



Unmasking deviance: How control, opportunity, and self-regulation shape criminal behaviour?

¹Mac Thomas,*

¹Department of Philosophy, University of highlands and islands, Scotland

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Abstract: The relationship between individual personality traits and criminal behaviour is well established across various fields. Offenders are often more likely than others to engage in crime when exposed to problematic situations. However, differences in individual control within social contexts may explain varying levels of deviance. This theoretical review aims to identify key variables that lead to behavioural imbalance and deviant actions. Relevant literature on behavioural control and deviance was analysed. The findings indicate that five main variables influence deviant behaviour. First is the level of control, reflecting a person's ability to anticipate correct behaviour and avoid deviance. Second is opportunity, linked to one's role, appearance, intelligence, and social connections. Third are restrictions and motives, where restrictions stem from social values and motives arise from family or societal persecution. Fourth is the causal sequence, meaning repeated psychological or social shocks that push individuals toward deviance. Fifth is self-control, shaped during childhood through experiences of discrimination or lack of safety. These factors are critical indicators that may predispose individuals to criminal activity. This study offers a theoretical base for future research and guidance for institutions aiming to develop behaviour-modifying social policies. The study recommends conducting further research in this field across diverse social and cultural contexts in order to deepen understanding and enhance the generalisability of findings. It also suggests employing a variety of methodological approaches, including longitudinal designs and mixed methods, as these may contribute to producing more robust, comprehensive, and reliable results.

Keywords: *Behaviour of individuals, criminal behaviour, social situations, personality*

* Corresponding author. Email: thomasmiki@gmail.com

Introduction

Control balance theory (CBT) is a leading contemporary theory of crime and delinquency proposed in Charles Tittle's *Control Balance: Toward a General Theory of Deviance*, (1995). Tittle used the concept of control to explain deviation, by which he means an individual or group dealing with something or hindering it's ability in doing so. CBT assumes that globally or locally, the proportion of control varies between individuals. The theory also assumes that each individual has a hidden willingness to submit to control and exercise control. This willingness in an individual may rise to the same level of emotion among individuals in an imbalanced event in control balance and may cause either a lack or an increase in control. Tittle (2004) claims that deviant behavior is the typical action of an individual or group in an attempt to increase its control, even though it generates a desire for more control stemming from feelings or consciousness.

The year 1990 witnessed the introduction of two critical theories in criminology, namely; the General Theory of Crime by Hirschi & Gottfredson, and in 1992, the Theory of General Strain, by Agnew, which postulates individuals can be pressured into crime. This achievement roused the interest of many sociologists and criminologists in verifying the fundamental factors of deviation, and many studies have indicated that self-control is a broad indicator of the occurrence of deviant and criminal behaviours, which is an aspect of the theory that interests many prominent scientists including; (Pratt & Cullen, 2000; Vazsonyi, Junger, Pickering, & Helsing, 2001; Perrone, Sullivan, Pratt, & Margaryan, 2004; Langton, Piquero, & Hollinger, 2006; McGloin, Sullivan, Piquero, & Pratt, 2007; Reisig & Pratt, 2011; Holtfreter, Reisig, Beaver, & Pratt, 2010; Franklin, Bouffard, & Pratt, 2012; Reisig, Wolfe, & Pratt, 2012).

In 1995, by analysing these theories, Tittle put the basis for a general theory of deviance called CBT, which aimed to define all | types of deviation, and defined deviation as any undesirable behaviour in society (Titel, 1995, 124). This theory is based on the control ratio, which refers to the relationship between the amount of control a person is exposed to and the amount of control an individual exercises. In this case, the individual has several options, which would reduce the interference of others in relieving him, and determine the equilibrium rate of control. If the rate of control is in equilibrium, it can lead the individual towards compliance. However, if the rate of control is unbalanced, it can lead the individual towards deviant behaviour, thus hampering the progress of the individual and society.

In addition, self-control defects predispose the individual to various forms of deviation, such as exploitation, theft, and decadence, while control deficit occurs when an individual is exposed to a control

surplus that exceeds their ability to control, which increases the likelihood the individual may engage in deviant behaviour, including physical abuse, sexual assault, crimes against others' property and money, defiance, and disobedience to orders or submission. Tittle also believes that a defect causes the actual deviation in the control ratio because of the interaction of a set of situational variables, namely motives, obstacles, and opportunities, which appear because of provocation and urging. Therefore, obstacles refer to the amount of expected risk, while opportunity refers to the individual's ability to invest in activities and their ability to achieve the goal. Victimization, for example, is a crime that results from circumstantial provocations, such as insults, that lead to a defect in control (Piquero & Hickman, 2003).

