

Crime Rate Can Be Decreased

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ABSTRACT

Memory refers to that capacity which enables one to store information and to make use of it in behavioral tasks and cognitive functioning. Data: brain functions, memory functions, stages involved in memory process, thinking process, memory disorder. All the data are available in the psychiatry and psychology book. I analyzed the data based on the book written by senior lecturer, professors prominent in the department, and the book used as guidance or handbook for students in psychology, psychiatry, and related field. My findings: overall criminals have been committing crimes because they have been having a fault in one or more of the stages involved in memory processing. Many people worldwide have cognitive decline.

Keywords: *Memory, Imagery, Thinkings, Cognitive*

People are the subjects in any aspects of our lives whether it is social, politics, economy, culture, etc. All the fields managed by people, so people are the most important factor. Human factors are the center point in this study.

Significance of this Study

This study will give great significance to humanity, in order to achieve happiness and peace. It will maximize the economic growth of any countries in the world; attainment of the goal to any companies in the world, people welfare could be achieved for sure. As in order to achieve those things, we need good human resources.

Statement of the problems:

1. What is the main problem that people can commit crime?
2. Why can people hurt or commit crimes to their families?
3. How to decrease crime rate?

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METHODOLOGY

The analysis of this study based on brain functions, memory functions, stages involved in memory process, thinking process, memory disorder. I collected the numbers of people worldwide had cognitive decline caused by smoke, alcohol, stress, hypertension, sweetened or sugary drinks, insomnia & general sleep problems. After finding the numbers of people worldwide having cognitive decline so I looked for ways to reduce crime rate.

Brain structures and their function

Sensory nerves gather information from the environment, send that info to the spinal cord, which then speed the message to the brain. The brain then makes sense of that message and fires off a response. Motor neurons deliver the instructions from the brain to the rest of your body. The spinal cord, made of a bundle of nerves running up and down the spine, is similar to a superhighway, speeding messages to and from the brain at every second (Serendip studio. 2018)

From the above statement, we can conclude that before anybody commit any crimes, the negative or bad thinkings associated with the crimes have been in their brains.

Memory functioning

Memory refers to that capacity which enables one to store information and to make use of it at a later time. Memory enables information to be available for use in 1. behavioral tasks or 2. cognitive functioning (Shaw, Kellam, & Mottram, 1982, pp. 131).

One may need to keep a telephone number in mind only long enough to dial it if one does not plan to use it again. This would involve only the processes involved in immediate or short-term memory. On the other hand, should there be a future need for the number, and one is unable to write it down or to know in what directory to find it, one would need to memorize it (i.e. to ensure that it goes into long-term storage)(Shaw et al, 1982., pp. 131).

In thinking, reasoning or imagining, one needs to manipulate various 'bits' of information already in storage in order to solve a mental problem or to arrive at some creative response. These cognitive tasks also implicate long-term memory processes. New sensory information may also be used. The reader can see that cognitive activity may very well include the use of information from long-term storage and incoming sensory information simultaneously. It should also become clear that there is a great deal of overlap involved in perceptual, learning, short-term memory (STM) and long-term memory (LTM) processes. (Shaw et al, 1982., pp. 131-132). The stages involved in memory processing (McLeod, 2013): 1. Encoding. 2. Storage 3. Retrieval.

The assessment of memory deficits may involve asking the patient to retrieve material from long-term storage or to learn new material. Many memory problems involve a difficulty in learning new material (e.g. Korsakoff's syndrome). Learning is usually defined as a change (increase) in performance based on experience. Only through the performance of some task

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can one demonstrate that learning has occurred. If there is a fault in one or more of the stages involved in memory processing, then this would be demonstrated through a faulty performance. In other words, learning is inferred from task performance, which, in turn, is a function of memory processing (Shaw et al, 1982, p., 132).

Memory disorders

What are some of the major memory disorders? There are four main disorders of memory (Shaw et al, 1982., p. 132) :

1. disorder of STM (short term memory), which is sometimes subdivided into :
 - a) disorder of immediate memory (e.g. poor performance on the digit span test)
 - b) disorder in recent memory (e.g. an inability or high degree of difficulty in remembering information presented, say, ten minutes earlier).
2. A deficit in long-term or remote memory (e.g. forgetting well-known facts that were learned many years ago).
3. Retrograde amnesia, which refers to a complete or near-complete forgetting of the events which occurred prior to an accident or illness, such as encephalitis. Retrograde amnesia may involve a relatively short period, say of a few hours, to a very extensive period of many years.
4. Post-traumatic amnesia, also usually associated with an accident or illness, refers to the complete, or near-complete, forgetting which occurs immediately after the accident or illness. For example, during a period of unconsciousness, the patient is not able to register any (or at least very little) information from his environment. While he is concussed, and for some time after a concussion, a patient's memory is quite unreliable and he is very vague in reporting what happened

RESULTS

In thinking, reasoning or imagining, one needs to manipulate various 'bits' of information already in storage in order to solve a mental problem or to arrive at some creative response". These cognitive tasks also implicate long-term memory processes. New sensory information may also be used (Shaw et al, 1982., p. 131).

