

The Influence of Depression, Anxiety and Stress In Regards to Criminal Acts of Students of Universitas Advent Indonesia, Bandung

Romulo Sinabutar

Abstract—The research design was a descriptive correlation with cross sectional study. Descriptive correlational study design is to understand the correlation between independent variables (depression, anxiety, and stress) with the criminal acts of the students of Universitas Advent Indonesia Bandung as the dependent variable. The approach used in this study is cross sectional approach, means a research subject has only been observed once and measurements were performed simultaneously at the same time. The total of samples is 280 people which utilize by Slovin formula, accidental sampling method, and a proportionate stratified random sampling technique. Analysis and interpretation of data are using Product Moment Correlation and multiple linear regressions.

The main cause of depression, anxiety and stress that are gathered from 44.6% of respondents shows that they feel useless and unneeded. Levels of depression, anxiety, and stress of respondents were: 2.9% of depression is very severe, 8.6% severe depression, 22.1% moderate depression, and 18.2% mild depression. For anxiety: 17.9% very severe, 23.6% severe, 26.8% moderate, and 12.5% mild. For stress: 8.9% severe, 20.7% moderate and 20.4% mild. Partially, depression, anxiety and stress had no effect on criminality but, the combination of the three (simultaneous), although weak (15.6%) still, had an effect on criminal acts. The strong influence (84.4%) is from other factors

Keywords— Depression, Anxiety, Stress, Criminal Acts.

I. INTRODUCTION

There are ten reasons why a person doing crime where one of them is mental degradation (www.tahupedia .com). Mental degradation can appear in many forms, ranging from stress, depression to mental disorders. All of these can be one of the most common causes why a person commits a crime against another. Those with mental degradation can easily hurt others. This is why the symptoms of mental degradation should be treated before it gets worse. Depression or schizophrenia is an example of mental disorders that have the potential to engage in violent crime.

Depression is a serious psychiatric problem involving psychosocial factors and result in the powerlessness of the person concerned to perform his function within the society. The presence of comorbid abnormalities, financial problems and lack of treatment leads to becoming individuals' dpressed more at risk of committing a crime.

There are three things that difficult to distinguish in regards with mental health disorders. In addition to depression (Tahrir:

2008) there is also anxiety and stress which often can not be separated from each other. Because the physical and psychic factors in human beings has influenced each other, then between stress and depression also affect each other and is a unity. Another psychiatric reaction associated with stress is anxiety. Tahrir (2008) explained that anxiety and depression are two related types of psychiatric disorders. A person who is depressed often also experiences anxiety, and vice versa. Physical and psychic symptoms (depression and anxiety) often overlap and no clear boundaries. A person experiencing stress can be interpreted that he shows a variety of physical complaints, anxiety, and depression.

Depression disorders experienced by adolescents can cause more serious effects as performing misbehavior. Delinquency experiences in adolescents often annoying, teasing or harassing others are closely related to the occurrence of crime (Smith, 2001) in Ibanati (2005). Criminality is an act that can harm others, in the sense can cause suffering to others such as rape, robbery, murder, kidnapping, logging, and so forth. Someone committing crimes is because of the intention and the opportunity to do so.

A. Causes of Depression, Anxiety, and Stress

Gintner (2001) in Maulida (2012) estimates that one of four people has been experienced the episodes of depression in his life. The prevalence of depression occurring in students is higher than in the general population. Azizah (2011) in Novitasari (2015) stated that the causes of depression in generally are predisposing factors, among others: genetic factors, inward aggression theory, personality organi-zational theories, cognitive models, models of helplessness, behavioral models, and biological models.

Anxiety according to Mu'arifah (2005) can be defined as an unpleasant emotional state which characterized by subjective feelings such as tension, fear, anxiety; and also characterized by the active central nervous system. The factors which causes of anxiety according to Ririera (2011) are biological or physiological, psychosocial, and developmental. Psychological level manifested in psychiatric symptoms while the physiological level manifests in physical symptoms.

Tahrir (2008) says that the cause of stress is sometimes easy to detect, but it is often difficult to know. According to Khairani in Ershad (2014) mention that causes of anxiety are factors of biological, psychological, and social. Biological factors consist of genes type where the individual state at the time of conception is influenced by the attitude and behavior of the mother.