Sociologists believe that stability and balance in the human community last for longer periods than does conflict in societies and between individuals. Hence, scholars and intellectuals have studied the factors of stability and social control since ancient times. While researchers have been interested in exploring the social system and its institutions because of their importance in controlling the behaviour of individuals, sociologists and criminologists have studied social control from many aspects, as it constitutes a factor that significantly affects the behaviour of individuals and the family as a social institution toward the upbringing of its members and serves as a means of social control over the behaviour of children. The process of exercising discipline affects children and contributes to the formation of the individual's personality. In addition, the failure to exercise control may lead to juvenile delinquency and socially unacceptable behaviour, as indicated by scholars who have studied the effect of control on the behaviour of individuals, most notably Hirschi and Tittle, who perceive control as a strong factor leading individuals to commit crimes.

This study deals with the descriptive analysis of the CBT and how it analyses crime in general. It aims to identify the philosophical basis of the theory and theoretical statements and to identify the role of the control imbalance that leads to crime. This study also attempts to identify major crimes that occur due to the imbalance of social control.

There have been no Arab studies of the balance of control. However, some foreign studies have tested Tittle's CBT. Piquero and Hickman (2003) conducted a study aimed to identify the relationship between the control rate and deviation. The study sample comprised 253 students from Northeastern University, and results revealed a strong relationship between lack of control and deviation, as individuals who do not have the ability to control are more likely to commit crimes of abuse.

Christopher and Tewksbury (2005) conducted a study of 460 undergraduate students to identify the role of control exerted on individuals as well as the role of limitations and a sense of humiliation in the process

of adjusting balance and its effect on violence. The results of the study also partially supported the theory of control balance, indicating that both excess control and deficit control have important links to deviation.

Wildman (2007) aimed to identify the levels of discipline imposed on prisoners residing in the Wisconsin State Centre (WRC). The study sample comprised 50 imprisoned convicts, who were studied to identify the effect of engaging in deviant behaviour in conjunction with demographic variables and issues related to delinquency among prisoners. The study showed that prisoners who have a lack of control are more prone to deviant behaviour

Baron, Forde, and Kay (2007) aimed to identify how the prevalence of a sense of poverty, hunger, and homelessness among youth and the control of these difficult circumstances impacted their commission of crimes. The study also aimed to identify the effect of self-control of the individual and friends on deviant behaviours. The study sample comprised 400 homeless youth, showing that both shortages and increases in control are mainly related to the crimes of assault, theft, burglary, and property damage.

In the same field, Fox, Nobles, and Lane (2014) aimed to test Tittle's theory on control balance. The study sample comprised 2345 prison inmates, of whom 1746 were male (73.33%) and 599 were female (24.81%). The study concluded that a decrease or increase in control leads to a significant increase in the commission of offenses among men and that the increase and decrease in self-control are also associated with the commission of a variety of crimes.

Problem

Crime is one of the most common issues and phenomena that limit societal development and advancement, especially in the developing world. People following social trends have interpreted crime from many aspects and applied various theories to identify the factors that lead to crime including; family, environmental, and psychological backgrounds and other problems. However, their results have not always been consistent. This study thus seeks to form the sociological basis from which researchers may apply the theory of balance control in research on social deviation, as well as illuminating a theory that can be tested in an environment different from those in which it originated. This will motivate researchers and scholars in the field of sociology to search for new theories in the study of social problems.

Objectives of the Study

This study aimed to explicate the theory of social control balance and how it explains crime.

The study objectives were defined as follows:

1. To identify the philosophical foundations upon which CBT is based.
2. To identify the most important assumptions and arguments of CBT.
3. To identify the types of crimes that occur due to the imbalance of control.

Questions and Hypothesis

This study seeks to answer the following main question: What are the theoretical foundations and analytical dimensions of Control Balance Theory in explaining the causes and patterns of deviant behaviour?

Literature review

Different studies have examined CBT and more specifically how control can induce or prevent violence in order to determine where the need or expectation of control arises.

Kabiri et al. (2021) sought to explain the risks of victimization during cyberstalking through a sample of 408 university students. The study found a significant relationship between online friends' behaviour and the inability to self-control.

