

**EYSENCK'S INTROVERSION-EXTRAVERSION THEORY:  
A TEST OF PSYCHOLOGICAL ORIENTATION  
OF PRISONERS IN LANG'ATA AND THIKA PRISONS, KENYA**

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## DECLARATION

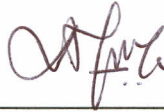
This research is my original work and has not been presented for a degree in any other university.



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Maina Faith

I, confirm that the work reported in this project was carried out by the candidate under my supervision.



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Prof. Augustine Nwoye  
Department of Psychology

## DEDICATION

This research project is dedicated to my family, Peter my husband, Eddie and Pat my sons for their unwavering support throughout the period of my studies.

## ACKNOWLEDGEMENTS

I take this opportunity to acknowledge my indebtedness to those who assisted me in coming up with this research project.

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## ABSTRACT

The major purpose of this study was to investigate Eysenck's Introversion – Extraversion Theory as a test of psychological orientation of prisoners in Lang'ata and Thika prisons, Kenya. The study also aimed at finding out the percentage of Kenyan prisoners' score on psychoticism scale and also the extent to which psychoticism is related to gender. The central idea was to critically analyse the counselling implications of the findings.

A descriptive survey design was used in the study. The study subjects consisted of 120 prisoners from both Thika and Lang'ata prisons out of which 93 of them generated usable questionnaire data. The random sampling procedure was used to derive the sample. Eysenck's Personality Inventory (EPI) on Introversion – Extraversion and Psychoticism was used to collect the data.

Both descriptive and statistical analyses were done. Pearson's Correlation was done to test the hypothesis to establish if there were any significant relationships between the variables investigated.

The findings show that a larger percentage of Kenyan prisoners were extroverts and also have a high psychoticism score. It was also discovered that men have a higher psychoticism score.

The implications of the results were critically examined. The results were found to be of interest in Kenyan prisons and related settings and especially in the personal-social Counseling Unit. Recommendations were made for prison authorities, counselors and for future researchers.

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# CHAPTER ONE

## INTRODUCTION

### 1.1 Background Of The Study

A matter of great concern in the society is the increasing incidence of various forms of antisocial behaviour. The major focus has been on manifestly criminal activities such as mugging, rape and murder; but it is perhaps fruitful to identify a continuum of antisocial behaviour ranging from minor misdemeanor, varying from the street criminal by the juveniles on one end to white collar, corporate, organized, computer and political crimes that are the domains in adults on the other end.

Some criminals seen from the youthful stage have relinquished the life job, family and a life style, that is 'going straight' to pursuing the road in and out of violence, arrests, courtrooms encounters, jails, release and prisons in a recurrent and patterned manner and thus appear to have launched the law breaking career.

Crime is a problem that knows no boundaries. It has become increasingly a transnational phenomenon rising alarmingly in many countries both developed and developing. The world – wide economic recession has led to a further worsening of the situation. New forms and dimensions of crime have heightened the fears and anxieties of urban as well as rural populations in many parts of the world. At the same time the significant characteristics, the relatively new phenomenon of transnational crime has soared with the advent of mass tourism, the emergence of huge markets for illicit drugs and the development of multinational corporations and agencies of states with monopolistic capacities.

In the middle ages, criminology was attributed to demonality (Inciardi 1978, Vold 1979; Empey 1982). Demonology assumes that criminal and delinquent behaviour is caused by demonic possession. This view of criminality can be traced to primitive societies. It still maintains some popularity today- among laypersons.

The classical school of criminology argues that people, adults and children, act according to free will rationally exercised in pursuit of happiness and the minimization of pain. According to some of the early proponents of this thought, such as Cesare Beccaria and Jeremy Bentham, all persons, including children are thought to weigh the cost and benefits of their proposed actions before they embark on them. It is assumed that people possess the ability to do this and so a criminal is responsible for personal behaviour.

The development of instantaneous world – wide communications and the vast expansion of the impact of the mass media especially television has led to internalization of crime to a degree that has made it difficult to talk of purely national crime.

Developing countries have reported that industrialization and urbanization often has been accompanied by creation of a crime problem that was formally almost non-existent. The problem only grew with the breakdown of long established social controls and traditions usually centered on cohesive, interdependent family structures that were swept away with the coming of modern industrialization.

Both individual alienation in the anonymous depersonalized urban settings of developed as well as developing countries and alienation of entire groups from the larger society have been recognized as powerful causes of crime. It has also been assumed that social and cultural factors like social deprivation, poverty, broken homes play a major role in producing criminals and it is undoubtedly true that many such factors are of importance. However, the fact that crime has increased markedly in the past few years suggest that additional influences must be considered.

Possibly, individual differences in personality may play a part in determining who acts in an antisocial and criminal fashion. Of course it would be simplistic to assume that criminal activity is determined exclusively either by situational factors or by personality characteristics; though according to Feldman (1977) the occurrence of criminal behaviour and its frequency might be entirely related to situational variables and previous learning and not to personality. According to him, if there is little cross-situational and cross-temporal consistency in criminal behaviour then there is not basis for expecting personality measures based on the assumption of consistency in behaviour in general either to correlate with criminal behaviour or to discriminate between people according to frequency of offending.

Ancient Greek writers such as Hippocrates were credited with the doctrine of four temperaments and also advanced an explanatory theory in terms of the so-called humours. They introduced the type theory, indeed the four types of the sanguine, the phlegmatic, the choleric and the melancholic. The observations of these descriptions were very astute, even now particular type of people are recognized as falling into these groups. Most people combine aspects of two or

more types and thus fall between the four classificatory blankets. Modern scientists prefer trait theories to type theories.

Eysenck (1975) has linked up seven traits which correlate in the sense that people who are sociable are also impulsive, active, risk taking, expressive and lacking in reflectiveness and responsibility. This combination of traits give rise to a more general, more inclusive trait, that of extraversion. His model, which shows some relationship to the old Greek model of four temperaments define four quadrants. These are made up of unstable extraverts, unstable introverts, stable introverts and stable extraverts.

If these personality types are of any importance, we would expect that people in the four quadrants would be found in unequal frequency in various groups, differentiated on social or work criteria. Thus for instance sportsmen, parachutists and army commandoes are almost entirely found in the sanguine quadrant, they combine emotional stability and extraversion. Criminals tend to be found in the choleric quadrant, neurotics in the melancholic quadrants; but for the most part criminals are extraverted and the neurotics introverted. Scientists, mathematicians and successful businessmen are frequently in the phlegmatic quadrant. However, none of these connections are absolute. Not all criminals are choleric, nor all choleric are criminals.

This typological model which stated that persons are either extroverts or introverts was largely abandoned in personality research many years ago and succeeded by the dimensional mode which suggests that a relatively few dimensions of personality account for individual differences

in behaviour. The positions people occupy on variables such as extraversion and neuroticism are assumed to be relatively constant over time and to reflect either genetic influences or experiences early in life or both.

Eysenck's view is that while previous experiences and current situational factors are both important; long-term, largely inherited, pre-dispositions play a major role.

There is now much evidence to connect the types of behaviour associated with extraversion and introversion. The concept is certainly relevant to many aspects of social functioning such as neurosis and criminality and also extends to educational and many other areas. Although there may not yet be sufficient data from which firm conclusions may be drawn, it seems likely that the presence of extraverted and introverted tendencies in ones behaviour is pervasive in nature, that is it applies to ones behaviour in variety of situations and may be seen expressed in various areas of life. Extraverted and introverted tendencies appear earlier in childhood and evidenced more stability through the developmental years than most personality characteristics.

This variable alone cannot capture the essence of ones life-style but it may well be one of a few that can be utilized to this end.

If there is any mileage in the notion of a "criminal personality" how might we expect the personalities of criminals to differ from those of non-criminals? According to Eysenck (1967a), the answer to this question is that criminals are more extraverted and more neurotic than the normal population. Extraverted individuals are more likely to turn to crime than introverts

because of their poor conditionality, which tends to prevent them from acquiring social rules as readily as introverts. As a consequence they experience less inhibitions with respect to behaving in an antisocial manner.

Eysenck (1977a) argues that criminals should also be relatively high on psychoticism. High scorers on psychoticism tend to be uncaring with respect to people and are unlikely to feel guilt, empathy or sensitivity to the feelings of others. It seems reasonable to assume that individuals with these characteristics would experience relatively few qualms about behaving antisocially. Burgess (1972), revealed that significantly more prisoners fell within the neurotic extraversion and crime is weak at its best.

Many countries, Kenya included, with differing social and political systems are suffering the effects of higher crime societies as their societies undergo rapid social change.

According to a report by Amnesty International (2000) there were as many as 50,000 people in Kenya prisons, which were initially built or meant for no more than 15,000 people.

Even to date the prisons are in pathetic conditions due to congestion. In case of female prisoners conditions are worsened by limited cell space as the prison set aside for women is strained beyond limits. This is an indication of how crime has become rampant in our country.

Criminal procedure code, that is the law regulating the way alleged offenders are treated from point of arrest to conviction, appeal, sentencing, imprisonment and finally parole are inadequate.

In many developing countries traditional forms of social control such as those provided by kinship groups, customary court and village councils still play an important part in the administration of justice, however these forms of social control are being endangered by urbanization and industrialization.

Few if any prevention programs have produced what might be truly called encouraging results. Criminal behaviour as measured by court statistics of persons convicted, or prison statistics of inmate populations is certainly not on the decline. The pain of loss of property, liberty or life is deliberately inflicted upon the offender and in some way the punishment is supposed to be commensurable with the seriousness of the offense. In courts the most usual punishment meted out is imprisonment. But certainly the judicial decision to institutionalise does not represent an ideal societal reaction to crime. If it were to be held that prison discipline imposes real suffering and at the same time educates and establishes useful and non-criminal habits that will be maintained even after release from prison, there would have to be an implicit belief that a Pavlovian, scheme of conditioning, involving strict coercive regimentation of every aspect of the inmates daily life will necessarily produce in time, increased respect for law and order.

