

The psychological dynamics of premeditated murder offenders: A case study of adult male inmates at correctional institution X

Dinamika psikologis pelaku pembunuhan berencana: Studi kasus narapidana pria dewasa di lembaga pemasyarakatan X

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ABSTRACT

Homicide is a phenomenon that threatens public safety and security, understanding the factors that causes this crime is an important step towards prevention. This study aims to describe the psychological dynamics of a premeditated murder perpetrator using a qualitative approach and case study design. The subject was an inmate in Prison X. Data were collected through interviews and psychological assessments, including graphic tests (BAUM, DAP, HTP, and WZT), the Rorschach, the Hare Psychopathy Checklist, and the SPM test. The results shows that the murder was influenced by predisposing factors such as an underdeveloped ego, aggression and impulsivity leading to maladaptive emotion regulation, emotional sensitivity and instability, anxiety related to close relationships, inappropriate internalization of norms and values, limited intellectual capacity and interests, and a tendency to suppress, ignore, and eliminate discomfort and its triggering stimuli – patterns developed from neglectful parenting and early unmet needs for love. The precipitating factors are being included in a community that encouraged aggression, and the wife's infidelity as the emotional trigger.

ABSTRAK

Tindak kriminal pembunuhan merupakan fenomena yang mengancam keamanan dan keselamatan masyarakat, memahami faktor yang menyebabkan tindak kriminal ini merupakan langkah penting pencegahan. Penelitian ini bertujuan menggambarkan dinamika psikologis pelaku pembunuhan berencana dengan metode kualitatif dan pendekatan studi kasus. Subjek penelitian merupakan warga binaan di Lapas X. Pengumpulan data dilakukan dengan wawancara dan pemeriksaan psikologis dengan tes grafis (BAUM, DAP, HTP, and WZT), Rorschach, Hare, dan SPM. Hasil pemeriksaan menunjukkan tindakan kriminal pembunuhan subjek dipengaruhi oleh faktor predisposisi yaitu: fungsi ego yang tidak matang, agresivitas dan impulsivitas yang berkontribusi terhadap regulasi emosi maladaptif, sensitif dan tidak stabil secara emosi, kecemasan terkait hubungan dekat, norma dan nilai tidak sesuai, kapasitas dan minat intelektual kurang memadai, serta kecenderungan menekan, mengabaikan, dan menghilangkan perasaan tidak nyaman hingga stimulus penyebabnya – pola yang berkembang sebagai akibat pola asuh neglect serta tidak terpenuhinya kebutuhan akan cinta sejak awal masa kehidupannya. Faktor presipitasi yang berperan pada pembunuhan ini adalah komunitas dekat yang mendorong terbentuknya agresivitas melalui beragam pertarungan, serta trigger emosional yaitu perselingkuhan istri yang merupakan sosok afektif.

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1. INTRODUCTION

Murder is considered one of the most serious crimes in the hierarchy of international criminal offenses and carries the most severe penalties under the Indonesian Criminal Code (KUHP). Nevertheless, cases of murder continue to occur in Indonesia. Between 2020 and 2022, there were 898, 927, and 832 recorded murder cases respectively (Badan Pusat Statistik, 2024). Although the number of incidents has quantitatively declined, murder continues to generate fear and a sense of insecurity within society. Indonesia is a state governed by the rule of law that guarantees protection for its citizens; however, acts of violence such as murder still persist within Indonesian society (Saputri, 2023; Saragih, 2022). According to Article 338 of the Indonesian Criminal Code, murder is defined as the intentional act of taking another person's life.

Sutoyo & Hasbi (2024) explain that the criminal act of murder in Indonesia is regulated in the Indonesian Criminal Code (KUHP), Book II Chapter XIX, concerning crimes against the life of another person. It is divided into two categories based on the element of culpability: intentional murder under Articles 338 and 340, and unintentional homicide under Article 359. In this study, the researcher conducted a preliminary interview prior to a more in-depth psychological assessment to obtain an overview of the psychological dynamics of Supri (pseudonym). Supri is an inmate currently serving a sentence at Prison X for a premeditated murder case under Article 340 of the Indonesian Criminal Code. During the first meeting, Supri showed minimal emotional expression, spoke in a relatively low voice, and responded with brief answers. However, he later recounted in detail the murder he had committed.