Kanvinde (2020) examined a sample of 53 police officers to identify the effect of lack of control on delinquency, the results of the study came to the existence of a strong relationship between lack of control and the occurrence of undesirable behaviour. Thus the possibility of violation of the law can be foreseen. Sciarrotta et al (2020) sought by testing 180 individuals to identify the relationship of an individual's personality traits with exposure to cyberbullying. The results of the study found that 21% of individuals were subjected to cyberbullying and that they had a control deficit.

Kumar (2020) studied seizure and crime to identify the impact of gun liberation on violent crimes and firearm deaths in 2019. The results indicated that the policy had no impact on firearm mortality, violent crimes, or gun ownership. In the same field, Hughes, Antonaccio, and Botchkovar (2015) examined balance control theory using corresponding data from a random sample of 700 adults in Lviv, Ukraine, in the summer of 2009. The results revealed that respondents with relatively large impairments in control were more likely to be expected to skew from norms compared to other respondents. In addition, the findings provide partial support for expected contingent relationships that involve restraint and self-control.

Hunt and Topalli (2019) researched the prediction of crime types in a corporate environment using CBT. They leveraged a unique data set on internal fraud investigations by a large US-based financial services firm to explore these concepts in the corporate sales environment. The study found that excess control

predicts a certain independent deviation, while control deficits explain some forms of oppressive criminality. The results also indicate that control imbalance is gradual in nature and not just a balanced/unbalanced binary opposition.

Another study applied balance control theory to examine sports doping among athletes. To explain why athletes use illegal performance-enhancing drugs, Kabiri, Shadmanfaat, and Donner (2019) Use Tittle's Behavioural Indicators to analyse a sample of 852 athletes to test assumptions about behavioral aspects. The results showed that through behavioural therapy it is possible to anticipate the doping behaviour of the athletes, and the results also showed that there is a control of the control by focusing on each of: self-control, opportunity, motivation, limitations, perceived benefits, and provocations.

Reyns et al (2019) study on estimating the level of cyberbullying among female university students. The theories of self-control, opportunity, and balance control were tested, with the aim of explaining cyberbullying through a sample (n = 1,987). The study found that the deficit in control caused exposure to cyberbullying, and that there was a relationship between excessive control and exposure to online abuse.

Barron 2017 researched how people's ability to exercise control affects their ability to move away from deviation through his eye of 235 individuals, and found that it is likely that the more an individual believes in punishment, the more he has the inability to control behaviour and thus fall into delinquency. Finally, Castro, Nobles, and Zavala (2017) examined the desired role in motivation and development in a study sample of 401 male and female students to whom a questionnaire was distributed online. The study showed a significant relationship between deficits in control and exposure to abuse due to females.

To the best of our knowledge, there have been no Arab studies of the theory of control balance. What distinguishes this study is that it provides a new environment for researchers from sociology and crime to adequately test on a theoretical basis, the theory of control balance.

Methodology

Research Design

The current study was conducted using analytical qualitative research, drawing on literature from books, studies, and research closely related to the main topic: the balance between social control and deviance. This was achieved by reviewing and analysing the works of numerous scholars who have addressed this subject, with particular emphasis on the contributions of Charles Tittle.

Sample and sampling

The study relied on a qualitative content analysis approach, implemented through a structured and systematic procedure. This began with a comprehensive review of the selected literature, followed by the identification and coding of theoretical perspectives related to social control and deviant behaviour. The coded material was then organised into five thematic categories developed by the researcher: levels of control, availability of opportunities, underlying motivations and constraints, causal sequencing, and self-regulation. The results were then cross-examined to highlight consistency and differences among the analysed works. This method was applied to a total of 32 academic sources, including peer-reviewed articles and theoretical contributions. The researcher focused on key concepts underlying the two axes of control and deviance, such as control balance theory, patterns of deviance, theoretical models, empirical assessments, causal mechanisms in deviant behaviour, gender differences, and the intersection of violence and social control, particularly in Scopus-indexed publications (see Table 1).