The reduced use of imprisonment as treatment for offender has given impetus to the search of community alternatives. Decriminalization and depolarization are methods of diverting offenders from the criminal justice system without stigmatizing them as people with a penal record and making it possible to provide rehabilitation with the help of community social, and health services as well as counseling service (United Nation Congress on the prevention of crime and treatment of offenders 1975).

People argue that a successful attack on crime and juvenile delinquency will not only reduce the predatory activities that presently plague us, but will bring benefits in the years ahead, in the form of reduced crime rates a decade or two in the future. It is no wonder then, that public, journalistic, political and criminological attention becomes focused on crime.

Counseling from the developmental perspective is based on the belief that the ultimate goal of professional assistance is maximizing human effectiveness through facilitating and development (Brocher 1966).

It largely consists of ensuring that each individual has an opportunity to master the tasks that will equip him or her with coping behaviour necessary for handling those roles and relationships that are involved in his or her next stage of development. As such if proper counseling services are employed in prison, it will help inmates cope and avoid recidivism when they are released.

It is in view of this background that the researcher finds it necessary to investigate the psychological orientation of criminals, in relation to Eysenck's theory of introversion-extroversion and to challenge counselors on need of counseling for prisoners.

## **1.2 STATEMENT OF THE PROBLEM**

Eysenck (1985) states that it may be doubted whether criminals who have been apprehended and incarcerated constitute a representative sample of criminal fraternity. It may be mainly those criminals who fail to plan their crimes meticulously who are caught.

According to Awori, (2004), the country's 89 prison facilities which have a capacity for 15,000 prisoners but hold more than 40,000. In an effort to ease prison overcrowding more than 67,000 prisoners were serving their sentences under Community Service Order (CSO) where petty offenders are made to perform community service such as building schools, bridges, hospitals as an alternative incarceration.

The scene playing itself out in our country currently is that, crime has hit a new height. Not a single day passes without news of killings, robbery or carjacking. Many crimes are committed literally under the nose of the law enforcers, yet many perpetrators are not apprehended (Daily Nation, January 28<sup>th</sup> 2005).

Based on the above there is need to gain the psychological orientation of criminals, in this case prisoners so as to help rehabilitate Kenyan prisoners and also for counselors, to know the kind of counseling program needed. Hence the present study is concerned with the task of finding answers to the following critical questions:

- a) Can the psychological orientation of Kenyan prisoners be determined scientifically?
- b) To what extent can Eysencks Personality Inventory (EPI) be used to classify prisoners into introverts, extroverts and to measure psychoticism of prisoners?

### **1.3 Purpose of the study**

The aim of this study is to find out which of the two groups, introverts and extroverts who have a tendency to criminal behaviour in Kenya.

Another objective of the study is to measure the extent of psychoticism among Kenyan prisoners.

The study also aims to critically analyze the counseling implications of the findings.

#### **1.4 Significance of the Study**

In order to eradicate crime it is invariably essential to eradicate its causes. A successful treatment of crime policy must necessarily make provision of the diagnosis of the causes of different types of criminality (Annual Prisons Report 2004).

The study is significant as expected to play a diagnostic function of finding out if there is any relationship between crime and the trait theory of introversion-extraversion in Kenyan prisons.

The information will be useful in deciding the counseling needs of the prisoners so that they can be aware of how their personality has led them to committing crime and thereafter be able to avoid recidivism. Through this study, the problems of personality traits (introversion-extraversion) will be addressed promptly through counselling on imprisonment of individuals.

In this way the prison authorities with the help of the government will be able to design counseling programs for the prisoners.

Since crime has indeed been on the rise in the last few years and it is not merely a question of volume but most serious offences on the whole have increased to a greater extent than the minor

offenses. It is hoped that this study will stimulate research interests in this area and other counseling interests.

### **1.5 Research Questions**

The study will be guided by the following questions:

- a) What percentage of Kenyan prisoners are introverted or extraverted?
- b) Is there a relationship between criminality and introversion-extraversion personality trait?
- c) What percentage of Kenyan prisoners score high on psychoticism scale?
- d) To what extent is psychoticism related to sex?

### **1.6 Assumptions Of The Study**

This study is being carried out on the assumption that:

- a) The prisoners selected for the study are representatives of all the offenders in general.
- b) The prisoner's personality is unchanged by their stay in the prison.
- c) Each prisoner falls within a continuum of being either introverted or extraverted.
- d) The respondents of the questionnaire will be honest and truthful.
- e) some prisoners are high and others low on psychoticism.

### **1.7 Scope and Delimitations Of The Study**

- a) The study will cover Langa'ta and Thika prison as more prisons may not be covered due to inadequate finance.

- b) Several issues can contribute to individual developing criminal tendencies, such as family background, environment one is in, socio-economic status and so on. However this study will only focus on personality trait of extraversion-intraversion and psychoticism.
- c) The Researcher will have access to the sufficient sample of literate prisoners for the study.

### 1.8 Definitions of Significant Terms

**Prisoner:** Any person whether convicted or not under detention in any prison.

**Crime:** An antisocial act by an individual or individuals, which breaks legal rules as defined by a political authority, which is the state and which is punishable by the state and the person committing the antisocial act is and an adult.

**Delinquency:** An antisocial act by a juvenile or juveniles which breaks legal rules as defined by a political authority which is the state but which are not punishable by the state since the individual who commits the antisocial act are children and as such are subjected to correctional treatment designed to make them law abiding citizens in the future.

**Prison:** A place specially designed and maintained for housing away elements of society convicted under the criminal law of the country.

## CHAPTER TWO

### REVIEW OF RELATED LITERATURE

#### 2.1 Introduction

This chapter contains a review of related literature. In the first section of this chapter, general theories of extraversion-introversion as seen by different theorists are reviewed, then comes theories relating extraversion-introversion trait to criminology and lastly other theories of crime.

In the second part, foreign and local studies on crime are reviewed. However very few studies have been done on prisons in Kenya and none was found on psychology of the criminal.

#### 2.2 Theoretical framework

##### 2.2.1 Theoretical Background of extraversion-introversion

The theory of personality proposed by Eysenck (1967a) spelled out in some detail the biological basis of the extraversion and neuroticism dimension. Extraversion was related to the ascending reticular activating system (ARAS), which is located in the brain stem reticular formation. According to Eysenck (1967a), collaterals from the ascending sensory pathways excite cells within the ARAS, which then sends the excitation to various sites in the cerebral cortex. The ARAS was first directly associated with arousal by Moruzzi and Magoun (1949) who discovered that electrical stimulation of the ARAS elicited an activation pattern in the cortical EEG. The general significance of the ARAS was expressed in the following way by Stelmack (1981:40):

- 1. The reticular formation is implicated in the initiation and maintenance of
- 2. Motivation, emotion and conditioning by way of excitatory and inhibitory
- 3. Control of autonomic and postural adjustments and by way of cortical

co-ordination of activity serving attention, arousal and orienting behaviour.

The physiological structure alleged to underlie the neuroticism dimension is the visceral brain, which comprises the amygdala, hippocampus, septum, cingulum and hypothalamus. There is a loop consisting of the visceral brain and the reticular formation. Messages from the visceral brain reach the reticular formation and then proceed to the cortex, where they have an arousing effect.

The physiological structures relating to neuroticism are mainly concerned with emotion.

The extraversion and neuroticism dimensions are only partially independent in their functioning. For example, cortical arousal is associated with the cortico-reticular loop underlying extraversion and with the loop underlying neuroticism. Eysenck 1967(a) attempted to clarify matters by proposing a conceptual distinction between arousal and activation with arousal referring to reticular activity and activation referring to autonomic activity.

### **2.2.2 Eysenck's Introversion-extraversions Theory**

Eysenck suggested that the terms 'emotional' and 'changeable' be dropped, and that instead the dimension be named 'neuroticism' (N) and 'extraversion-introversion' (E).

Eysenck (1967a) predicts that introverts should have a larger orienting reaction than extraverts and should take longer to habituate. These predictions can be based on the putative high level of arousal in introverts or the notion that extraverts generate more cortical inhibition than introverts.

The theoretical problem is that the orienting reaction and its habituation depend on a complex mixture of arousal, inhibition and neuronal model formation and it is not easy to decide which of these three processes is most important in producing any observed effects of extraversion.

Eysenck (1957) has contended that the basis of an individual's personality can be found in his physiological make-up, which is inherited and that the form of personality that develops results from an interaction between this and encounters with the environment. The ease with which an individual forms conditioned responses is largely determined by the excitatory and inhibitory mechanisms located in the reticular activating systems, which affect the transmission of impulses in the central nervous system. Introverts have strong excitatory and weak inhibitory potentials and as a consequence are capable of strong and rapid conditioning, whereas extraverts have weak excitatory and strong inhibitory potentials and so form conditioned responses slowly and weakly.

According to Eysenck (1972), from this base, it is possible to predict how people will perform both on the psychologists' laboratory tasks and in 'real life' areas of human activity like sexual behaviour or criminal behaviour.