The stages involved in memory processing (McLeod, 2013): 1. Encoding. 2. Storage 3. Retrieval. Let us read again : "If there is a fault in one or more of the stages involved in memory processing, then this would be demonstrated through a faulty performance"(Shaw et al,1982, p.132).It means overall criminals have been committing crimes because they have been having a fault in one or more of the stages involved in memory processing.

The Effect of Smoke, Alcohol, Hypertension, Stress, Sugary Drink, Insomnia & General

- **Sleep Problems**
- **Smoking thins vital part of brain**

A major study by an international team including the Montreal Neurological Institute at McGill University and the University of Edinburgh shows new evidence that long-term smoking could cause thinning of the brain's cortex. The cortex is the outer layer of the brain

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in which critical cognitive functions such as memory, language and perception take place. Interestingly, the findings also suggest that stopping smoking helps to restore at least part of the cortex's thickness (Neuro, 2015; Science daily, 2015)

Although the cortex grows thinner with normal aging, the study found that smoking appears to accelerate the thinning process. A thinner brain cortex is associated with adult cognitive decline (Neuro, 2015; Science daily, 2015)

"Smokers should be informed that cigarettes could hasten the thinning of the brain's cortex, which could lead to cognitive deterioration. Cortical thinning seems to persist for many years after someone stops smoking," says Dr. Karama (Neuro, 2015; Science daily, 2015)

The effects of alcohol on your memory

The Virginia Tech website believes the effects of alcohol on your memory are much more serious. While complete memory loss is rare, short-term memory loss and blackouts are common among people who drink regularly. Research presented by the National Institute on Alcohol Abuse and Alcoholism reveals that people who drink heavily are much more likely to experience retrospective memory loss, which is the acknowledgement, retention, and retrieval of previous data and events. While everyone suffers from a loss of memory at some stage, heavy drinkers are likely to make bigger mistakes on a much more regular basis (Alcohol.org, n.d.).

High blood pressure is linked to cognitive decline

At first glance, the connection between blood pressure and the brain makes perfect sense. While only about 2 percent of body weight, the brain receives 20 percent of the body's blood supply. Its vast network of blood vessels carries oxygen, glucose, and other nutrients to brain cells, providing the energy the brain needs to function properly (U.S. Department of Health, National Institute of Health, 2016).

The blood flow that keeps the brain healthy can, if reduced or blocked, harm this essential organ. Uncontrolled high blood pressure plays a part in this damage. Over time, the force of blood pushing against arteries may cause blood vessels to become scarred, narrowed, and diseased. This damage can hamper blood flow to many parts of the body, including the brain. High systolic blood pressure, the top number in blood pressure readings, is considered especially important to monitor as people age (U.S. Department of Health, National Institute of Health, 2016).

"The reality is that multiple pathologies in the brain all contribute to cognitive decline," Dr. Launer said. The types of pathologies high blood pressure leads to include cerebrovascular damage—such as a major stroke, series of small strokes, white and gray matter shrinkage, and microinfarcts (tiny areas of dead brain tissue)—and possibly the plaques and tangles typical of Alzheimer's disease (U.S. Department of Health, National Institute of Health, 2016).

Stress and cognitive decline

A study out of the Netherlands published in 2007, The effects of cortisol increase on long-term memory retrieval during and after acute psychosocial stress, examined short- and long-term memory. Students were tasked with retrieving/recalling emotionally negative and neutral word associations in this study, which is referenced by the National Institutes of Health's National Center for Biotechnology Information website. The 70 male participants learned some of the words one day before the tests and other words five weeks earlier. "Within the stress condition, retrieval of negative words, 5 weeks after learning, was impaired both during and after the stress task, compared to the control group," the researchers wrote (Heartmath Institute, 2014)

In another study, cited by Prevention magazine, German scientists conducted two separate experiments in which 60 participants were subjected to mild forms of emotional and situational stress. The results showed that "women who were stressed took 10% more time to recall recently learned information." The reason, the article explained, is because the hormones, cortisol, often referred to as the stress hormone, and noradrenalin, flooded the prefrontal cortex of the brain, which controls working memory, where new information is processed and retained (Heartmath Institute, 2014).