Table 1

Summary of Reviewed Literature on Social Control and Deviance within the Framework of Control Balance Theory

Author	Year	Title	Source	Indexed	Key Concepts	
Tittle, C. R.	1995	Control balance: Toward a general theory of deviance	West View Press	Scopus studies	Control balance theory, deviance	
Baron, S. W.	2017	Control Balance Theory	Encyclopaedia of Juvenile Delinquency	Scopus	Overview of theory	
Piquero & Hickman	1999	An empirical test of Tittle control balance theory	Criminology	Scopus	Empirical test of CBT	
Curry, T. R.	2005	Integrating motivating and constraining forces	Deviant Behaviour	Scopus	Causal chain in CBT	
Delisi & Hochstetler	2002	Exploratory assessment of CBT	The Justice Professional	Scopus	Youth survey & CBT	
Fox et al.	2016	Control balance behind bars	Crime & Delinquency	Scopus	CBT in prison	
Hickman & Piquero	2001	Gender, control ratios, and deviance	Deviant Behaviour	Scopus	Gender differences	
Higgins et al.	2005	CBT and violence	Sociological Focus	Scopus	Violence and control	
Hughes et al.	2015	How general is CBT? Ukraine evidence	Justice Quarterly	Scopus	Cross-national test	
Kanvinde, V.	2020	Connecting CBT and Police Cynicism	Doctoral dissertation	-	Police behaviour	

Theoretical Framework

Concepts

Control: The ability of individuals to perform and prevent actions that may cause an imbalance in the social system, and the ability to control the behaviour of others, directly or indirectly, within the available means.

Control balance: The individual's rate and ability to exercise self-control versus the control exerted on themselves.

Counter control: The rate of control exercised on an individual by other individuals.

Constraints: Restrictions referring to the risk, obstacles, and abuse that an individual is likely to face in the event of the resurrection of deviant behaviour.

Control ratio: The amount of control individuals have acquired through interactions with their family and the surrounding environment, measured by the amount of control that can be exercised on these aspects and themselves, as well as the amount of control that an individual is exposed to, as measured by the amount of control that an individual can exercise.

Opportunity: Opportunity refers to the extent to which an individual invests in activities and others to achieve goals and desires.

Deviance: The increase or decrease in the control rate for the purposes of this study.

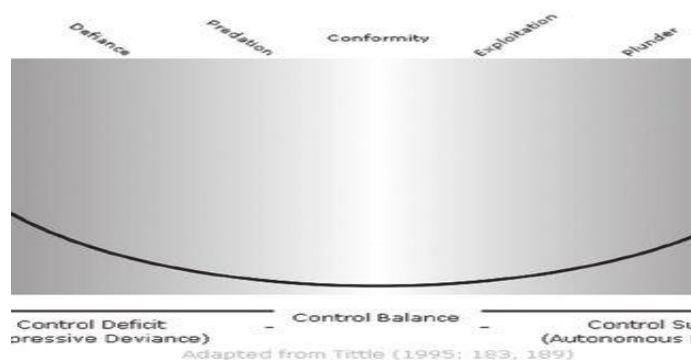
The original form of control equilibrium theory

The classical Control Theory maintains that dominant individuals who suffer from heavy censorship are less likely to deviate easily and respond to deterrence, whereas individuals without control are more likely to deviate than others. Tittle rejected the classical hypothesis and presented a new and different perspective in his balance of control theory (1995), in which he argued that lack of control might lead to oppressive forms of deviation. Tittle also emphasised that increased control may lead to crimes such as exploitation, plunder, moral crimes, and decadence. He describes this in the CBT thus: "The amount of control exercised on an individual who is subject to control does not lead to a loss of deviation, but rather it is likely to direct the individual's behaviour towards a specific form of deviation." Tittle's basic assumption is that the control rate determines deviant behaviour, that is, that there is a relationship

between the control rate and the pattern of deviant behaviour of individuals. In addition, increases and decreases in control significantly predict the effects on the individual (Piquero & Hickman, 1999, 319). The idea of social control includes control on the one hand and submission on the other, as well as instructional, educational, persuasive, and compliance aspects (conformity to standards). The adjustment is divided into three levels: the practice of control by one group over another group, the group exercising control over its members, and individuals exercising control over one another. It is possible to distinguish between two types of control: negative control, which imposes compliance with standards through harsh treatment and deterrence, and positive control, aiming to achieve new values and standards through modern methods (Badawi, 1999).

To clarify the previous process, we present an illustration of the control scale, as expounded by Tittle, and depicted in Figure 1, in which the deflection appears on both sides of the balance with positive and negative poles. This indicates excess control or lack of control, where it is assumed that both the low and high control states can lead to deviation (Piquero & Hickman, 1999).