B. Criminal Acts

Criminal comes from the word “crimen” which means criminality. Mushar (2015) explains the definition of crime is viewed in many ways. Jurisdictionally, a crime means any criminal conduct of human being and subject to criminal law. In terms of criminology, any actions that are not approved by society are defined as crimes. This means that any actions that are anti-social and harmful and irritating the community in criminology can be regarded as a crime. Factors causing criminality such as theft or robbery are endogenous and exogenous factors. Margaretha says that criminal acts occurs when a person violates the law either directly or indirectly, or a form of negligence that can result in punishment. Davies, Hollind, & Bull (2008) in Margaretha said that in a moral perspective where behavior can be called a crime if it has two factors: 1) mens rea (existence of intention to conduct behavior), and 2) actus Reus (behavior implemented without coercion from others).

C. Relationship of Depression, Anxiety and Stress with Criminal Acts

Depressed people are three times more likely to commit violent crimes. Depression is the most common mental health condition. The research in Sweden crime and medical data found that depression is associated with an increased risk of a person committing violent crime (<http://www.nhs.uk>). Several other studies have found a link between aggressive behavior and violence with depression. Modestin et al., in Stephani (2015) mentioned that the existence of affective disorder can be a risk factor of criminal behavior. This study used 261 male patients who had been treated at least once in a psychiatric facility. All these patients were diagnosed with bipolar affective disorder or with mild, severe or intermittent depression. They mentioned that patients with affective disorders were more likely to commit a crime than those who did not suffer from the disorder by a ratio of 42% affective disorder patients and 31% of people who had no affective disorder.

People with depression tend to behave roughly and not easily control their emotions. This is because people with depression have a distraction to accept reality so they do not feel that their actions are rude and threatening to others. Usually violence is committed to people close to them. According to Karidiff in Stephanie, Natasha and Djuanda (2016), people with depression are very dependent on their family and from that family; the most at risk of becoming a victim of violence is the mother, if the person depressed is a spouse or a son. From studies conducted on patients in mental hospitals who have committed acts of violence, 65% of their victims are family.

D. Statement of the Problem

With the research background and conceptual framework as described above, the formulation or identification of the problem can be stated as follows:

- a. What is the data profile of respondent related to this research?
- b. What are the factors that cause people to get depressed, anxious and stressed?
- c. What is the level of depression, anxiety and stress which experienced by students at UNAI Bandung?

- d. What can be done to prevent depression, anxiety and stress?
- e. What are the criminal actions that occurred in the UNAI environment and how to overcome or to reduce it?
- f. What is the relationship between depression, anxiety and stress with criminal acts either partially or simultaneously?

How the influence of depression, anxiety and stress in is regards to criminal acts either partially or simultaneously?

II. RESEARCH METHODOLOGY

The research design is descriptive correlation with cross sectional study approach. The study of descriptive correlational design is to understand the correlative relationship between variables; independent variables are depression, anxiety and stress with dependent variable is criminal act by student of Universitas Advent Indonesia Bandung. The approach used in this research is cross sectional approach meaning research subject only found once and measurement done simultaneously at the same time (Notoatmojo 2010 in Aulia 2012). In this study, researchers wanted to know what the effects of depression are, anxiety and stress in regards to criminal acts of students of the Universitas Advent Indonesia, Bandung.

The independent variables are Depression (X1), Anxiety (X2), and Stress (X3) while the dependent variable is Criminal Acts. Depression variables suggest more conditions than a state of sadness, when a person's depression conditions to cause disruption of daily social activities then it are called a depressive disorder. The variables were measured by survey using a certain questionnaire with Likert scale (1- 5) and results are processed and categorized by ordinal scale. Anxiety is a psychiatric state filled with worries and fears about something that might happen, both with regard to limited issues and strange things. Measurements were made by interviewing patients who used questionnaires in a structured manner. Scale size: ordinal

Stress is a form of tension from the physical, psychological, emotional and mental. This form of tension affects the daily performance of a person. Measurements were made by interviewing patients who used questionnaires in a structured manner. Scale size: ordinal. While criminality is an act done by a person addressed and can harm others. Someone commits a crime because of the intention and the opportunity to do so.

A. Research Instruments

The first instrument is the data respondent which conducted by the researcher. This instrument to get a picture of the characteristics of respondents covering age, sex, education level, faculty/program study, respondent's position in the family, age of parent, parent’s education, parent's job, and parent's income per month. The second instrument is to measure depression, anxiety and stress. The size of depression was adopted.

