

ABSTRACT

Stress and crime have somewhat linear and reciprocal relationships. Stress can induce criminal activities. On the contrary, committed crimes can cause a feeling of guilt or fear that can increase the stress-hormone concentrations. Cortisol, a stress hormone, is released by the adrenal cortex and can induce stress among individuals. The presence of cortisol can be used as a potent stress indicator to ascertain psychological and neurological disorders. Long-term or chronic stress levels can be measured by analyzing hair and nails of the subjects. The present study was conducted to determine cortisol level to evaluate stress conditions among trial and convicted criminals. Hair and nail samples were tested to test the cortisol concentrations of trial and convicted criminals. The results revealed that both trial and sentenced criminals have elevated stress levels ($p < 0.05$). Thus, it can be concluded that stress induces criminal activities, and crime can prompt stressful conditions.