Sugary drinks may impact memory

Now, new research suggests that excess sugar—especially the fructose in sugary drinks—might damage your brain. Researchers using data from the Framingham Heart Study (FHS) found that people who drink sugary beverages frequently are more likely to have poorer memory, smaller overall brain volume, and a significantly smaller hippocampus—an area of the brain important for learning and memory (Moran, 2017).

There's more: a follow-up study found that people who drank diet soda daily were almost three times as likely to develop stroke and dementia when compared to those who did not. Researchers are quick to point out that these findings, which appear separately in the journals *Alzheimer's & Dementia* and *Stroke*, demonstrate correlation but not cause-and-effect. While researchers caution against over-consuming either diet soda or sugary drinks, more research is needed to determine how—or if—these drinks actually damage the brain, and how much damage may be caused by underlying vascular disease or diabetes. (Moran, 2017).

"These studies are not the be-all and end-all, but it's strong data and a very strong suggestion," says Sudha Seshadri, a professor of neurology at Boston University School of Medicine (MED) and a faculty member at BU's Alzheimer's Disease Center, who is senior author on both papers. "It looks like there is not very much of an upside to having sugary drinks, and substituting the sugar with artificial sweeteners doesn't seem to help."

Matthew Pase, a fellow in the MED neurology department and an investigator at the FHS who is lead author on both papers, says that excess sugar has long been associated with cardiovascular and metabolic diseases like obesity, heart disease, and type 2 diabetes, but

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little is known about its long-term effects on the human brain. He chose to study sugary drinks as a way of examining overall sugar consumption. “It’s difficult to measure overall sugar intake in the diet,” he says, “so we used sugary beverages as a proxy.” (Moran, 2017) For the first study, published in *Alzheimer’s & Dementia* on March 5, 2017, researchers examined data, including magnetic resonance imaging (MRI) scans and cognitive testing results, from about 4,000 people enrolled in the Framingham Heart Study’s Offspring and Third-Generation cohorts. (These are the children and grandchildren of the original FHS volunteers enrolled in 1948.) The researchers looked at people who consumed more than two sugary drinks a day of any type—soda, fruit juice, and other soft drinks—or more than three per week of soda alone. Among that “high intake” group, they found multiple signs of accelerated brain aging, including smaller overall brain volume, poorer episodic memory, and a shrunken hippocampus, all risk factors for early-stage Alzheimer’s disease. Researchers also found that higher intake of diet soda—at least one per day—was associated with smaller brain volume (Moran, 2017).

In the second study, published in *Stroke* on April 20, 2017, the researchers, using data only from the older Offspring cohort, looked specifically at whether participants had suffered a stroke or been diagnosed with dementia due to Alzheimer’s disease. After measuring volunteers’ beverage intake at three points over seven years, the researchers then monitored the volunteers for 10 years, looking for evidence of stroke in 2,888 people over age 45, and dementia in 1,484 participants over age 60. Here they found, surprisingly, no correlation between sugary beverage intake and stroke or dementia. However, they found that people who drank at least one diet soda per day were almost three times as likely to develop stroke and dementia (Moran, 2017).

Although the researchers took age, smoking, diet quality, and other factors into account, they could not completely control for preexisting conditions like diabetes, which may have developed over the course of the study and is a known risk factor for dementia. Diabetics, as a group, drink more diet soda on average, as a way to limit their sugar consumption, and some of the correlation between diet soda intake and dementia may be due to diabetes, as well as other vascular risk factors. However, such preexisting conditions cannot wholly explain the new findings (Moran, 2017).

“It was somewhat surprising that diet soda consumption led to these outcomes,” says Pase, noting that while prior studies have linked diet soda intake to stroke risk, the link with dementia was not previously known. He adds that the studies did not differentiate between types of artificial sweeteners and did not account for other possible sources of artificial sweeteners. He says that scientists have put forth various hypotheses about how artificial sweeteners may cause harm, from transforming gut bacteria to altering the brain’s perception of sweet, but “we need more work to figure out the underlying mechanisms” (Moran, 2017).

Insomnia and daytime cognitive performance

Individuals with insomnia exhibit performance impairments for several cognitive functions, including working memory, episodic memory and some aspects of executive functioning. These impairments are of small to moderate magnitude. (Fortier-Brochu, 2012).