TABLE I: STANDARDIZE THE LEVEL OF DEPRESSION, ANXIETY, AND STRESS

| Level | Depression | Anxiety | Stress |
|-------------|------------|---------|---------|
| Normal | 0 – 9 | 0 – 7 | 0 – 14 |
| Mild | 10 – 13 | 8 – 9 | 15 – 18 |
| Moderate | 14 – 20 | 10 – 14 | 19 – 25 |
| Severe | 21 – 27 | 15 – 19 | 26 – 33 |
| Very Severe | >28 | >20 | >34 |

III. RESULTS

- a. There are 40.00% of respondents are the eldest in the family and 28.21% as the youngest child. 15.71% of respondents have a large family means over 5 and up to 11 brothers. Majority education of parents is high school level (60.00%). Most of them are self-employed 37.86%, farmers are 24.64% and employees are 22.50%. Monthly income of parents indicates that 58.57% is less than Rp 4 million; while the range of 4 - 8 millions is 29.64%.
- b. The main causes of depression, anxiety and stress are feeling useless and unnecessary (44.6%), feeling uninterested in the opposite sex (42.5%), finding it difficult to do the usual things (37.7%), and often having trouble sleeping on night (31.4%).
- c. Depression: 2.9% who suffered very severe, 8.6% experienced severe, 22.1% had moderate, and 18.2% had mild; The anxiety: 17.9% experienced very severe, 23.6% experienced severe, 26.8% experienced moderate, and 12.5% experienced mild and only 19.3% who do not experience feelings of anxiety; Levels of stress: 1 person who experienced heavy severe, 8.9% experienced severe, 20.7% experienced moderate, and 20.4% mild, and 49.6% are still normal or not experiencing stress.
- d. There are 20.35% of the respondents can not overcome or prevent depression, anxiety and stress.
- e. The level of criminal acts in the respondent's environment is showing the seriousness (50.4%), the insecurity if the nightclub (41.8%), the criminal acts are teenagers and adults simultaneously (72.9%), often happens is destruction and theft (66.8%); Provide high disciplined, sanctions and penalties is very effective 36.4%; supervision of student activities on a regular basis also needs to be improved 31.4% very effective; enforcing a curfew for students also needs to be done where the figures show that 74.7% is very effective.
- f. Partially found that depression, anxiety and stress have no effect on the crime. But as simultaneously found that depression, anxiety and stress have a significant influence although weak (15.6%) against crime. While the strong influence (84.4%) is from other factors.

IV. DISCUSSION AND CONCLUSIONS

A. *Characteristic of Respondents*

By the distribution of questionnaires found that the characteristics of respondents will stated as follows. Male sex is 48.57% while women are 51.43%; Ages of respondents are range 19 years 41.07%, 20 years is 21.43% and 21 years is 16.79%; The results also showed that 40.00% of respondents were the eldest in the family and 28.21% as the youngest children; 15.71% of respondents have a large family over than 5 and up to 11 brothers; Most formal education of parent is less than high school level (60.00%) and undergraduate degree is 32.14%; The occupation of parents is: self-employed 37.86%, farmers and employees respectively are 24.64% and 22.50%; Parents' income shows that 58.57% less than Rp 4,000,000; while the range of 4 - 8 millions is 29.64%.

B. *Factors Causing Depression, Anxiety and Stress*

The results of the study found that the causes of depression, anxiety and stress can be seen in the following description: Feel lackluster and sad is 2.5%, often 17.5% and sometimes as much as 71.1%; Have trouble sleeping at night is 8.9%, often 22.5% and sometimes as much as 45.0%. Feeling tired for no reason is 2.9%, tired without clear causes and as much as 20.0%; It's hard to do the usual things as much as 2.1%, often is 34.6% and sometimes as much as 37.1%; Feeling uneasy and unable to calm down as much as 3.9% and sometimes feel restless as much as 63.2%; Feeling hopeless about the future as much as 2.1% and sometimes feel no hope is 32.1%; Feel useless and unneeded as much as 3.9%; Feeling not interested in the opposite sex as much as 6.8%. Based on the tabulation result from respondent data indicates mean value of 3.11. This value means that respondents often feeling experience that cause depression, anxiety and stress.

C. *Levels of Depression, Anxiety and Stress of UNAI Students*

Based on the tabulation results found that the level of depression, anxiety, and stress can be seen on the explanation, among others: there are 8 people (2.9%) who suffered severe depression, 24 people (8.6%) suffered severe depression, 62 people (22.1%) had moderate depression, and 51 people (18.2%) had mild depression. But there are 135 people (48.2%) are not depressed. The anxiety condition of the respondents, namely: 50 people (17.9%) experienced severe anxiety, 66 people (23.6%) experienced severe anxiety, 75 people (26.8%) experienced moderate anxiety, and 35 people (12.5%) experienced mild anxiety. However, 54 people (19.3%) were not anxious. While the stress level of respondents, among others: 1 person who experienced very severe stress, 25 people (8.9%) experienced severe stress, 58 people (20.7%) experienced moderate stress, and 57 people (20.4%) experienced mild stress, and 139 people (49.6%) did not experience stress.