### 2.2.3 Galen-Kant Model

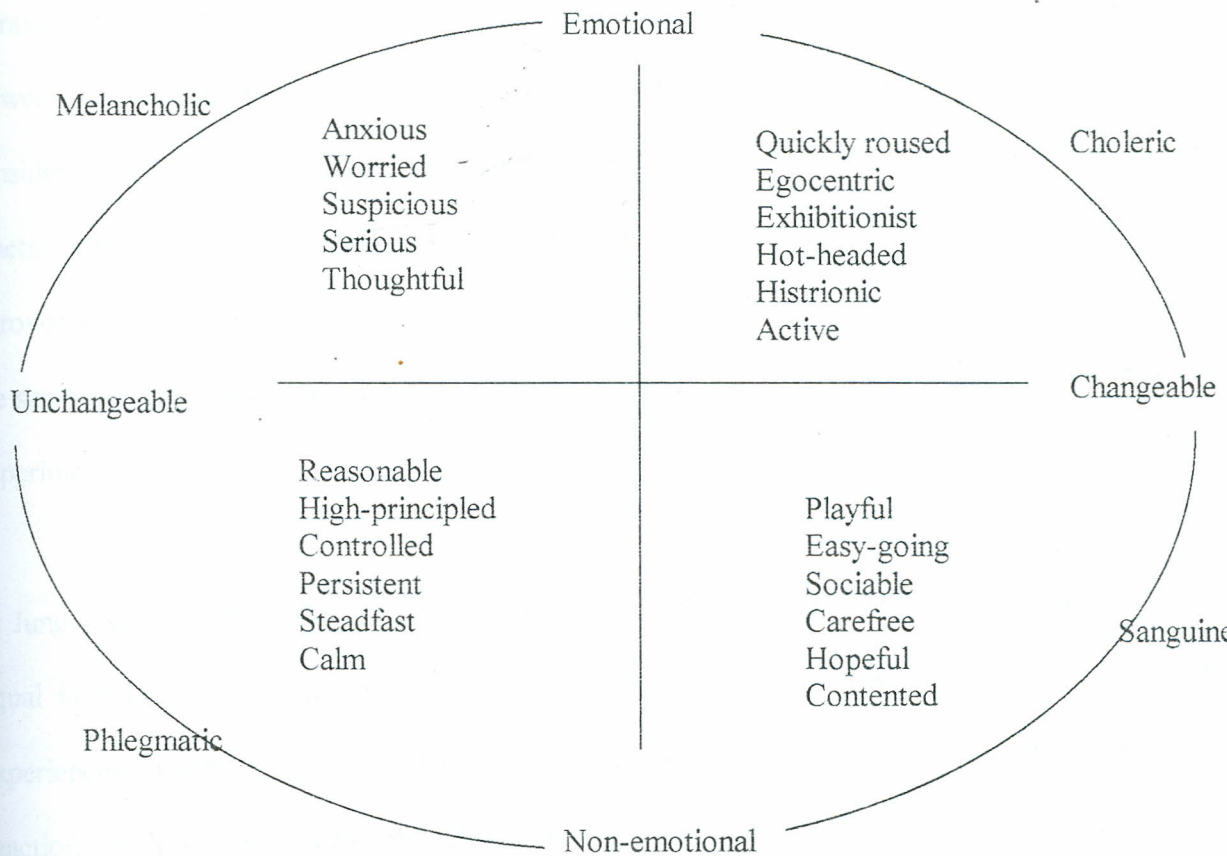
Galen a Greek physician writing in the second century A.D; put forward a theory of the four temperaments (sanguine, choleric, melancholic and phlegmatic) which was to become almost universally accepted in Europe.

Kant adopted it in his *Antropologie* giving personality descriptions of the four types. This Galen-Kant model was *Categorical*; in other words each type constituted a category between which there is no overlap. Kant specifically excluded any possibility of overlapping. Everyone

could be assigned to one type or the other and none of the characteristics rose from a blending of types.

#### 2.2.4 Wundt Dimensional Model

Wundt introduced a dimensional kind of model; that is one, in which personality characteristics are found to lie on a continuum and are normally distributed. He found that choleric and melancholic type share in common their great emotionality, which set them off from the less emotional phlegmatics and sanguines. Similarly he thought the choleric and the sanguines were characterized by being changeable, while the phlegmatics and the melancholics were not. This scheme resulted in a two-dimensional model as illustrated below.



**Figure One. Galen-Wundt model of Personality.**

The traits around the circumference are taken from Kants description of the four types which now occupy the four quadrants, produced by the two dimensions of emotionality-stability and changeableness- unchangeableness.

### **2.2.5 Carl Jung's extraversion-Intraversion Theory**

Jung (1923: 23) one of the best-known type psychologist says

A trait may be defined as a mechanism.... Type never denotes more than the relative dominance of the one mechanism.... It follows that there can never be a pure type in the sense that the one mechanism is completely dominant to the exclusion of the other.

This quotation shows that Jung was very far from conceiving of all human beings as being either extraverted or introverted. Rather he considers that most of them were characterized by a balance between the extravertive and the introvertive mechanisms, a relatively small number he considered to be unbalanced and characterized by the more or less marked dominance of one function or the other. Admittedly, his description is in terms of ideal types, that is of completely introverted or extraverted individuals but he repeatedly emphasizes that these are abstractions in the same sense that Newton's Laws of motion are idealized abstractions not to be found in actual experiments.

In Jung's view of the reality of the inner world of the psyche, the introverted life adaptation is equal in value to the extroverted one. Introversion which is defined as that approach to life experiences in which the individual's predominant sense reality derives from the actions and reactions of his inner world thoughts, intuition, emotions and sensations - is regarded as complementary to extroversion-extraversion; in turn is defined as the attitude in which the

individuals concern with material objects and people predominates. Just as an over emphasis of introversion may result in inadequate external adaptation; extreme extroversion lead to depersonalization, loss of sense of identity and submersion of the individual in conformist herd psychology.

Jung saw the main cause of typological differences in the extraverted or introverted tendency of the libido, that is in the tendency of the individual's instinctual energies (not only sexual) to be directed mainly toward the outer world (objects) or toward his own inner mental state (subject);

When we consider a person life history we see that sometimes his fate is determined more by the objects which attract his interest while sometimes it is influenced rather by his own inner subjective states.... Quite generally one might characterize the introverted point of view by pointing to the constant subjection of the object and the objective reality to the ego and the subjective psychological processes... According to the extraverted point of view, the subject is considered as inferior to the object; the importance of the subjective aspect is only secondary.

Jung is concerned far more with attitudes, values, unconscious, mental processes and so on than with behaviour. He insists that people who are consciously extraverted may be unconsciously introverted and vice versa. Jung regards extraversion and introversion as the two major attitudes or orientations of personality, but these find expression in the functions of thinking, feeling, sensing and intuiting. Jung (1923) asserts that the feeling-extrovert person is more commonly a woman than a man. Introverted thinking types are more commonly in males while the introverted thinking type does not seem to be correlated with sex. He did not relate this personality trait with

crime. However, no modern psychologist has adopted it in its entirety and as in any case it seems difficult to apply in any rational manner.

## **2.2.6 Theories Relating Extroversion-Introversion To Crime**

### **2.2.6.1 Introduction**

Psychology has had an enormous impact on the scientific world in the century. It is therefore not surprising to find that psychology has been the basic of numerous explanations of criminality.

In this section various theories, which relate criminology to the personality trait of extroversion-introversion, will be reviewed.

### **2.2.6.2 Eysenck's theory**

Eysenck (1964) postulates that the weaker conditionability of extraverts means that they are slower to learn social rules; have less well-developed consciences and are more likely to be criminals especially where high extraversion occurs in conjunction with a high score on the neuroticism dimension. He points out that various deviances, such as neurosis and criminality can be understood in part as extreme cases in the normal distribution of the two major personality dimension (Eysenck 1975).

Eysenck asserts that violent criminals tend to be non-neuroticistic extraverts as they have good inhibitions and are not prone to panic attacks. However, there are other many kinds of crime besides the violent kind that the introverts and neurotics might engage in. The relationship between extraversion and abnormality revolves around the question of criminality, the

psychopathic personality and antisocial tendencies in general. Eysenck's theory suggests a connection between extraversion and antisocial behaviour for one or both of two reasons; the need for stimulation and excitement and the difficulty in learning inhibitions.

A third dimension, which has come up in Eysenck's theory, is Psychoticism (P). High psychotic people include a certain recklessness, a disregard for common sense or conventions and a degree of inappropriate emotional expression. It is this dimensions that separates those people who end up in institutions from the rest of humanity.

High psychoticism (P) scores according to Eysenck (1975) are characterized by eleven dispositions, namely:

- Troublesome, not fitting in.
- Cruel, inhumane
- Lack feeling, insensitive.
- Sensation seeking under aroused
- Hostile to others, aggressive
- Like odd unusual things.
- Disregard danger, foolhardy,
- Like to make fools of other people, upsetting them.
- Opposed to accepted social norms
- Engage in little personal interactions, prefer 'impersonal' sex. .

Eysenck (1975) reports that P is higher in men than in women, is inheritable, is higher in prisoners than in non-prisoners, and is highest in those imprisoned for sexual or aggressive offense. It will therefore be interesting to see how far the present study can validate these conclusions.

### **2.2.6.3 Lester's Theory**

There are other theoretical positions leading to similar conclusions. The most notable followed the work of William Sheldon (1972) on body types and temperament types. Cortes and Gatti (1972) agree with Sheldon that there are two types of extraversion of action (somatotonia or impulsiveness) both of which are contrasted with an introverted types (cerebrotonia). Only somatotonia, which is associated with the muscular, athletic body build (Mesomorphy) should be related to crime and delinquency.

## **2.2.7 Other Theories of crime**

These include: -

### **2.2.7.1 Social Theories**

#### **1. Social Strain Theory**

The theoretical explanations of deviance and delinquency that are grouped together in this category share the underlying assumption that non-conformity behaviour arises out of social circumstances in which individuals or groups experience normative confusion or disruption.

Confronted with a new traumatic, or frustrating social situation (anomie) some people respond in a defiant and perhaps criminal manner.

. Merton (1957) in his theory of anomie, perceived anomie as a state of dissatisfaction arising from a sense of discrepancy between the aspirations of an individual and the means that the person has available to realize these ambitions. Someone may be exposed to success ethics yet he/she is unemployed. With such, the individual adapts by conforming to the societal expectations by innovation, that is, resorting to norm violating behaviour to achieve the coveted cultural goals.

This adaptation to blocked goals by criminal or a delinquent response is often by ritualism in which the individual overconforms to the cultural approved methods of getting ahead, which does not pay off. This causes feelings of despair and anomie and may abandon the idealized cultural goals, but persists at a ritualized, unfulfilling line of work, by retreatism in which the person gives up due to frustration. The struggle to reach the seemingly unreachable goals using the unrewarding methods and retreats, form the cultural system that improves the unreasonable ends like in the case of drug-abusers and alcoholics who turn their backs on the struggle for material success and other socially approved values; like by rebellion in which due to discontentment and anger the individual rejects both the culturally approved goals and the institutionalized means of achievement, replacing them with new goals and means of achievement and calls for a complete revolution or reformation of the old system.. This research has tried to establish if criminality is related to personality trait or is a response to dissatisfaction.