Figure 1: adapted from Tittle (1995)



Tittle demonstrates that there are two states or two types of deviations that occur as a result of the adjustment process: The first case is when deviation occurs because of the imbalance of control, where individuals who have a control balance are less likely to encounter situations that activate the deviant impulse. In the second case, deviation results from the exposure of individuals to provocation and excitement, especially in situations and events that generate feelings of humiliation and insult, which undoubtedly lead to unbalanced control. Tittle adds that people who have control surplus are able to make more than one adjustment at the same time within a certain situation. They differ from individuals who

have control deficits, who lack control compared to people who have excess control. Thus, deviant behaviours will vary because of the difference between these groups (Tittle, 2004).

Tittle focuses heavily on the control ratio variable, which refers to the amount of control exerted by individuals versus the amount of control they undergo. The deviation occurs in a state of imbalance within the limits of control, whether involving an increase or a decrease in the amount of control. This means that a problem occurs when a defect occurs in the control ratio, which results in deviation (Alwarikat, 2013).

Tittle defines the concept of control equilibrium in a simple manner by referring to the rate and ability of an individual to exercise self-control versus the control exerted on them. According to Tittle, deviation occurs when the control ratio is not balanced in either direction within the control balance. That is, the individual is subject to an increase in control; however, if the control ratio is balanced, and the individual balances between the control exercised on them and their ability for self-control, then their behaviour complies with control balance. Most importantly, deviant behaviour occurs because of imbalances in control due to the presence of excess control and the inability to control, leading to non-compliance and thus escape and deviation.

According to Tittle, the effect of the control ratio impacts the type of crime committed by individuals. He contends that individuals who have a control deficit, as depicted on the left side of the previous figure, are prone to committing severe types of crimes, such as assault, sabotage, and non-compliance with orders, including predation. As depicted on the right side of the figure, individuals with an excess of control are prone to committing various types of crimes such as exploitation, plunder, degeneration, and indecent assault (Nobles & Fox, 2013).

The idea of deviation in the control balance

Tittle defines deviance comprehensively as: “behaviour that the majority rejects and considers socially unacceptable”; it is also this behaviour that usually elicits a negative response to the subject (Williams, 2008). Tittle identifies six different types of deviation, as depicted in Figure 1, which appear on both sides of the curve. While the right side represents an increase in control and contains crimes of exploitation, plunder, and moral crimes, the left represents a lack of discipline comprising crimes of predation (all types of physical abuse, including theft and sexual assault, property crimes, and sexual harassment), defiance crimes, disobedience to orders, submission, or surrender; and finally, the middle represents compliance and balance. Tittle identified the first type of deviation as predation crimes (1995).

The second type is called repressive deviance and is divided into two categories: The first challenges traditional norms and includes acts of vandalism and curfew violation, homosexuality, harsh treatment of one's spouse, and extramarital relationships. The second category is submission and surrender. It refers to the negative obedience that an individual displays to satisfy the orders of those in power. These include behaviour allowing the individual to be subject to physical abuse and humiliation (Piquero & Hickman, 1999).

In addition to this, Tittle refers to three types of deviation that occur as a result of defects in self-control: The first type is a form of indirect exploitation, for example, using others to perform nefarious activities such as the employer using a worker to harm another person for revenge. The second type includes looting and theft for the sake of private interest and benefit by individuals and organizations. The third type includes illegal actions committed by the influential owners of companies who dispose of toxic waste in rivers. Business owners carry out these actions because they are concerned about profits, which is a strong motivation for them to take advantage of vulnerable groups in society (Leeper & Piquero, 2006).

The main variables affecting the control balance process

The balance-of-control theory assumes that deviant behaviour is fundamentally the result of a complex system of causal relationships that includes a set of variables that stimulate or prevent deviation (Tittle, 2004).

Control ratio

The control ratio is related to the individual's accuracy and ability to control as well to maintain control balance by choosing deviant behaviour resulting from an excess or lack of control, which is in turn related to the extent of the individual's ability to expect correct or optimal behaviour. Thus, according to a specific percentage of control, maintaining certain actions so as not to fall into deviant behaviour resulting from an excess or deficit of control can lead a person to behaviours that may generate counter control. Such behaviours lead to unbalanced control. That is, the increase or deficit in control helps the individual's or group's vulnerability and impulsiveness toward deviation, and the greater the imbalance in control, the greater the opportunity for deviation. The theory defines the adjustment rate in the balance (Figure 1) refers to the ratio of the amount of the maximum decrease in control to the amount of the maximum increase in control, and the middle area of the curve is distributed in a degree approximately equal to the rate of adjustment (Tittle, 2004).