D. *Prevent Depression, Anxiety and Stress*

According to the results of data processing found that about 20.35% can not overcome or prevent depression, anxiety and stress. The results show how to prevent depression, anxiety and stress, can be seen as follows: An irritable person indicates that 51.0% of respondents can not control their own emotions; do not like being arranged 48.9%; there are 20.0% said they did not like the new environment; 22.2% did not feel at home; 27.9% of respondents have and desire to avenge their resentment; 18.2% of respondents who do not like group work; 6.4% of respondents who did not like his family; 6.4% do not want to care about the difficulties experienced by the family; 20% of respondents unable to control themselves; 17.9% of respondents said that in their families there were frequent quarrels; 15.3% of respondent's shows very less communication between parent and child; A total of 12.5% of respondents said that in their families rarely do worship; 12.1% do not seem to care though often go home late at night; The respondent's personal opinion is often not appreciated; it is stated by 25% of respondents. And there are 7.8% of

respondents who want to try new things in their life such as to smoke, drink and other.

E. Criminal Acts in the UNAI Environment

The results indicate that the level of crime in the respondent's environment is showing the seriousness (50.4%), insecurity if the nightclub (41.8%), who committed crime are adolescents and adults simultaneously (72.9%), which often happens is destruction and theft (66.8%). Security supervision by apparatus is stated with 42.9% very effective, adequate and more effective 49.6%; Respondents stated that legalizing for using alcohol / drugs / cigarettes and the like is not effective 55.7%; Provide disciplined sanctions and high penalties is very effective 36.4%, adequate and more effective 50%; supervision of student activities on a regular basis also needs to be improved is 31.4% very effective, 55.4% indicates sufficient and more effective; enforcing a curfew for students also needs to be done where the figures show that 74.7% is effective and very effective.

F. Analysis of Coefficient Correlation and Regression Analysis on Effects of Depression, Anxiety and Stress regards to Criminal Acts

Correlation analysis between independent variables such as depression, anxiety and stress with the dependent variable such as criminal acts is to know the extent of their relationship. The correlation between depression and crime is -0.402; anxiety about crime is -0.250; and the stress on crime is -0.320. These three variables (depression, anxiety and stress) have a correlation in reverse meaning that the higher level of depression, anxiety and stress then lower of criminal acts.

G. The Effect of Depression, Anxiety, and Stress Partially Against Criminal Acts

The analysis result shows that t-count was -6.847 for depression. With a significance level of 0.05 ($\alpha = 0.05$) and degrees of freedom n-2 or (280 - 2 = 278) obtained t-table of 1.662. When t-count < t-table (-6.847 < 1.662) for depression, thus Ho is accepted and Ha is rejected, means there is no positive and significant influence partially between depression and crime. Anxiety analysis found that t-count was -4.310. With a significance level of 0.05 ($\alpha = 0.05$) and degrees of freedom n-2 or (280 - 2 = 278) obtained t-table of 1.662. It is mean that t-count < t-table (-4.310 < 1.662) for anxiety, thus Ho accepted and Ha rejected, meaning there is no positive and significant influence partially between anxieties with criminal acts. As for stress analysis found that t-count is -5.263. With a significance level of 0.05 ($\alpha = 0.05$) and degrees of freedom n-2 or (280 - 2 = 278) obtained t-table of 1.662. It is shows that t-count < t-table (-5.263 < 1.662) for stress, thus Ho accepted and Ha rejected, meaning there is no positive and significant influence partially between stress and criminal action.

H. The Influence of Depression, Anxiety and Stress in Regards to Criminal Acts as Simultaneously

This analysis obtained that coefficient of determination is 15.60% means it has a positive and significant influence simultaneously between depression, anxiety and stress on criminal acts. It is also shows that F-count is 16.633 and F-table

with denominator (280 - 3 = 277) is 3.10, then F-count > F-table (16.633 > 3.10). Thus Ho is rejected and Ha is accepted, meaning that there is a simultaneous influence between the variables of depression, anxiety and stress on criminal acts. In other words, the variables of criminal acts of the students at UNAI Bandung can be explained by using depression, anxiety and stress variables 15.60%, while other influence of 84.40% is the influence of other factors.

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