## **II. Cultural Transmission Theories**

In explaining this theory, Sellin (1938) propagated the theory of cultural conflict. In explaining fluctuating crime rates in different parts of urban society, Sellin (1938) noted that values, customs and standards of conducts were not uniform throughout the population. On the contrary, many districts and neighbourhoods of our large cities represent the ethnic culture of foreign countries than the general culture of the indigenous people. The various social classes also occupy their own sub-cultural islands' where their own distinctive beliefs, norms and behaviors prevail. However because such diverse groups co-exist in proximity to one another, chronic and abrasive culture conflict often ensues; for instance among the subordinate lower class groups, misunderstanding and antagonism exist in regard to what is conforming and what is deviant behaviour.

### **III. Sub Culture Theory**

This theory postulates that criminal behaviour is not so much a matter of individual choice or individual temperament; but rather a response to pressure to conform to the expectations of a criminal milieu or delinquent sub-culture. In modern pluralistic society groups with very little different values and allegiances can co-exist. Underprivileged sections of the community are especially likely to develop a sub-culture supportive of delinquency. Because they are cut off from the good life enjoyed by those better placed in the class hierarchy, middle-class ideas of hard work leading to just reward are inappropriate. Imbued with the futility of lawful striving the sub-culture supports the idea of living for the moment, using physical aggression when it pays off and seizing any chance to steal or cheat. In these groups behaviour condemned as antisocial by the rest of society is tolerated, even admired especially when committed at the expense of anonymous strangers or representatives of the more privileged classes.

This study will try to establish whether criminality is due to individual temperament or could it be a response to pressure.

#### **IV Social Learning Theories**

These theories assumption is that, virtually all-human behaviour is socially learned. Consequently crime, like conformity, must be learned through the complex process of socialization. Individuals are taught through social interaction with the family, peer group and other major agents of socialization.

Southerland and Cressy (1943) in the theory of differential Association explain that most criminal behaviour is learned through contact with criminal elements and patterns which are present, acceptable and rewarded in ones physical and social environment. For instance in the presence of a "criminalistic tradition", individuals have the opportunity to associate with those who can teach them alternative and illegal behaviors.

Glassier's (1956) concept of Differential Identification emphasized the individual's ability to make choices and take on social roles by imitating delinquent role models that can be real or imaginary even without direct association. Thus what is important is the extent to which the individual identifies with those who are involved in criminal and delinquent patterns of life.

Ronald Akers(1985) in his concept of Differential Reinforcement states that deviant and delinquent behaviour is learned and acted out in response to use the rewards and reinforcement that are available in the individuals environment, thus incorporating B.F. Skinners (1938)

operant conditioning. Akers recognized the impact of public acclaim and reward of selected individuals for certain kinds of behaviour. These individuals may then serve as role models for many others who, experiencing vicarious reinforcement are also encouraged to imitate the rewarded behaviour.

Applied to the present study, these theories suggest that criminality is learnt and so it will be interesting to find out who are fast learners in criminal behaviour between introverts and extroverts hence becoming more prone to crime.

#### **2.2.7.2 Social Control Theories**

These include: -

##### **I. Social Bond Theory**

According to Hirschi, (1970) theoretical construction is that the social bond theory that attaches a person to the basic values and expected behaviors of society in general, the social bond is established earlier in childhood through a natural attachment to parents, peers, teachers and others who manifest and model the expected conformity and respected sanctions. According to Hirschi (1970), if the social bond is firmly intact for an individual there will be no pattern of criminal behaviour. Conversely, if the social bond is weakened or absent, delinquency is expected. The elements of social bond that tie the individual to conventional society thus prevent crime.

## II. Containment Theory

Reckless (1962) in his Containment Theory argues that the strengths of inner containment (self control, self-identity, and internalization of social norms) of an individual and of the outer containment (legal demands and prohibitions that keep most people within behaviour bounds of the society) all vary from person to person as they are subjected in an individual to onslaughts of powerful "push factors", (membership in a street gang or participation in a criminal sub-culture) within the individual's social environment. If there is some weakness in this carefully balanced control system, conformity will give way to deviance, and even criminal behaviour.

## III. Drift Theory (Matza 1967)

Matza and Sykes in their concept of Techniques of Neutralization (1957) argued that much crime behaviour occurs because many persons, under simultaneous pressures from the larger society to conform and a peer group of subculture with conflicting values and norms urging them to deviate, extend a set of psychological defense mechanism to justify delinquent action thus they are able to rationalize their actions with a set of sliding situational ethics in such a way as to neutralize their negative impact such techniques of neutralization are:-

- Denial of responsibility: the criminal contends that the criminal actions are beyond his control.
- Denial of Injury: the criminal insists that although a law was violated, nobody was actually hurt.
- Denial of the victim: though one may be hurt as in the case of assault, the criminal reinterprets the wrongful act as some form of rightful retaliation – the victim may be depicted as one deserving the injury.

- Condemnation of the condemners: the criminal may shift attention from the act to the motives or behaviours of those who show disapproval, thus placing the accuser on the defense.
- Appeal to fighter loyalties: conformity to peer pressure or doing something for the good of the group neutralizes the negative aspects of the act committed to the larger society.

Applied to current study these theories suggest that criminality is learnt and so it is interesting to see who are fast learners, introverts and extroverts in relation to crime. This study has tried to find out if this theory has any bearing on personality trait of introversion-extraversion and psychoticism.

### **2.2.7.3 Labelling Theories**

These theories concentrate less on the deviant acts themselves and instead focuses on the act or and the audience and their perception of each other (Gibbs 1966) for example if a person becomes known in society as an alcoholic, prostitute, criminal or by any other negative label or reputation, the social status or prestige position of that individual is ranked accordingly. Thus societal labeling is to be publicly 'branded'. It is extremely difficult to escape the label. Whether rightly or wrongly applied because it leads to a redefinition of the relationship and expectations between the person labeled and the other members of the society (DeFleur et al 1971).

Tannenbaum (1938) in the concept of Tagging emphasizes that the societal treatment of the offender is the greatest evil that makes a hardened criminal out of the accidental or occasional one. "The person becomes the thing he is described as being".

Lemert (1951) in his concept of primary and secondary deviance emphasis that the individual evaluates the self in relation to the societal labeling and the process of labeling consequently

becomes a critical determinant of the subsequent deviants as the individuals self concept is altered and the deviant role is personally assumed. This can become the conforming career of the individual.

Becker (1963) enhanced the developmental career model in which he argues that the societal perception of an act as deviant can automatically impute a generalized deviant role to the individual for example the identity and stage of being a “confirmed drug user” develops over time, leading first to individuals change in attitudes and perspectives as well as behaviour.

#### **2.2.7.4 Radical Theories**

Qunney’s (1970) Social Reality theory of crime views criminal and delinquent behaviour as largely a result of the repressive efforts of the dominant class to control subordinate class, thus the government and law enforcement officials struggle to criminalize the behaviour of the working class which appear to threaten the existing social order. Crimes also arise as the result of exploitation from both the working class and middle class.

Greenberg (1977) focus on frustrations as a cause of crime; lack of money by the poor to enable them participate socially with the affluent; failure to achieve respect at work that causes demoralization is a prime prospect for antisocial behaviour.

Another cause is the inability of huge numbers of lower class youths and adults to find gainful employment. For the males this causes anxiety regarding their “manhood” and are likely to feel a critical inadequacy in fulfilling social expectations associated with the adult male role. This

frustration can lead to an over emphasis on highness and lead to aggressive acts, including fighting assaults, rape and even homicide.

Herman and Schwedingers (1985) Instrumental theory describes the misbehaviour as motivated by calculated and selfish designs upon the victim. This theory also holds that membership in a particular stradom or sub-group has an instrumental function, serving as a social vehicle for a social identity and enhancing opportunity and motivation for various specialized activities, for example people identified as "Intellectual" less likely to become involved in serious illegal behaviour.

It was interesting to note the class of those involved in crime in Kenya.

#### **2.2.7.5 Biological and Biosocial Theories**

The Biological approach to crime and delinquency is that such behaviour is caused by some mechanism 'internal' to the individual (Fink 1938). These internal mechanisms predispose one to criminality. The predispositions however interact with the environmental factors which can affect the influence of biology or behaviour. The environmental factors can be of a wide variety such as the family and peer associations, school performance and social class membership. The biological phenomena such as brain tumour or some kind of chemical imbalance can directly lead to crime and delinquency.

These theories appear to be forerunners of the eysenck's theory, to be investigated in the present study.

### **2.2.7.6 Psychological Theories**

Proponents of these theories maintain that criminality is determined by mental deficiency, psychiatric disturbances and general personality configurations. The assumptions are that the basic cause of the behaviour lies within the individual's patterns and developments. Criminality is thus a manifestation of internal underlying disturbances within an individual. These internal underlying disturbances must have begun to develop not later than early childhood and have become a fairly characteristic feature of an individual. These can also be modified by the environmental factors but it is the individual who has a problem and it is thus on the individual that one must focus if the problem is to be resolved and the consequent crime behaviour is to be changed.

### **Psycho Analytic Theory of Criminality**

According to this theory, the criminal is the person who has failed to tame the Id impulses sufficiently or who has failed to transform them into socially acceptable ways of behaviour. Criminal behaviour, therefore, can be interpreted as the direct expression of instinctual urges the symbolic expression of repressed desires, or the result of an ego which has become maladjusted because of the conflicting forces exerted on it by the Id and the super ego

### **2.2.7.7 Interpersonal and Situational Theories**

These theories rely on a major assumption that human behaviour including deviance and crime is flexible and not fixed (Matza 1964).