"Korban itu teman saya, main dengan istri saya waktu saya ke luar kota. Sakit hati saya mbak. Jadi saya pancing korban teman saya itu, bilang kalau saya tahu lokasi benda yang dia cari. Kami naik ke mobil dan saya bawa ke hutan, lalu saya serang. Sempat mau melarikan diri, tapi saya kejar mbak, saya bacok dan gorok pakai pisau. Pisau panjang itu, tapi korban masih hidup. Saya linds dengan mobil, 4 kali ada. Lalu saya tinggal di semak-semak. Ketahuannya karena ada orang yang lewat semak-semak lalu lapor polisi." (Supri, April 4th 2023)

(The victim was my friend, hanging out with my wife while I was out of town. I was hurt, miss. So, I lured my friend's victim, saying I knew the location of the stuff he was looking for. We got into the car and I took him to the forest, then I attacked him. He tried to run away, but I chased him, and I slashed him with a knife. The knife was long, but the victim was still alive. I ran over him with the car, four times. Then I stayed in the bushes. I found out because someone passed by the bushes and reported it to the police.)

The victim's mobile phone became a piece of evidence found at the crime scene indicating that Supri was the last person to have contact with the victim. Supri initially went into hiding, taking his wife and child to another city, but was eventually arrested and sentenced to 18 years in prison. The account provided by Supri is consistent with the information documented

in the prison records. Supri also stated that he had planned the murder and suppressed his anger until the moment when he and the victim were alone. This indicates explosive anger and a high level of aggression reflected in the method of killing he carried out.

According to social learning theories (Anderson & Bushman, 2002; Bandura, 1977; Mischel, 1973; Mischel & Shoda, 1995), aggressive responses emerge through both direct experience and the observation of cultural and environmental influences within society. These experiences form the basis of individuals' concepts in social interaction, including their understanding of norms and rules in their surrounding environment. One example is how family interactions influence the development of antisocial behavior patterns (Anderson & Bushman, 2002; Patterson et al., 1989).

The rewards and punishments learned by individuals also affect the behaviors they display. For instance, parental attitudes that tend to be lenient may be perceived as approval of aggressive behavior. Families that consistently establish clear rules from an early age while maintaining warmth and affection, rather than relying on punitive approaches, tend to produce children who are less aggressive (Bailey, 1988; Sears et al., 1957). Permissive parenting patterns characterized by a lack of demands and discipline from parents may lead children to develop aggressive behavior (Maya et al., 2023; Munawir, 2016). Other studies indicate that aggressive children are more likely to come from families in which parents display rejecting attitudes, frequently use punishment, provide inconsistent guidance, engage in frequent conflicts, and demean one another (Bailey, 1988).

Suryanata & Rahayu (2021) found that the absence of emotional attachment with parents, involvement with peers who influence substance use and manipulative behavior, and living in environments where violence is normalized may encourage individuals to engage in criminal acts.

Leander & Chartrand (2017) explain that from a humanistic perspective, aggressive behavior generally originates from self-regulation related to individuals' psychological needs (Kruglanski et al., 2023). According to Maslow (2017), there are five basic needs: physiological, safety, love, esteem, and self-actualization. Individuals with what Maslow (2017) referred to as a "psychopathic personality" represent one example of individuals who permanently lose the need for love, particularly those who experienced a deprivation of affection during the early months of life. As a result, they lose both the desire and the ability to give and receive affection. Unfortunately, these conditions are often not consciously recognized by the individuals themselves.

The failure to fulfill fundamental needs may lead to the development of psychopathology. Conflict or frustration experienced by an individual is not always pathogenic, but it can become pathogenic when it threatens the fulfillment of personal needs. Deprivation that results in frustration will produce harmful effects only when the related object symbolizes love, prestige, respect, or other fundamental needs. Another example is the lack of fulfillment

of sexual needs or sexual deprivation. Sexual deprivation may become pathogenic and even lead to frustration effects such as aggression or sublimation when it represents rejection by the opposite sex, feelings of inferiority, worthlessness, disrespect, social isolation, or even the threat of failing to meet other basic needs (Maslow, 2017).

