

BMHP4003 Psychology for Health and Social Care
Case Study

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Introduction

The term "behaviour" refers to all of an organism, person, or system's actions or responses in response to a certain set of conditions. External inputs or stimuli are likely to be to blame, regardless of whether they are internal or external, conscious or subconscious, overt or covert, deliberate or unintentional. The majority of the time, these motions, behaviours, and processes are triggered by factors that originate from inside the body or the outside environment. However, the study must be conducted objectively for the findings to be credible and recognised by the academic community (Steinmetz et al., 2016). In addition, there are also: "Offending behaviour" may refer to the violation of a rule or legislation, which is also known as "transgressing against." Even though the term "re-offend" relates to the behaviour of a person who has previously committed wrongdoing ie., committing another crime that the majority of ex-convicts commit a second offence upon release. Future misdeeds are more likely to be committed by a young offender. According to experts, sexual criminals seldom commit other crimes (Rich et al., 2015).

In this stance, this paper aims to analyse the reoffending behaviour of Gareth Jones, who has come under the Youth Offering Team or YOT to be dealt in. To analyse the causes of Gareth Jones's reoffending behaviour, the paper demonstrates three crucial psychological theories, i.e., Social Identity Theory, Theory of Planned Behaviour and Frustration Aggression Hypothesis.

Social Identity Theory

Azjen's theory of planned behaviour (TPB) claims that a person's desire to participate in a given behaviour, such as gambling, may predict whether they will do so. According to the research, "intentions capture the motivating aspects that lead to a behaviour; they reflect how far people are willing to go" More desire increases the chance of success. TPB is a useful tool for learning about health. Anti-drug programmes contain information about drug use and smoking prevalence to change people's notions of normal (Ajzen, 2020).

According to the study, just placing individuals into various groups increases the likelihood that they would see themselves in terms of their group membership. This was shown by how the group members saw themselves as members of the group, as is evident in the case of Gareth Jones. This sorting into groups also led Gareth to bias and prejudice towards members of other groups, indicating that there may be a conflict between his even when they are not directly competing (Steinmetz et al., 2016).

According to this theory, **social categorisation** is the first step in gaining a better understanding of the social environment around Gareth. During this period, individuals are divided into many social groups, as Gareth is involved in a group of offenders. Using this strategy, Gareth

Jones may categorise based on his own characteristics since Gareth is assigned to social groupings that have little to do with his individual characteristics (Kan and Fabrigar, 2017).

Social identification occurs when an individual such as Gareth recognises that he is a member of a certain group of offenders. People like Gareth, who have a strong sense of group membership, are more likely to behave as other group members anticipate as he has turned towards reoffending. Gareth would have felt emotionally linked to his group members in which he is participating as a consequence of this process. Therefore, the reputations of the several groups to which they belong impact how they see themselves (Rich et al., 2015).

People compare their group's rank and social position to that of other groups in the third phase, known as "**social comparison**." In this stance, Gareth's self-esteem can be maintained by the belief that his standing in their in-group is superior to that of the out-group (Hogg, 2016).

Theory of Planned Behavior

Azjen developed the theory of planned behaviour (TPB) in 1985, which states that an individual's desire to engage in a certain behaviour, such as gambling, may be used to predict whether or not they will actually engage in that behaviour. According to the study, "intentions are believed to capture the motivational elements that lead to a behaviour; they reveal how far individuals are ready to go and how much effort they intend to do to do the behaviour." In general, the more the desire to accomplish something, the greater the likelihood that it will occur. TPB is a beneficial instrument that has been used in the past to assist individuals in learning about their health (Scheepers and Derks, 2016).

Personal attitude is how individuals such as Gareth feel about an activity or a habit, i.e., reoffending behaviour. When selecting what to do, he may consider all available information, including his attitudes, knowledge, prejudices, and other negative and positive aspects. For instance, Reoffending may help him feel linked with his group and increase his happiness (Guan and So, 2016).

Subjective norms, in the case of Gareth Jones, are those that consider how the YOT team prioritise and views Gareth towards his certain behaviour of reoffending. However, Gareth. It matters less what others think than how well he comprehends what he is expressing towards reoffending behaviour.