**EYSENCK'S INTROVERSION-EXTRAVERSION THEORY:  
A TEST OF PSYCHOLOGICAL ORIENTATION  
OF PRISONERS IN LANG'ATA AND THIKA PRISONS, KENYA**

**BY  
MAINA FAITH WANJIKU  
E55/7941/2003**

**RESEARCH PROJECT SUBMITTED IN PARTIAL FULFILLMENT OF  
THE REQUIREMENTS FOR THE DEGREE OF MASTERS OF  
EDUCATION (GUIDANCE AND COUNSELING)  
KENYATTA UNIVERSITY**

**2005**

Maina, Faith Wanjiku  
*Eysenck's  
introversion-extraversion*

## DECLARATION

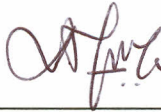
This research is my original work and has not been presented for a degree in any other university.



---

Maina Faith

I, confirm that the work reported in this project was carried out by the candidate under my supervision.



---

Prof. Augustine Nwoye  
Department of Psychology

## DEDICATION

This research project is dedicated to my family, Peter my husband, Eddie and Pat my sons for their unwavering support throughout the period of my studies.

## ACKNOWLEDGEMENTS

I take this opportunity to acknowledge my indebtedness to those who assisted me in coming up with this research project.

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To Nancy, who typed my work, may God bless you for your keenness and patience.

Special thanks and love goes to my family, Peter my husband, Eddie and Pat my sons who were always there for me.

## ABSTRACT

The major purpose of this study was to investigate Eysenck's Introversion – Extraversion Theory as a test of psychological orientation of prisoners in Lang'ata and Thika prisons, Kenya. The study also aimed at finding out the percentage of Kenyan prisoners' score on psychoticism scale and also the extent to which psychoticism is related to gender. The central idea was to critically analyse the counselling implications of the findings.

A descriptive survey design was used in the study. The study subjects consisted of 120 prisoners from both Thika and Lang'ata prisons out of which 93 of them generated usable questionnaire data. The random sampling procedure was used to derive the sample. Eysenck's Personality Inventory (EPI) on Introversion –Extraversion and Psychoticism was used to collect the data.

Both descriptive and statistical analyses were done. Pearson's Correlation was done to test the hypothesis to establish if there were any significant relationships between the variables investigated.

The findings show that a larger percentage of Kenyan prisoners were extroverts and also have a high psychoticism score. It was also discovered that men have a higher psychoticism score.

The implications of the results were critically examined. The results were found to be of interest in Kenyan prisons and related settings and especially in the personal-social Counseling Unit. Recommendations were made for prison authorities, counselors and for future researchers.

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# CHAPTER ONE

## INTRODUCTION

### 1.1 Background Of The Study

A matter of great concern in the society is the increasing incidence of various forms of antisocial behaviour. The major focus has been on manifestly criminal activities such as mugging, rape and murder; but it is perhaps fruitful to identify a continuum of antisocial behaviour ranging from minor misdemeanor, varying from the street criminal by the juveniles on one end to white collar, corporate, organized, computer and political crimes that are the domains in adults on the other end.

Some criminals seen from the youthful stage have relinquished the life job, family and a life style, that is 'going straight' to pursuing the road in and out of violence, arrests, courtrooms encounters, jails, release and prisons in a recurrent and patterned manner and thus appear to have launched the law breaking career.

Crime is a problem that knows no boundaries. It has become increasingly a transnational phenomenon rising alarmingly in many countries both developed and developing. The world – wide economic recession has led to a further worsening of the situation. New forms and dimensions of crime have heightened the fears and anxieties of urban as well as rural populations in many parts of the world. At the same time the significant characteristics, the relatively new phenomenon of transnational crime has soared with the advent of mass tourism, the emergence of huge markets for illicit drugs and the development of multinational corporations and agencies of states with monopolistic capacities.

In the middle ages, criminology was attributed to demonality (Inciardi 1978, Vold 1979; Empey 1982). Demonology assumes that criminal and delinquent behaviour is caused by demonic possession. This view of criminality can be traced to primitive societies. It still maintains some popularity today- among laypersons.

The classical school of criminology argues that people, adults and children, act according to free will rationally exercised in pursuit of happiness and the minimization of pain. According to some of the early proponents of this thought, such as Cesare Beccaria and Jeremy Bentham, all persons, including children are thought to weigh the cost and benefits of their proposed actions before they embark on them. It is assumed that people possess the ability to do this and so a criminal is responsible for personal behaviour.

The development of instantaneous world – wide communications and the vast expansion of the impact of the mass media especially television has led to internalization of crime to a degree that has made it difficult to talk of purely national crime.

Developing countries have reported that industrialization and urbanization often has been accompanied by creation of a crime problem that was formally almost non-existent. The problem only grew with the breakdown of long established social controls and traditions usually centered on cohesive, interdependent family structures that were swept away with the coming of modern industrialization.

Both individual alienation in the anonymous depersonalized urban settings of developed as well as developing countries and alienation of entire groups from the larger society have been recognized as powerful causes of crime. It has also been assumed that social and cultural factors like social deprivation, poverty, broken homes play a major role in producing criminals and it is undoubtedly true that many such factors are of importance. However, the fact that crime has increased markedly in the past few years suggest that additional influences must be considered.

Possibly, individual differences in personality may play a part in determining who acts in an antisocial and criminal fashion. Of course it would be simplistic to assume that criminal activity is determined exclusively either by situational factors or by personality characteristics; though according to Feldman (1977) the occurrence of criminal behaviour and its frequency might be entirely related to situational variables and previous learning and not to personality. According to him, if there is little cross-situational and cross-temporal consistency in criminal behaviour then there is not basis for expecting personality measures based on the assumption of consistency in behaviour in general either to correlate with criminal behaviour or to discriminate between people according to frequency of offending.

Ancient Greek writers such as Hippocrates were credited with the doctrine of four temperaments and also advanced an explanatory theory in terms of the so-called humours. They introduced the type theory, indeed the four types of the sanguine, the phlegmatic, the choleric and the melancholic. The observations of these descriptions were very astute, even now particular type of people are recognized as falling into these groups. Most people combine aspects of two or

more types and thus fall between the four classificatory blankets. Modern scientists prefer trait theories to type theories.

Eysenck (1975) has linked up seven traits which correlate in the sense that people who are sociable are also impulsive, active, risk taking, expressive and lacking in reflectiveness and responsibility. This combination of traits give rise to a more general, more inclusive trait, that of extraversion. His model, which shows some relationship to the old Greek model of four temperaments define four quadrants. These are made up of unstable extraverts, unstable introverts, stable introverts and stable extraverts.

If these personality types are of any importance, we would expect that people in the four quadrants would be found in unequal frequency in various groups, differentiated on social or work criteria. Thus for instance sportsmen, parachutists and army commandoes are almost entirely found in the sanguine quadrant, they combine emotional stability and extraversion. Criminals tend to be found in the choleric quadrant, neurotics in the melancholic quadrants; but for the most part criminals are extraverted and the neurotics introverted. Scientists, mathematicians and successful businessmen are frequently in the phlegmatic quadrant. However, none of these connections are absolute. Not all criminals are choleric, nor all choleric are criminals.

This typological model which stated that persons are either extroverts or introverts was largely abandoned in personality research many years ago and succeeded by the dimensional mode which suggests that a relatively few dimensions of personality account for individual differences

in behaviour. The positions people occupy on variables such as extraversion and neuroticism are assumed to be relatively constant over time and to reflect either genetic influences or experiences early in life or both.

Eysenck's view is that while previous experiences and current situational factors are both important; long-term, largely inherited, pre-dispositions play a major role.

There is now much evidence to connect the types of behaviour associated with extraversion and introversion. The concept is certainly relevant to many aspects of social functioning such as anxiety, depression, neurosis and criminality and also extends to educational and many other areas. Although there may not yet be sufficient data from which firm conclusions may be drawn, it seems likely that the presence of extraverted and introverted tendencies in one's behaviour is pervasive in nature, that is it applies to one's behaviour in a variety of situations and may be seen expressed in various areas of life. Extraverted and introverted tendencies appear earlier in childhood and evidence more stability through the developmental years than most personality characteristics.

This variable alone cannot capture the essence of one's life-style but it may well be one of a few that can be utilized to this end.

If there is any mileage in the notion of a "criminal personality" how might we expect the personalities of criminals to differ from those of non-criminals? According to Eysenck (1967) the answer to this question is that criminals are more extraverted and more neurotic than the normal population. Extraverted individuals are more likely to turn to crime than introverted

because of their poor conditionality, which tends to prevent them from acquiring social rules as readily as introverts. As a consequence they experience less inhibitions with respect to behavior in an antisocial manner.

Eysenck (1977a) argues that criminals should also be relatively high on psychoticism. High scorers on psychoticism tend to be uncaring with respect to people and are unlikely to feel guilt, empathy or sensitivity to the feelings of others. It seems reasonable to assume that individuals with these characteristics would experience relatively few qualms about behaving antisocially. Burgess (1972), revealed that significantly more prisoners fell within the neurotic extraversion and crime is weak at its best.

Many countries, Kenya included, with differing social and political systems are suffering the effects of higher crime societies as their societies undergo rapid social change.

According to a report by Amnesty International (2000) there were as many as 50,000 people in Kenya prisons, which were initially built or meant for no more than 15,000 people.

Even to date the prisons are in pathetic conditions due to congestion. In case of female prisoners conditions are worsened by limited cell space as the prison set aside for women is strained beyond limits. This is an indication of how crime has become rampant in our country.

Criminal procedure code, that is the law regulating the way alleged offenders are treated from point of arrest to conviction, appeal, sentencing, imprisonment and finally parole are inadequate

In many developing countries traditional forms of social control such as those provided by kinship groups, customary court and village councils still play an important part in the administration of justice, however these forms of social control are being endangered by urbanization and industrialization.

Few if any prevention programs have produced what might be truly called encouraging results. Criminal behaviour as measured by court statistics of persons convicted, or prison statistics of inmate populations is certainly not on the decline. The pain of loss of property, liberty or life is deliberately inflicted upon the offender and in some way the punishment is supposed to be commensurable with the seriousness of the offense. In courts the most usual punishment meted out is imprisonment. But certainly the judicial decision to institutionalise does not represent an ideal societal reaction to crime. If it were to be held that prison discipline imposes real suffering and at the same time educates and establishes useful and non-criminal habits that will be maintained even after release from prison, there would have to be an implicit belief that a Pavlovian, scheme of conditioning, involving strict coercive regimentation of every aspect of the inmates daily life will necessarily produce in time, increased respect for law and order.

