

the feeling of being excluded from society

testing its link
to delinquent behavior
through short-term mindsets

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Johanna
Maerker

tion leads to anger and aggression include: rejection as a source of pain, rejection as a source of frustration, rejection as a threat to self-esteem, mood improvement following aggression, aggression as social influence, aggression as a means of reestablishing control, retribution, disinhibition, and loss of self-control.

A broad category of behavior, aggression is influenced by an array of biological, psychological, interpersonal, and cultural factors. Behavioral researchers have examined the effects on aggression as diverse as hormones, brain abnormalities, attributions, ego-threats, observational

ship, poverty, or drug use. Furthermore, as we will see, rejection has been implicated in an array of other aggressive behaviors in everyday life, including domestic

The Outcast-Lash-Out Effect in Youth: Alienation Increases Aggression

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social exclusion makes antisocial behavior more likely

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behavior. Garbarino (1999) found that many perpetrators of violence are young men who feel rejected by family members, peers, and society in general (see also Walsh, Bever, & Petee, 1987). Developmental psychologists have shown that aggressive children have fewer friends and receive less acceptance from the peer group (Cobie, 1990; Newcomb, Bukowski, & Pattee, 1993). Adults demonstrate this pattern as well: Single men commit more crimes than married men do, even when age is controlled (Sampson & Laub, 1990, 1993). Having at least one stable relationship (a marriage) seems to inoculate against criminal behavior.

A possible link between social exclusion and aggression may be important for understanding recent changes in American society.

found that Americans are now less likely to join community organizations and visit friends than they once were. The proportion of the population living alone has nearly doubled in recent decades, from 13% in 1960 to 25% in 1997 (U. S. Bureau of the Census, 1998). In step with this rising tide of aloneness, violent crime has skyrocketed, property crime has increased, and people trust and help each other less than they once did (Fukuyama, 1999). In fact, Lester (1994) performed a time-series analysis and found that statistics measuring social integration (e.g., divorce, marriage, and birth rates) showed a nearly perfect correlation with homicide rates. Mental health professionals, educators, policy makers, law enforcement officers, and others who must deal with social problems may find it useful to know whether a loss of social

antisocial behavior



weakened bonds between the individual and society increase the likelihood of delinquent behavior (Hirschi, 1969)



need to belong



= a profound desire to be accepted by others and to feel connected to groups and society (Baumeister & Leary, 1995)

need threat model of ostracism
Williams (1997, 2009)

 need to belong → prosocial behavior

 need for control → aggressive behavior

need for control

need to belong

Short-term mindset



a tendency to focus on present versus future outcomes
(Kübel et al., 2023; van Gelder & Frankenhuys,
forthcoming)

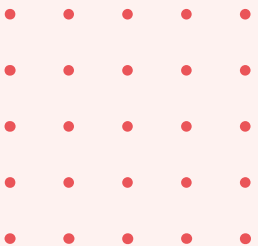
→ delinquent behavior

To what extent is the feeling of being excluded from society associated with later delinquent behavior?



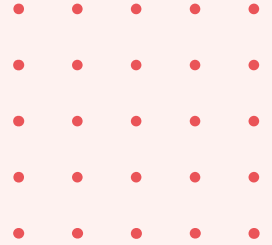
Can this relationship be explained by short-term mindsets?





perceived societal exclusion

„I have the feeling that I’m not really part of society“



short-term mindset



impulsivity

„I often act on the spur of the moment without stopping to think.“

sensation seeking

„Sometimes I do dangerous things just for the fun of it.“

future orientation

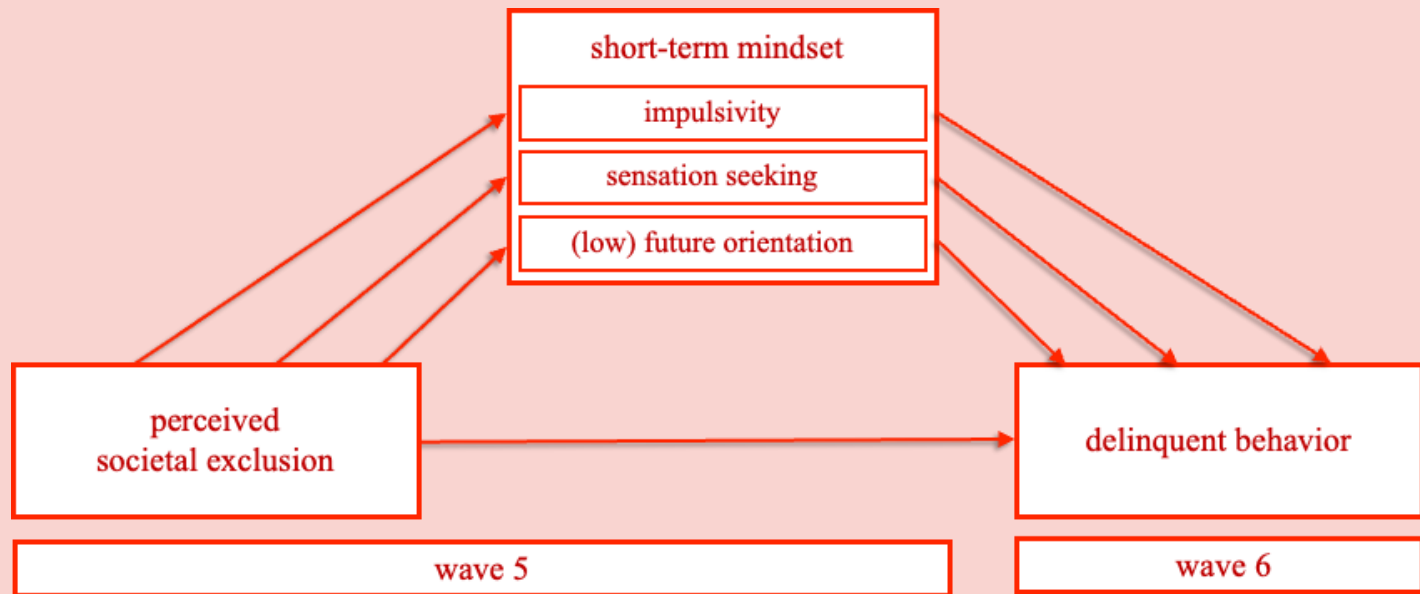
„I try hard at school to have a good job later in life“