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The Numbers of People Worldwide have Cognitive Decline Caused by Smoke, Alcohol, Stress, Hypertension, Sweetened or Sugary Drinks, Insomnia & General Sleep Problems.

1.1 Billion people worldwide now have high blood pressure

The number of people living with high blood pressure reaches 1.1 billion world- wide. High blood pressure is the leading cause of heart disease and stroke, killing around 7.5 million people worldwide every year(United Kingdom: Blood pressure UK, 2017).

Many people don't know they have "the silent killer" because it has no symptoms. Only about half of people with high blood pressure, including those who treat it with medication, have it under control (U.S. Department of Health, National Institute of Health, 2016).

7 People Die from Stress Every 2 Seconds.

The World Health Organization has called stress the "health epidemic of the 21st century".

110 million people die every year as a direct result of stress. That is 7 people every 2 seconds. What do anxiety, panic attacks, depression, coronary heart disease, high blood pressure, fears, phobias, irritable bowel, fibromyalgia, ulcers, self-destructive habits like overeating, smoking, alcohol and other drug use all have in common? They are all either caused by or made worse by STRESS! (Richmond hypnosis center, 2013).

According to the Center for Disease Control/National Institute on Occupational Safety & Health the workplace is the number one cause of life stress (Richmond hypnosis center, 2013).

WHO urges global action to curtail consumption & health impacts of sugary drinks

Taxingsugary drinks can lower consumption and reduce obesity, type 2 diabetes and tooth decay, says a new WHO report in geneva, 11 october 2016.The number of people living with diabetes has also been rising, from 108 million in 1980 to 422 million in 2014. The disease was directly responsible for 1.5 million deaths in 2012 alone(World Health Organization, 2016).

Obesity and overweight

In 2016, more than 1.9 billion adults or 39% of adults worldwide, 18 years and older, were overweight. Of these over 650 million were obese. Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016(World Health Organization, 2017).

Obesity can cause memory loss

In the journal *Human Brain Mapping*, Paul Thompson, senior author and a UCLA professor of neurology, and lead author Cyrus A. Raji, a medical student at the University of Pittsburgh School of Medicine, and colleagues compared the brains of people who were obese, overweight, and of normal weight, to see if they had differences in brain structure. They found that obese people had 8% less brain tissue than normal-weight people, while overweight people had 4% less tissue. Now, 8% may not sound very much, but when you consider that it means loss of 8 billion neurons (we have about 100 billion neurons), it is a very significant loss (Michaeli, 2015).

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The researchers used brain images from an earlier study called the Cardiovascular Health Study Cognition Study. Scans were selected of 94 elderly people in their 70s who were healthy—not cognitively impaired—five years after the scan was taken. The researchers then converted the scans into detailed three-dimensional images using tensor-based morphometry, a neuroimaging method that offers high resolution mapping of anatomical differences in the brain (Michaeli, 2015).

And here is why loss of “only” 8% neural tissue is so important. The loss is highly targeted. In looking at both gray matter and white matter of the brain, they found that the people defined as obese had lost brain tissue in the frontal and temporal lobes, areas of the brain critical for planning and memory, and in the anterior cingulate gyrus (attention and executive functions), hippocampus (long-term memory), and basal ganglia (movement) (Michaeli, 2015).

Type 2 diabetes linked with reduced cognitive function

When blood flow is regulated normally, the brain can redistribute blood to areas that become more active during specific tasks. "People with type 2 diabetes have impaired blood flow regulation," explains study author Dr. Vera Novak, from Harvard Medical School in Boston, MA. "Our results suggest that diabetes and high blood sugar impose a chronic negative effect on cognitive and decision-making skills." Type 2 diabetes has previously been established as an independent risk for the development of both cognitive impairment and dementia. In their study, published in *Neurology*, the researchers wanted to investigate how inflammation, blood flow regulation in the brain and cognitive decline were related in people with the metabolic disorder (McIntosh, 2015; Schneider, 2015).

The researchers examined a small cohort of 40 people - 19 with type 2 diabetes and 21 without diabetes. The average age of the participants was 66. The participants that had type 2 diabetes had all been treated for the disease for more than 5 years, receiving an average of 13 years of treatment. For the study, the researchers conducted an array of tests on the participants. They assessed their cognitive and memory functions while also taking magnetic resonance imaging (MRI) scans and blood tests to measure brain volume, blood flow and inflammation. After 2 years, the researchers repeated the tests (McIntosh, 2015; Schneider, 2015).