The reduced use of imprisonment as treatment for offender has given impetus to the search of community alternatives. Decriminalization and depolarization are methods of diverting offenders from the criminal justice system without stigmatizing them as people with a penal record and making it possible to provide rehabilitation with the help of community social, and health services as well as counseling service (United Nation Congress on the prevention of crime and treatment of offenders 1975).

People argue that a successful attack on crime and juvenile delinquency will not only reduce the predatory activities that presently plague us, but will bring benefits in the years ahead, in the form of reduced crime rates a decade or two in the future. It is no wonder then, that public, journalistic, political and criminological attention becomes focused on crime.

Counseling from the developmental perspective is based on the belief that the ultimate goal of professional assistance is maximizing human effectiveness through facilitating and development (Brocher 1966).

It largely consists of ensuring that each individual has an opportunity to master the tasks that will equip him or her with coping behaviour necessary for handling those roles and relationships that are involved in his or her next stage of development. As such if proper counseling services are employed in prison, it will help inmates cope and avoid recidivism when they are released.

It is in view of this background that the researcher finds it necessary to investigate the psychological orientation of criminals, in relation to Eysenck's theory of introversion-extroversion and to challenge counselors on need of counseling for prisoners.

## **1.2 STATEMENT OF THE PROBLEM**

Eysenck (1985) states that it may be doubted whether criminals who have been apprehended and incarcerated constitute a representative sample of criminal fraternity. It may be mainly those criminals who fail to plan their crimes meticulously who are caught.

According to Awori, (2004), the country's 89 prison facilities which have a capacity for 15,000 prisoners but hold more than 40,000. In an effort to ease prison overcrowding more than 67,000 prisoners were serving their sentences under Community Service Order (CSO) where petty offenders are made to perform community service such as building schools, bridges, hospitals as an alternative incarceration.

The scene playing itself out in our country currently is that, crime has hit a new height. Not a single day passes without news of killings, robbery or carjacking. Many crimes are committed literally under the nose of the law enforcers, yet many perpetrators are not apprehended (Daily Nation, January 28<sup>th</sup> 2005).

Based on the above there is need to gain the psychological orientation of criminals, in this case prisoners so as to help rehabilitate Kenyan prisoners and also for counselors, to know the kind of counseling program needed. Hence the present study is concerned with the task of finding answers to the following critical questions:

- a) Can the psychological orientation of Kenyan prisoners be determined scientifically?
- b) To what extent can Eysencks Personality Inventory (EPI) be used to classify prisoners into introverts, extroverts and to measure psychoticism of prisoners?

### **1.3 Purpose of the study**

The aim of this study is to find out which of the two groups, introverts and extroverts who have a tendency to criminal behaviour in Kenya.

Another objective of the study is to measure the extent of psychoticism among Kenyan prisoners.

The study also aims to critically analyze the counseling implications of the findings.

#### **1.4 Significance of the Study**

In order to eradicate crime it is invariably essential to eradicate its causes. A successful treatment of crime policy must necessarily make provision of the diagnosis of the causes of different types of criminality (Annual Prisons Report 2004).

The study is significant as expected to play a diagnostic function of finding out if there is a relationship between crime and the trait theory of introversion-extraversion in Kenyan prisons.

The information will be useful in deciding the counseling needs of the prisoners so that they can be aware of how their personality has led them to committing crime and thereafter be able to avoid recidivism. Through this study, the problems of personality traits (introversion-extraversion) will be addressed promptly through counselling on imprisonment of individuals.

In this way the prison authorities with the help of the government will be able to design counseling programs for the prisoners.

Since crime has indeed been on the rise in the last few years and it is not merely a question of volume but most serious offences on the whole have increased to a greater extent than the mir-

offenses. It is hoped that this study will stimulate research interests in this area and other counseling interests.

### **1.5 Research Questions**

The study will be guided by the following questions:

- a) What percentage of Kenyan prisoners are introverted or extraverted?
- b) Is there a relationship between criminality and introversion-extraversion personality traits?
- c) What percentage of Kenyan prisoners score high on psychoticism scale?
- d) To what extent is psychoticism related to sex?

### **1.6 Assumptions Of The Study**

This study is being carried out on the assumption that:

- a) The prisoners selected for the study are representatives of all the offenders in general.
- b) The prisoner's personality is unchanged by their stay in the prison.
- c) Each prisoner falls within a continuum of being either introverted or extraverted.
- d) The respondents of the questionnaire will be honest and truthful.
- e) some prisoners are high and others low on psychoticism.

### **1.7 Scope and Delimitations Of The Study**

- a) The study will cover Langa'ta and Thika prison as more prisons may not be covered due to inadequate finance.

- b) Several issues can contribute to individual developing criminal tendencies, such as family background, environment one is in, socio-economic status and so on. However this study will only focus on personality trait of extraversion-intraversion and psychoticism.
- c) The Researcher will have access to the sufficient sample of literate prisoners for the study.

## 1.8 Definitions of Significant Terms

**Prisoner:** Any person whether convicted or not under detention in any prison.

**Crime:** An antisocial act by an individual or individuals, which breaks legal rules as defined by a political authority, which is the state and which is punishable by the state and the person committing the antisocial act is an adult.

**Delinquency:** An antisocial act by a juvenile or juveniles which breaks legal rules as defined by a political authority which is the state but which are not punishable by the state since the individual who commits the antisocial act are children and as such are subjected to correctional treatment designed to make them law abiding citizens in the future.

**Prison:** A place specially designed and maintained for housing away elements of society convicted under the criminal law of the country.

## CHAPTER TWO

### REVIEW OF RELATED LITERATURE

#### 2.1 Introduction

This chapter contains a review of related literature. In the first section of this chapter, general theories of extraversion-introversion as seen by different theorists are reviewed, then come theories relating extraversion-introversion trait to criminology and lastly other theories of crime.

In the second part, foreign and local studies on crime are reviewed. However very few studies have been done on prisons in Kenya and none was found on psychology of the criminal.

#### 2.2 Theoretical framework

##### 2.2.1 Theoretical Background of extraversion-introversion

The theory of personality proposed by Eysenck (1967a) spelled out in some detail the biological basis of the extraversion and neuroticism dimension. Extraversion was related to the ascending reticular activating system (ARAS), which is located in the brain stem reticular formation. According to Eysenck (1967a), collaterals from the ascending sensory pathways excite cells within the ARAS, which then sends the excitation to various sites in the cerebral cortex. The ARAS was first directly associated with arousal by Moruzzi and Magoun (1949) who discovered that electrical stimulation of the ARAS elicited an activation pattern in the cortical EEG. The general significance of the ARAS was expressed in the following way by Stelmack (1981:40):

The reticular formation is implicated in the initiation and maintenance of  
Motivation, emotion and conditioning by way of excitatory and inhibitory  
Control of autonomic and postural adjustments and by way of cortical

co-ordination of activity serving attention, arousal and orienting behaviour.

The physiological structure alleged to underlie the neuroticism dimension is the visceral brain which comprises the amygdala, hippocampus, septum, cingulum and hypothalamus. There is a loop consisting of the visceral brain and the reticular formation. Messages from the visceral brain reach the reticular formation and then proceed to the cortex, where they have an arousing effect. The physiological structures relating to neuroticism are mainly concerned with emotion.

The extraversion and neuroticism dimensions are only partially independent in their functioning. For example, cortical arousal is associated with the cortico-reticular loop underlying extraversion and with the loop underlying neuroticism. Eysenck 1967(a) attempted to clarify matters by proposing a conceptual distinction between arousal and activation with arousal referring to reticular activity and activation referring to autonomic activity.

### **2.2.2 Eysenck's Introversion-extraversion Theory**

Eysenck suggested that the terms 'emotional' and 'changeable' be dropped, and that instead the dimension be named 'neuroticism' (N) and 'extraversion-introversion' (E).

Eysenck (1967a) predicts that introverts should have a larger orienting reaction than extraverts and should take longer to habituate. These predictions can be based on the putative high level of arousal in introverts or the notion that extraverts generate more cortical inhibition than introverts. The theoretical problem is that the orienting reaction and its habituation depend on a complex mixture of arousal, inhibition and neuronal model formation and it is not easy to decide which of these three processes is most important in producing any observed effects of extraversion.

Eysenck (1957) has contended that the basis of an individual's personality can be found in his physiological make-up, which is inherited and that the form of personality that develops results from an interaction between this and encounters with the environment. The ease with which an individual forms conditioned responses is largely determined by the excitatory and inhibitory mechanisms located in the reticular activating systems, which affect the transmission of impulses in the central nervous system. Introverts have strong excitatory and weak inhibitory potentials and as a consequence are capable of strong and rapid conditioning, whereas extraverts have weak excitatory and strong inhibitory potentials and so form conditioned responses slowly and weakly.

According to Eysenck (1972), from this base, it is possible to predict how people will perform both on the psychologists' laboratory tasks and in 'real life' areas of human activity like sexual behaviour or criminal behaviour.

