour, then it follows that these behaviours could be modified "to the extent that one is able to manipulate those same processes or the environmental contingencies that impinge on them" (49). From this perspective, policy-makers should focus on developing and implementing preventive and rehabilitative programmes that use social learning variables to change behaviour in a positive direction. Examples of programmes guided by social learning principles include mentoring, role playing and behavioural modification, social support system, systematic desensitization, and delinquency prevention, peer counselling and gang interventions. The idea behind some of these types of programmes is that providing positive experiences and role models for young people serves to expose them to conventional norms and values that might diminish future delinquent or criminal acts. Importantly too, psychoanalytic and cognitive therapy would help in processing positive mental thoughts and strategies to coordinate and control the unconscious mind toward reformation of positive attitudes and behaviour.

Furthermore, there should be a democratically free government that prioritize the protection of her citizenry and property, Children's Right Act, and human rights law by provide equal opportunities to all, equal sharing and availability of societal resources among her citizens irrespective of status, religion, or geographical location. The government, Non-Governmental Organization (NGOs), and stakeholders should establish project programme of youth empowerment through free and affordable vocational skills training and education for all. Emphasis should be place on developing gender equality and orphans and vulnerable children who may be at risk of social vices such as poverty, lack of education, unemployment, prostitution, and kidnapping for ritual. This would make the society stimulating and encouraging free from social deviance and mental illness. In addition, since social deviance is inevitable, agents of social control need to be establish in order to fight crime and deviant behaviour in the society. Social control is meant to limit and constrains the action of individuals and groups within a society. It involves norms, rules, regulating social behaviour and corresponding sanctions, rewards, and punishment reinforcing social behaviour.

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