delinquent behavior

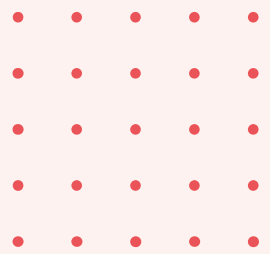
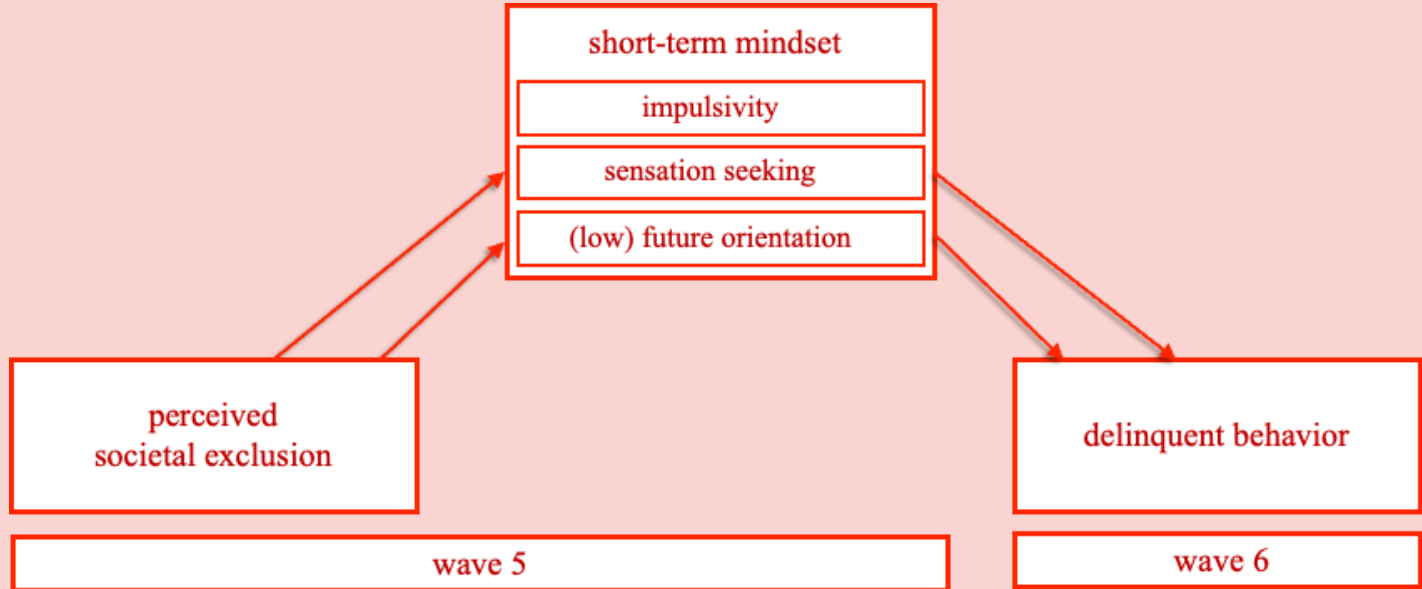


„In the last year, have you threatened anyone with violence to obtain money or things?“

path model



Results



theoretical implications




→ weakened bonds between an individual and society are associated with later delinquent behavior

→ mediating role of short-term mindset 

→ later delinquent behavior 

control theories

→ perceived societal exclusion indicates a diminished sense of belonging and a lack of control

→ in response, individuals focus more on the present and adopt a short-term mindset 

need threat explanation

limitations

- poor model fit
- weak construct validity for delinquent behavior
- limited variability of the data
- findings may not generalize to other age groups and populations

strengths

- study significantly advanced the understanding of social exclusion
- investigate perceived societal exclusion
- investigate link to delinquent behavior → close a gap in literature
- data from an extensive longitudinal research project including a large and representative sample
- study critical developmental period of adolescence

future research

perceived societal exclusion

normlessness

reciprocal relationships

trust

delinquent peer affiliation

link between interpersonal and societal level exclusion



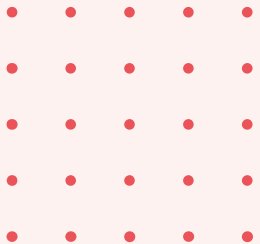
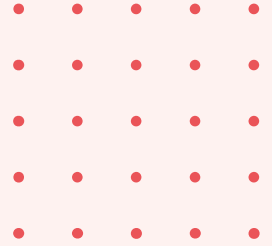
counteracting societal exclusion

interpersonal relationships as a viable starting point

alternative strategies to regain control and restore a sense of agency

address short-term mindset

Interventions might be beneficial for adolescents who feel
excluded from society





**Thank
you for
listening!**

- • • • • thanks to Sebastian Kübel for his
- • • • • outstanding supervision throughout my
- • • • • master's thesis