The basic principles of the balance of control theory as defined by Tittle indicate that individuals commit deviant behaviour in the first place because of an imbalance in the rate of control and control practiced

in life, where individuals who are characterised by less control are more likely to engage in deviant behaviour. In addition, individuals who have an excess of control are likely to perform perverse acts to maintain their control or increase their control over others; that is, what affects the basis of the deviation is the ratio or amount of control (Fox, Nobles, & Lane, 2016).

The difference in the practice of rate of control among individuals can be attributed to the individuals' experience in exercising control due to the roles and status that they occupy, their personal characteristics and appearance, their reputation and intelligence, and the characteristics of their social capital, such as belonging to a particular family and their personal relationships (Curry, 2005).

The researchers also believe that the imbalance in the control rate exercised on the individual within the family is directly related to children's delinquency, as indulgence or neglect in dealing with a child leads to rebellion and hostility. Additionally, increased control along with corporal punishment may be one of the most harmful factors affecting the behaviour of a child leading to subsequent delinquency, as the method of physical punishment and excessive control can provoke feelings of hostility and aggressive behaviour among children as a means of revenge (Alrashedy, 2000).

Opportunity

The *Opportunity* refers to the extent to which an individual invests in activities and other people to achieve goals and desires. The deviant behaviour here is expected to originate in the fact that the deviant individual has the means and methods to practice the expected behaviours, and the means for carrying out the deviation are not available to everyone, as, for example, the fact that a person riding in a car cannot punch a victim when the vehicle passes. Instead, as the perpetrator must meet the victim face to face, the opportunity for assault must be well prepared for the perpetrator, so the opportunity here is the physical confrontation (Tittle, 2004).

Opportunity is considered one of the main factors that determine the type of deviant behaviour chosen by an individual. The opportunity for the individual to choose a specific behaviour is affected by a set of factors, namely, the ethical obligations of the individual and their personal tastes and experience, which include the individual's roles and positions, characteristics and personal appearance, reputation and intelligence, and social capital (belonging to a family and personal relationships). Consequently, the individual's choice of behaviour is limited by the balance of control, according to which the deviant behaviour will be chosen (Curry, 2005).

Constraints and motives

Restrictions indicate the risk and abuse that an individual may face from deviant behaviour; limitations are important because the agent considers the potential gain from the deviant behaviour when a lack of control occurs. In addition, the deviation is due to motives and restrictions, which are affected by the five factors of self, family, school, peers, and work. Furthermore, deviation occurs when the motivation to perform the deviant behaviour is high when there are low restrictions. Society exercises control over individuals through their knowledge that society is watching them and that their actions will be discovered, subjecting them to punishment. Moreover, these restrictions come from informal sources such as family or friends and official sources such as schools, police, and courts. Thus, individuals refrain from deviating when they feel the possibility of detection and exposure to punishment because these restrictions include standards, norms, and the law (Zhang, Day, & Cao, 2012).

In contrast to restrictions, motives encourage individuals to participate in delinquency, and the motivation to deviate may be due to coercion and the use of force. Individuals who suffer from oppression in their homes are more vulnerable to delinquency and deviant behaviour. Tittle assumes that motivation alone cannot predict the strength of deviation and anticipate the specific patterns of deviation. However, there is a need to examine the interaction between the motives and restrictions that the individual may be exposed to. While Tuttle defines limitations as those factors that constitute an obstacle to the individual or the potential exercise of control over the individual, a constraint is a product of three factors: the control ratio, the seriousness of the act, and the size of the expected opportunity to detect the behaviour, here called risk (Piquero & Hickman, 1999).

Causal sequence

When individuals are exposed to provocations or challenges, they will realise that their control of the behaviour is not balanced, and thus they perceive that deviation will alleviate the problem; therefore, individuals will be ready to deviate. The greater the challenges related to the imbalance of control, the stronger the motivation for deviation, and the greater the disposition to avail oneself of the opportunity for deviant behaviour. However, while we cannot identify the specific type of behaviour likely to be displayed by an individual, we can nevertheless define that behaviour within a narrow range, depending on the essential variables of the control balance process, namely the person's real control ratio, opportunities, and limitations, and thus the individual's choice of behaviour narrows according to the precision in the balance of control based upon which the deviant behaviour will be chosen. Moreover, it is unrealistic to expect a specific deviant behaviour to occur without the relevant sequence of all previous basic variables (Tittle, 2004).