They found that the participants with type 2 diabetes experienced a reduction in their capacity to regulate the blood flow in their brains. These participants also performed worse in the cognitive and memory function tests. Participants whose blood flow regulation was poorest at the start of the study experienced the greatest declines in their ability to perform basic routine tasks such as bathing and cooking, defined as decline in executive function. Additionally, the researchers found that the participants who experienced the highest levels of inflammation also had the greatest decreases in blood flow regulation, regardless of whether their diabetes and blood pressure were well controlled or not (McIntosh, 2015; Schneider, 2015).

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Tobacco

The tobacco epidemic is one of the biggest public health threats the world has ever faced, killing more than 7 million people a year. More than 6 million of those deaths are the result of direct tobacco use while around 890 000 are the result of non-smokers being exposed to second-hand smoke. Around 80% of the 1.1 billion smokers worldwide live in low- and middle-income countries, where the burden of tobacco-related illness and death is heaviest (World Health Organization, 2018).

Alcohol

Worldwide, 3.3 million deaths every year result from harmful use of alcohol, this represent 5.9 % of all deaths. Alcohol consumption causes death and disability relatively early in life. In the age group 20 – 39 years approximately 25 % of the total deaths are alcohol-attributable. (World Health Organization, 2018).

Why lack of sleep could be killing us

Two-thirds of adults in the developed world don't get the World Health Organization's recommended eight hours' sleep per night, according to Matthew Walker, professor of neuroscience and psychology at the University of California, Berkeley, U S. Walker is the author of a new book, *Why We Sleep: The New Science of Sleep and Dreams* (Allen Lane) which declares this "silent sleep-loss epidemic" to be the greatest public-health challenge facing the developed world in the 21st century (Thompson, 2017).

All these data show there are many people in the world have cognitive decline.

DISCUSSION

The assessment of memory deficits may involve asking the patient to retrieve material from long-term storage or to learn new material (Shaw et al, 1982., p. 132).

The authorities have to make regulation and law enforcement that people have to watch movies about the true story of prisoners' life :

- a. How the prisoners' children or parents were very upset. Their children were insulted by their friends because their parents sentenced in prison and later became a depression, frustrated and drugs addiction. The prisoners' spouse left them; their family had no spirit of life and did not want to socialize.
- b. How hard living in jail, they have so many conflicts with other prisoners, they have no freedom also could not eat and sleep well etc.

There are so many people who have hurt their family, bad-tempered parents even they are not put in prison, but the psychological effect will influence their children's' life. So this kind of movie has to be watched also.

The authorities have to make a regulation to watch the movies 3 (three) times in a week. The more the quantity to watch the movies in a week, the more we can get good results.

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The authorities also have to make notifications :

1. We do not have to do all the things that are violating the rule of law, such as: stealing, robbing, raping or sexual assaulting, murdering, intimidating, childhood abusing, injuring others, arsoning, etc. All these criminals could be put in prison. We will have so many conflicts with other prisoners. We cannot eat and sleep well. We will be more suffered, have no freedom and rights as human.
2. When we talk to others and we feel so humiliated, and the more we talk, the more we will be humiliated, very up set, hatred, immediately avoid that person, leave that person, take the smartphone, listen to the music because by listening to the music, we will be joyfull. If we still feel uncomfortable, agony, humiliated, hatred try other things; call a friend, buy snacks, hang out and do not communicate with that person. Should be remembered that insulting, humiliating other will be put in prison, we will be more suffered, have no freedom and rights as human. We could be ended in jail, so leave that person right away. Don't be provoked by our mind and feeling. Keep thinking that our opposite talk are not polite, rough can make us more humiliated, hatred and we can do bad things, ignore that thinking and try to find another activity.

If it is needed to add other notes that could prevent people from committing crimes, so they have to be added in the notifications.

The notifications have to be put not only in the living room, dining room but also all places where people make activities, ie: classrooms, offices, bus, café / restaurants, supermarkets, etc.

The authorities have to make also a regulation that the notifications should not be removed & it should be hung in order people can read.

CONCLUSIONS

The strength of this study.

This study based on the psychiatry and psychology book, so it is very accurate and reliable.

Kindly pay attention to the meaning of the statement : “if there is a fault in one or more of the stages involved in memory processing then this would be demonstrated through a faulty performance”. It means that criminals are not the only ones who have faulty performance.

This study can be used to analyze the other faulty performance.

The weakness of this study

Actually crime rate can be decreased but the problem it need law enforcements, regulations and the authorities are the only ones who have such power.

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Conflict of Interest

There is no conflict of interest.

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