### 2.2.3 Galen-Kant Model

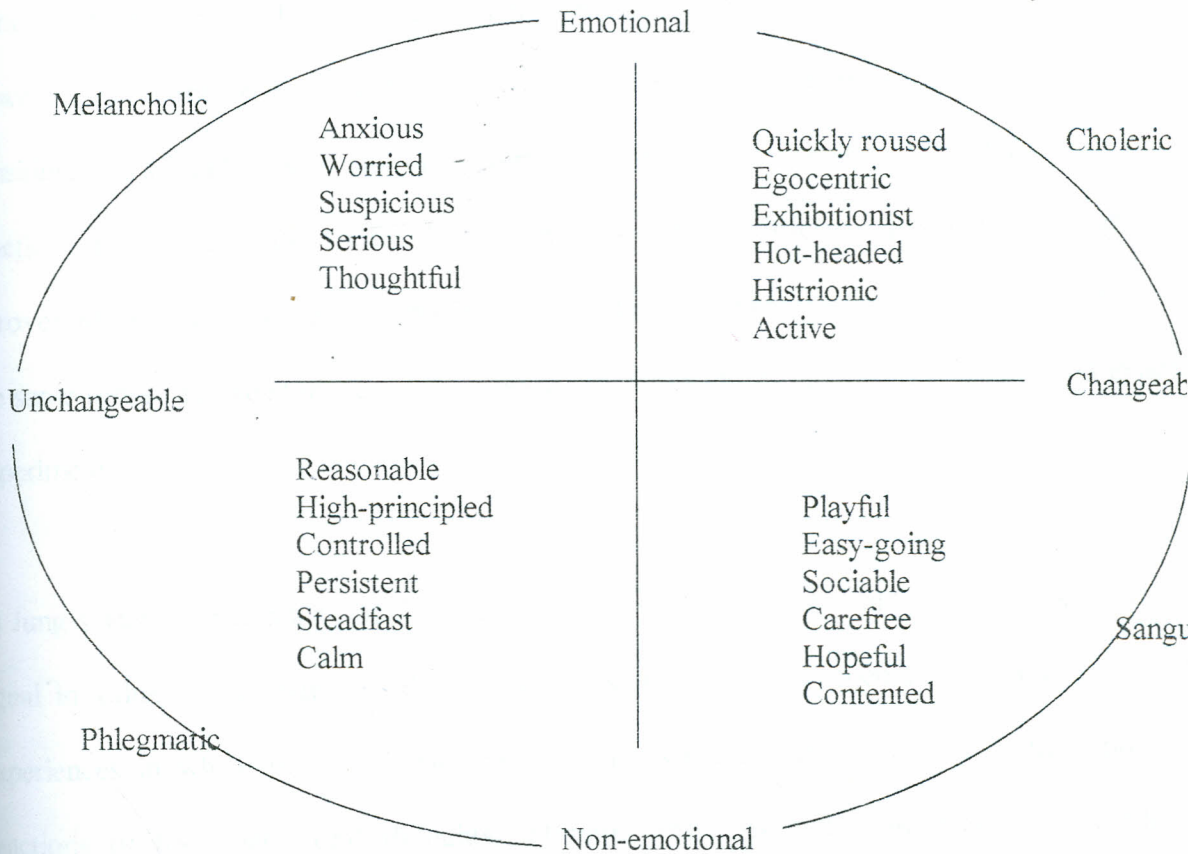
Galen a Greek physician writing in the second century A.D; put forward a theory of the four temperaments (sanguine, choleric, melancholic and phlegmatic) which was to become almost universally accepted in Europe.

Kant adopted it in his *Antropologie* giving personality descriptions of the four types. This Galen-Kant model was *Categorical*; in other words each type constituted a category between which there is no overlap. Kant specifically excluded any possibility of overlapping. Everyone

could be assigned to one type or the other and none of the characteristics rose from a blending types.

### 2.2.4 Wundt Dimensional Model

Wundt introduced a dimensional kind of model; that is one, in which personality characteristics are found to lie on a continuum and are normally distributed. He found that choleric and melancholic type share in common their great emotionality, which set them off from the less emotional phlegmatics and sanguines. Similarly he thought the choleric and the sanguines were characterized by being changeable, while the phlegmatics and the melancholics were not. This scheme resulted in a two-dimensional model as illustrated below.



**Figure One. Galen-Wudt model of Personality.**

The traits around the circumference are taken from Kants description of the four types which now occupy the four quadrants, produced by the two dimensions of emotionality-stability and changeableness- unchangeableness.

## 2.2.5 Carl Jung's extraversion-Intraversion Theory

Jung (1923: 23) one of the best-known type psychologist says

A trait may be defined as a mechanism.... Type never denotes more than the relative dominance of the one mechanism.... It follows that there can never be a pure type in the sense that the one mechanism is completely dominant to the exclusion of the other.

This quotation shows that Jung was very far from conceiving of all human beings as being either extraverted or introverted. Rather he considers that most of them were characterized by a balance between the extravertive and the introvertive mechanisms, a relatively small number being considered to be unbalanced and characterized by the more or less marked dominance of one function or the other. Admittedly, his description is in terms of ideal types, that is of completely introverted or extraverted individuals but he repeatedly emphasizes that these are abstractions in the same sense that Newton's Laws of motion are idealized abstractions not to be found in actual experiments.

In Jung's view of the reality of the inner world of the psyche, the introverted life adaptation is equal in value to the extroverted one. Introversion which is defined as that approach to life experiences in which the individual's predominant sense reality derives from the actions and reactions of his inner world thoughts, intuition, emotions and sensations - is regarded as complementary to extroversion-extraversion; in turn is defined as the attitude in which the

individuals concern with material objects and people predominates. Just as an over emphasis introversion may result in inadequate external adaptation; extreme extroversion lead depersonalization, loss of sense of identity and submersion of the individual in conformist psychology.

Jung saw the main cause of typological differences in the extraverted or introverted tendency the libido, that is in the tendency of the individual's instinctual energies (not only sexual) to be directed mainly toward the outer world (objects) or toward his own inner mental state (subject).

When we consider a person life history we see that sometimes his fate is determined more by the objects which attract his interest while sometimes it is influenced rather by his own inner subjective states.... Quite generally one might characterize the introverted point of view by pointing to the constant subjection of the object to the objective reality to the ego and the subjective psychological processes... According to the extraverted point of view, the subject is considered as inferior to the object; the importance of the subjective aspect is only secondary.

Jung is concerned far more with attitudes, values, unconscious, mental processes and so on than with behaviour. He insists that people who are consciously extraverted may be unconsciously introverted and vice versa. Jung regards extraversion and introversion as the two major attitudes or orientations of personality, but these find expression in the functions of thinking, feeling, sensing and intuiting. Jung (1923) asserts that the feeling-extrovert person is more commonly a woman than a man. Introverted thinking types are more commonly in males while the introverted feeling type does not seem to be correlated with sex. He did not relate this personality trait with

crime. However, no modern psychologist has adopted it in its entirety and as in any case it seems difficult to apply in any rational manner.

## **2.2.6 Theories Relating Extroversion-Introversion To Crime**

### **2.2.6.1 Introduction**

Psychology has had an enormous impact on the scientific world in the century. It is therefore not surprising to find that psychology has been the basic of numerous explanations of criminality.

In this section various theories, which relate criminology to the personality trait of extroversion-introversion, will be reviewed.

### **2.2.6.2 Eysenck's theory**

Eysenck (1964) postulates that the weaker conditionability of extraverts means that they are slower to learn social rules; have less well-developed consciences and are more likely to be criminals especially where high extraversion occurs in conjunction with a high score on the neuroticism dimension. He points out that various deviances, such as neurosis and criminality can be understood in part as extreme cases in the normal distribution of the two major personality dimension (Eysenck 1975).

Eysenck asserts that violent criminals tend to be non-neuroticistic extraverts as they have good inhibitions and are not prone to panic attacks. However, there are other many kinds of crime besides the violent kind that the introverts and neurotics might engage in. The relationship between extraversion and abnormality revolves around the question of criminality, the

psychopathic personality and antisocial tendencies in general. Eysenck's theory suggests a connection between extraversion and antisocial behaviour for one or both of two reasons; the need for stimulation and excitement and the difficulty in learning inhibitions.

A third dimension, which has come up in Eysenck's theory, is Psychoticism (P). High psychotic people include a certain recklessness, a disregard for common sense or conventions and a degree of inappropriate emotional expression. It is this dimensions that separates those people who end up in institutions from the rest of humanity.

High psychoticism (P) scores according to Eysenck (1975) are characterized by eleven dispositions, namely:

- Troublesome, not fitting in.
- Cruel, inhumane
- Lack feeling, insensitive.
- Sensation seeking under aroused
- Hostile to others, aggressive
- Like odd unusual things.
- Disregard danger, foolhardy,
- Like to make fools of other people, upsetting them.
- Opposed to accepted social norms
- Engage in little personal interactions, prefer 'impersonal' sex. .

Eysenck (1975) reports that P is higher in men than in women, is inheritable, is higher in prisoners than in non-prisoners, and is highest in those imprisoned for sexual or aggressive offense. It will therefore be interesting to see how far the present study can validate the conclusions.

### **2.2.6.3 Lester's Theory**

There are other theoretical positions leading to similar conclusions. The most notable follow the work of William Sheldon (1972) on body types and temperament types. Cortes and Gault (1972) agree with Sheldon that there are two types of extraversion of action (somatonia and impulsiveness) both of which are contrasted with an introverted types (cerebrotonia). On somatonia, which is associated with the muscular, athletic body build (Mesomorphy) should be related to crime and delinquency.

## **2.2.7 Other Theories of crime**

These include: -

### **2.2.7.1 Social Theories**

#### **1. Social Strain Theory**

The theoretical explanations of deviance and delinquency that are grouped together in this category share the underlying assumption that non-conformity behaviour arises out of social circumstances in which individuals or groups experience normative confusion or disruption.

Confronted with a new traumatic, or frustrating social situation (anomie) some people respond in a defiant and perhaps criminal manner.

Merton (1957) in his theory of anomie, perceived anomie as a state of dissatisfaction arising from a sense of discrepancy between the aspirations of an individual and the means that the person has available to realize these ambitions. Someone may be exposed to success ethics yet he/she is unemployed. With such, the individual adapts by conforming to the societal expectations by innovation, that is, resorting to norm violating behaviour to achieve the coveted cultural goals.