Self-control

Evidently, balance control is dependent on the individual's self-control and mental faculties like self-regulation and impulsiveness, through which the individual has the personal ability to control one's desire immediately and not to satisfy their emotional desires. That is, the greater the individual's self-control, the greater the process of equilibrium, and the lower self-control they display, the lesser the probability of the equilibrium process (Williams, 2008).

The treatment that children receive in the family dramatically impacts their behaviour, personality, values, and psychological and social compatibility in the future. Parents' methods of raising and dealing with children play a significant role in their deviation. Excessive control over children, discrimination between them, and a lack of stability all negatively affect the formation of the children's personality, because in the first period of life, children acquire many life lessons from their parents that contribute to their development. If children have a good and balanced upbringing with an appropriate amount of respect and compassion, they will grow to be healthy individuals, which will contribute to their ability to adapt to the society in which they live. However, if children are raised in a family atmosphere fraught with disagreements, harsh treatments, and unfulfilled promises by the parents, this could lead to a feeling of insecurity and anxiety, which will eventually lead to low self-control and may cause many problems (Al-Bashir & al-Qasha'an, 2007).

Any defect in the control ratio makes the individual sensitive to provocation, leading to a feeling of helplessness and humiliation. The process of self-control comes through arousal and creates in the individual the desire (desirability) to carry out an immediate anti-provocative behaviour upon the realisation of a lack of control, leading to a sense of denial and humiliation. This will subsequently lead to a motivation to directly display a certain behaviour that makes the individual feel comfortable, changing their feelings from the lower level to a higher level of control. Therefore, individuals with high self-control can postpone the immediate desire for deviation and are likely to choose non-deviant behaviours, assuming that they have the appropriate level of control and opportunity for the deviation (Williams, 2008).

Findings and Discussion

This study has expounded a comprehensive presentation of Charles Tittle's CBT and uses it to explain deviation according to the assumptions of the theory of social control balance, which emphasises the importance of control balance in the life of an individual and how it affects stability and a refusal of

deviant behaviour. The theory also recognises the effect of the control rate (an increase or decrease in the practice of control on the part of one individual versus another in a situation) and its relationship with the emergence of deviation among individuals. As social control is necessary for the survival and continuation of human societies, it is impossible to imagine a society without a set of controls that regulate individuals' relationships with each other.

The processes of social control exerted by formal and informal institutions are extremely important to impose respect for the values and standards through which the stability and security of individuals and institutions are achieved. Balance of control theory explains how and why individuals have motives for deviation and identifies the factors causing the deviation, namely, the family and the environment. As is generally known, the essential elements in the formation of the control rate are provocation and control balance. Tittle (1995) assumes that the rate of control exercised on an individual can significantly affect deviations and may in fact lead to specific forms of deviation. In the interpretation of deviation, Tittle's theory suggests that the focus is on control balance rather than attributing the deviation to other social factors such as family violence, a low standard of living, poverty, or the environment.

The family is also considered one of the most important social institutions affecting children. It protects them from delinquency through such practices as the methods of modern education that are based on a balance of control and the individual's respect for the value system. The most important of these are freedom, justice, and equality, as well as avoiding fluctuations in dealing with children between increases and decreases in control, which maintains a balance between controlling children and protecting them from deviation. The theory can be useful as a reasonable explanation of the problem of deviation, and the current study adds significant support for further research to measure the balance of control. This study also suggests that further research into the theory of control balance may provide an important basis for interpreting other personal crimes such as domestic violence, harassment, burglary, and sexual assault.

Conclusion

In conclusion, the present study is presented as the first review of the viability of Charles Tittle's theory of the balance of control in the interpretation of deviations among convicted adolescents in Jordan and the Middle East, in the hope that further research will help advance this type of research. This perspective may be effective if the balance of control theory is found to suffice to explain adolescent deviation. Furthermore, additional research and studies could contribute to shaping individual character so that societies can maintain a clean environment devoid of any kind of deviant behaviour. The present review

hopes to add a fresh approach to scientific knowledge in this field and provide a philosophical foundation for the theory of controlling social balance.

Conflict of interest

The researchers confirm that there is no conflict of interest associated with this study.

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