Perceived behavioural control is the degree to which people believe they can control their actions, in the case of Gareth. This relies on how he perceives both internal and external elements, such as his own abilities and degree of determination, as well as the tools and assistance available to him, like YOT. According to this hypothesis, Gareth's perception of his

power to regulate his actions has two distinct outcomes. It alters his intended course of action of avoiding reoffending since the more control he believes he has over his actions, the more likely he is to behave accordingly (Appleby et al., 2015).

Gareth's impulsive acts and fast judgements reveal how the theory explains teenage delinquency and antisocial behaviour. Gareth's reoffending behaviour is likely akin to other forms of behaviour and directly driven by how he perceives the incentives and costs of reoffending. Gareth's fast conclusions may be the result of a decision-making procedure that favours him (Breuer and Elson, 2017).

Bob assumes criminal behaviour will be driven at least in part by perceived benefits and Gareth's subjective assessment of those benefits, despite the fact that these subjective assessments are often inaccurate and influenced by a decision-making process that lacks planning and places more emphasis on the immediate action than the long-term effects of such reoffending behaviour. Gareth's chances of committing another crime rely on his subjective standards, opinions, and likelihood (Jonas-van et al., 2020).

Gareth's ability to control his own behaviour was key to identifying his intentions. Given the relevance of PBC in forecasting Gareth's future intentions to re-offend, criminal behaviour is not beyond a person's control. Before changing or stopping their illegal behaviour, young offenders must handle several challenges and gain many resources.

Personal norm, a strongly held belief that executing the conduct in question is either right or wrong, was the second most reliable indicator of Gareth's reoffending intentions. Gareth and others who break the law and want to do it again typically feel their actions are natural or ethical.

Gareth's opinions predicted his future criminal behaviour and reoffending the third highest. This is consistent with previous studies and ideas on attitudes toward intentions. Personal factors impact re-offending intentions through the predictive power of attitude, a personal variable. Gareth's personal circumstances impact his risk of committing another crime proportionally to his personal standards (Appleby et al., 2015).

Frustration Aggression Hypothesis

According to the frustration-aggression hypothesis, anger leads to violent behaviour. A person experiences dissatisfaction when an event or stimulus prevents them from achieving a goal or compels them to do more. When external factors impede the individual, like Gareth's attempts to achieve a goal, i.e., the intention to re-offend, he experiences unhappiness. Thus, his impulse of Gareth to be furious increases, which may result in Gareth's aggressive behaviour towards YOT.

According to the findings of Bob, violence is an all-too-common reaction when someone believes that others are intentionally and unjustly hindering their chances of achieving their objectives. This is particularly evident in the case of Gareth Jones, as YOT has been hindering his reoffending intentions; therefore, he expressed aggression towards YOT. Notably, this theory believed that anger and aggressiveness extended to both humans and animals, as well as to both groups and individuals. Thus, it is always essential to consider the likelihood that a stressed human such as Gareth would respond violently (Guan and So, 2016).

Lastly, the theory discovered that the connection between feeling irritated and being angry, as Gareth showed, was more complex than he had originally believed. In his most effective modification to the original frustration-aggression theory, American social psychologist Leonard Berkowitz said that irritation is a psychologically unpleasant emotion that may increase the likelihood of violent behaviour of individuals such as Gareth. The premise of Berkowitz's argument is that when individuals are upset, as shown in the case of Gareth, that he intends to re-offend and are hindered by the actions of YOT, he behaves more aggressively. According to Berkowitz, a person's propensity to engage in violent behaviour, as Gareth, relies on whether or not anything makes them feel horrible. Furthermore, rage is not the only negative emotion that may motivate someone to act violently (Breuer and Elson, 2017).

Conclusion

According to Social identity theory, just placing individuals into various groups increases the likelihood that they would see themselves in terms of their group membership. In this stance, Gareth's self-esteem can be maintained by the belief that his standing in their in-group is superior to that of the out-group. The theory of planned behaviour holds that adolescent delinquency and antisocial behaviour are produced by illogical actions, such as acting impulsively and making hasty judgments, as shown by Gareth. According to the frustration-aggression hypothesis, YOT has hindered Gareth's intention of re-offend; therefore, he expressed aggression towards YOT. It was shown that the perspectives of juvenile offenders and their perceived behavioural control (PBC) over future crimes of Gareth were strongly related and excellent indicators of whether they will commit new crimes. Researchers discovered that PBC was the most precise method for predicting intent, as shown in the case of Gareth.

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