

Q How do psychological perspectives explain criminal behaviour? Discuss with examples relevant to Pakistan society.

### Introduction :-

Criminal behaviour can be understood through various psychological viewpoints. These include theories that look at our minds, emotions and social interactions. These perspectives help to understand why people commit crimes and what mental and emotional factors play a role. This knowledge helps create better ways to prevent and deal with criminal actions.

### Psychological Perspectives :-

#### A Psychoanalytic Theory :-

Sigmund Freud's theory suggests that personality has three parts: the id (basic desires), ego (rational thinking), and superego (moral conscience). Unresolved conflicts, especially from childhood, can lead to criminal actions. For example, many young offenders in Pakistan have experienced significant trauma, affecting their behavior.

#### B Behavioral Theory :-

Behavioral theory focuses on how behaviors are learned through rewards and punishments. Environment and external influences play a big role. In urban Pakistan, for instance, peer pressure significantly affects youth crime. Kids may engage in criminal activities to fit in or gain



gain approval from their friends.

### C Cognitive Theory :-

Cognitive theory looks at how faulty thinking processes can lead to criminal behaviour. Negative thoughts and blaming others are examples of cognitive distortions. In Pakistani prisons, cognitive-behavioral therapy (CBT) is used to address these distortions, helping inmates change their thought patterns and reduce criminal behaviour.

### D Social Learning Theory :-

People learn behaviors by observing and imitating others, according to social learning theory. Family, media and the social environment greatly influence behaviour. For example, exposure to violent content on TV and the internet can increase aggression and criminal behaviour among young people in Pakistan.

### E Psychological Trait Theory :-

This theory focuses on personality traits like impulsivity and aggression, which are linked to criminal behavior. Mental health disorders also play a role. Research shows that many inmates in Pakistani prisons have personality disorders, which contribute to their criminal actions.

## Examples Relevant to Pakistani Society :-



### A Juvenile Delinquency :-

Many young offenders in Pakistan come from backgrounds marked by trauma and violence. Psychological counseling and rehabilitation programs are essential to help these juveniles. These programs aim to address their emotional and psychological needs, providing a path to reintegration into society.

### B Terrorism and Extremism :-

Extremists behavior often involves crises and exposure to radical ideologies. Psychological interventions, like cognitive restructuring, are crucial in countering terrorism. These programs help individuals rethink their beliefs and move away from radical views, contributing to national security.

### C Domestic Violence :-

Domestic violence in Pakistan is often linked to psychological issues such as aggression, low self-esteem and a history of being abused. Support systems and counseling are critical to address these issues. However, access to these services remains limited in some areas, requiring further attention and development.

### Conclusion :-

In conclusion, understanding criminal behavior through psychological perspectives is vital for developing comprehensive and effective strategies to address crimes in

in Pakistan. By considering the unique socio-cultural and economic context of the country, policymakers and practitioners can formulate interventions that are both relevant and impactful, ultimately contributing to a safer and more just society.