This adaptation to blocked goals by criminal or a delinquent response is often by ritualism in which the individual overconforms to the cultural approved methods of getting ahead, which does not pay off. This causes feelings of despair and anomie and may abandon the idealized cultural goals, but persists at a ritualized, unfulfilling line of work, by retreatism in which the person gives up due to frustration. The struggle to reach the seemingly unreachable goals using the unrewarding methods and retreats, form the cultural system that improves the unreasonable ends like in the case of drug-abusers and alcoholics who turn their backs on the struggle for material success and other socially approved values; like by rebellion in which due to discontentment and anger the individual rejects both the culturally approved goals and the institutionalized means of achievement, replacing them with new goals and means of achievement and calls for a complete revolution or reformation of the old system.. This research has tried to establish if criminality is related to personality trait or is a response to dissatisfaction.

## II. Cultural Transmission Theories

In explaining this theory, Sellin (1938) propagated the theory of cultural conflict. In explaining fluctuating crime rates in different parts of urban society, Sellin (1938) noted that values, customs and standards of conducts were not uniform throughout the population. On the contrary, many districts and neighbourhoods of our large cities represent the ethnic culture of foreign countries than the general culture of the indigenous people. The various social classes also occupy their own sub-cultural islands' where their own distinctive beliefs, norms and behaviours prevail. However because such diverse groups co-exist in proximity to one another, chronic and abrasive culture conflict often ensues; for instance among the subordinate lower class groups, misunderstanding and antagonism exist in regard to what is conforming and what is deviant behaviour.

### **III. Sub Culture Theory**

This theory postulates that criminal behaviour is not so much a matter of individual choice or individual temperament; but rather a response to pressure to conform to the expectations of the criminal milieu or delinquent sub-culture. In modern pluralistic society groups with very little different values and allegiances can co-exist. Underprivileged sections of the community are especially likely to develop a sub-culture supportive of delinquency. Because they are cut off from the good life enjoyed by those better placed in the class hierarchy, middle-class ideas of hard work leading to just reward are inappropriate. Imbued with the futility of lawful striving the sub-culture supports the idea of living for the moment, using physical aggression when it pays off and seizing any chance to steal or cheat. In these groups behaviour condemned as antisocial by the rest of society is tolerated, even admired especially when committed at the expense of anonymous strangers or representatives of the more privileged classes.

This study will try to establish whether criminality is due to individual temperament or could it be a response to pressure.

#### **IV Social Learning Theories**

These theories assumption is that, virtually all-human behaviour is socially learned. Consequently crime, like conformity, must be learned through the complex process of socialization. Individuals are taught through social interaction with the family, peer group and other major agents of socialization.

Southerland and Cressy (1943) in the theory of differential Association explain that most criminal behaviour is learned through contact with criminal elements and patterns which are present, acceptable and rewarded in ones physical and social environment. For instance in the presence of a "criminalistic tradition", individuals have the opportunity to associate with those who can teach them alternative and illegal behaviors.

Glassier's (1956) concept of Differential Identification emphasized the individual's ability to make choices and take on social roles by imitating delinquent role models that can be real or imaginary even without direct association. Thus what is important is the extent to which the individual identifies with those who are involved in criminal and delinquent patterns of life.

Ronald Akers(1985) in his concept of Differential Reinforcement states that deviant and delinquent behaviour is learned and acted out in response to use the rewards and reinforcement that are available in the individuals environment, thus incorporating B.F. Skinners (1938)

operant conditioning. Akers recognized the impact of public acclaim and reward of selected individuals for certain kinds of behaviour. These individuals may then serve as role models for many others who, experiencing vicarious reinforcement are also encouraged to imitate the rewarded behaviour.

Applied to the present study, these theories suggest that criminality is learnt and so it will be interesting to find out who are fast learners in criminal behaviour between introverts and extroverts hence becoming more prone to crime.

### **2.2.7.2 Social Control Theories**

These include: -

#### **I. Social Bond Theory**

According to Hirsch, (1970) theoretical construction is that the social bond theory that attaches a person to the basic values and expected behaviors of society in general, the social bond is established earlier in childhood through a natural attachment to parents, peers, teachers and others who manifest and model the expected conformity and respected sanctions. According to Hirschi (1970), if the social bond is firmly intact for an individual there will be no pattern of criminal behaviour. Conversely, if the social bond is weakened or absent, delinquency is expected. The elements of social bond that tie the individual to conventional society thus prevent crime.

## II. Containment Theory

Reckless (1962) in his Containment Theory argues that the strengths of inner containment (self control, self-identity, and internalization of social norms) of an individual and of the outer containment (legal demands and prohibitions that keep most people within behaviour bounds of the society) all vary from person to person as they are subjected in an individual to onslaughts of powerful “push factors”, (membership in a street gang or participation in a criminal sub-culture) within the individual’s social environment. If there is some weakness in this carefully balanced control system, conformity will give way to deviance, and even criminal behaviour.

## III. Drift Theory (Matza 1967)

Matza and Sykes in their concept of Techniques of Neutralization (1957) argued that much crime behaviour occurs because many persons, under simultaneous pressures from the larger society to conform and a peer group of subculture with conflicting values and norms urging them to deviate, extend a set of psychological defense mechanism to justify delinquent action thus they are able to rationalize their actions with a set of sliding situational ethics in such a way as to neutralize their negative impact such techniques of neutralization are:-

- Denial of responsibility: the criminal contends that the criminal actions are beyond his control.
- Denial of Injury: the criminal insists that although a law was violated, nobody was actually hurt.
- Denial of the victim: though one may be hurt as in the case of assault, the criminal reinterprets the wrongful act as some form of rightful retaliation – the victim may be depicted as one deserving the injury.

- Condemnation of the condemners: the criminal may shift attention from the act to the motives or behaviours of those who show disapproval, thus placing the accuser on the defense.
- Appeal to fighter loyalties: conformity to peer pressure or doing something for the good of the group neutralizes the negative aspects of the act committed to the larger society.

Applied to current study these theories suggest that criminality is learnt and so it is interesting to see who are fast learners, introverts and extroverts in relation to crime. This study has tried to find out if this theory has any bearing on personality trait of introversion-extraversion and psychoticism.

### 2.2.7.3 Labelling Theories

These theories concentrate less on the deviant acts themselves and instead focuses on the act of the individual and the audience and their perception of each other (Gibbs 1966) for example if a person becomes known in society as an alcoholic, prostitute, criminal or by any other negative label of reputation, the social status or prestige position of that individual is ranked accordingly. Thus societal labeling is to be publicly 'branded'. It is extremely difficult to escape the label. Whether rightly or wrongly applied because it leads to a redefinition of the relationship and expectation between the person labeled and the other members of the society (DeFleur et al 1971).

Tannenbaum (1938) in the concept of Tagging emphasizes that the societal treatment of the offender is the greatest evil that makes a hardened criminal out of the accidental or occasional one. "The person becomes the thing he is described as being".

Lemert (1951) in his concept of primary and secondary deviance emphasis that the individual evaluates the self in relation to the societal labeling and the process of labeling consequently

becomes a critical determinant of the subsequent deviants as the individuals self concept is altered and the deviant role is personally assumed. This can become the conforming career of the individual.

Becker (1963) enhanced the developmental career model in which he argues that the societal perception of an act as deviant can automatically impute a generalized deviant role to the individual for example the identity and stage of being a "confirmed drug user" develops over time, leading first to individuals change in attitudes and perspectives as well as behaviour.

#### **2.2.7.4 Radical Theories**

Qunney's (1970) Social Reality theory of crime views criminal and delinquent behaviour as largely a result of the repressive efforts of the dominant class to control subordinate class, thus the government and law enforcement officials struggle to criminalize the behaviour of the working class which appear to threaten the existing social order. Crimes also arise as the result of exploitation from both the working class and middle class.

Greenberg (1977) focus on frustrations as a cause of crime; lack of money by the poor to enable them participate socially with the affluent; failure to achieve respect at work that causes demoralization is a prime prospect for antisocial behaviour.

Another cause is the inability of huge numbers of lower class youths and adults to find gainful employment. For the males this causes anxiety regarding their "manhood" and are likely to feel a critical inadequacy in fulfilling social expectations associated with the adult male role. This

frustration can lead to an over emphasis on highness and lead to aggressive acts, including fighting assaults, rape and even homicide.

Herman and Schwedingers (1985) Instrumental theory describes the misbehaviour as motivated by calculated and selfish designs upon the victim. This theory also holds that membership in particular stratum or sub-group has an instrumental function, serving as a social vehicle for social identity and enhancing opportunity and motivation for various specialized activities, for example people identified as "Intellectual" less likely to become involved in serious illegal behaviour.

It was interesting to note the class of those involved in crime in Kenya.

#### **2.2.7.5 Biological and Biosocial Theories**

The Biological approach to crime and delinquency is that such behaviour is caused by some mechanism 'internal' to the individual (Fink 1938). These internal mechanisms predispose one to criminality. The predispositions however interact with the environmental factors which can affect the influence of biology on behaviour. The environmental factors can be of a wide variety such as the family and peer associations, school performance and social class membership. The biological phenomena such as brain tumour or some kind of chemical imbalance can directly lead to crime and delinquency.

These theories appear to be forerunners of the Eysenck's theory, to be investigated in the present study.

### **2.2.7.6 Psychological Theories**

Proponents of these theories maintain that criminality is determined by mental deficiency, psychiatric disturbances and general personality configurations. The assumptions are that the basic cause of the behaviour lies within the individual's patterns and developments. Criminality is thus a manifestation of internal underlying disturbances within an individual. These internal underlying disturbances must have begun to develop not later than early childhood and have become a fairly characteristic feature of an individual. These can also be modified by the environmental factors but it is the individual who has a problem and it is thus on the individual that one must focus if the problem is to be resolved and the consequent crime behaviour is to be changed.

### **Psycho Analytic Theory of Criminality**

According to this theory, the criminal is the person who has failed to tame the Id impulses sufficiently or who has failed to transform them into socially acceptable ways of behaviour. Criminal behaviour, therefore, can be interpreted as the direct expression of instinctual urges, the symbolic expression of repressed desires, or the result of an ego which has become maladjusted because of the conflicting forces exerted on it by the Id and the super ego.

### **2.2.7.7 Interpersonal and Situational Theories**

These theories rely on a major assumption that human behaviour including deviance and crime is flexible and not fixed (Matza 1964).