Rogers (1961) also emphasized that relationships play an essential role in facilitating growth, including the relationship between parents and children. Baldwin et al. (1945) demonstrated that children whose parents display actively rejecting attitudes tend to experience declines in intellectual development, emotional instability, oppositional behavior, aggression, and frequent conflict.

Understanding the psychological dynamics experienced by homicide offenders is an important key to determining the most appropriate intervention needed to address the factors contributing to the murder committed. When these symptoms remain untreated, they may pose risks not only to individuals close to the inmates but also to the broader community. Some inmates have the opportunity to apply for parole and will eventually return to society.

Haney (2001), Marlow et al. (2011), and Rotter et al. (2005) explain that inmates who have been exposed to the prison environment tend to adapt to the psychological demands and criminal culture within correctional institutions. Over time, these adaptations may become internalized, making it more difficult for them to reintegrate into society (Haney, 2001; Marlow & Chesla, 2009; Marlow et al., 2011). Inmates convicted of murder who exhibit high levels of aggression and are subsequently exposed to prison culture may face even greater challenges in building positive relationships and reintegrating into the community. This difficulty arises from the presence of interpersonal distrust, which tends to lead individuals toward social isolation. Haney (2001) further notes that aggressive and exploitative behavior increasingly distances inmates from positive social networks and may elevate the risk of recidivism.

Understanding the causal factors and psychological dynamics of offenders is an important initial step in preventing the recurrence of homicide. Therefore, this study focuses on understanding the psychological dynamics of individuals who commit intentional murder. Criminal acts of homicide can be understood by examining three levels of factors within a multi-factorial approach: predisposing factors, maintenance factors, and situational or triggering factors.

Predisposing factors are generally related to experiences with parents or caregivers, as well as traumatic experiences that dominate and encourage the development of certain fantasies. These fantasies may generate a rewarding sense of power. Maintenance factors relate to how individuals who experience dissatisfaction in attachment and social relationships may struggle to learn normal socialization processes that do not involve aggression. In addition, the tendency to engage in such fantasies may encourage the emergence of violent behavior, which is repeatedly reinforced because it is perceived as rewarding. Situational or triggering factors involve circumstances that prompt individuals to act out fantasies toward real people,

often influenced by stressful situations such as financial problems, occupational pressures, or relational conflicts (Gresswell & Hollin, 1997; Howitt, 2018).

Han et al. (2024) explain that several factors contributing to criminal behavior include personality traits, family environment, and genetic influences. A combination of early-life trauma, psychological disorders, and emotional patterns such as impulsivity, lack of empathy, and aggression are significantly found among homicide offenders, particularly serial killers. Traumatic experiences during childhood play an important role in shaping individual behavior, including the development of violent tendencies and complex psychological disturbances. In certain cases, correlations have been identified between traumatic experiences and criminal behavior, suggesting that emotional patterns such as the desire for power and revenge often reflect underlying internal conflicts and trauma. Sidauruk et al. (2024) found that in cases of homicide committed by individuals close to the victim, several contributing factors include insufficient economic conditions, low levels of education, revenge motives, and the use of illicit drugs.

Nurwatie et al. (2016) explain that factors underlying homicide can be categorized into sociological factors, such as religion, personal background, education, and perceived threats, while biological factors include innate traits and personality. According to Lin (2024), genetic factors such as *XXY* syndrome and variants of the *MAOA* gene, environmental influences, and psychological conditions interact to increase the likelihood of violent behavior, with environmental and psychological factors often acting as triggers for criminal actions. Saputri (2023) explains that homicide cases in Indonesia are commonly driven by revenge, romantic relationship conflicts, and weak legal awareness. Economic status, social stigma, and learned helplessness are also frequently identified as key factors contributing to violent behavior (Kitoshvili et al., 2024).

These factors can be classified into internal and external factors. Several internal factors identified in previous studies include maladaptive emotion regulation, low empathy, impulsive tendencies, and low levels of morality and adherence to social norms (Octavia, 2021). Putra & Hartanti (2020) also found that poor coping strategies and tendencies toward imitative behavior contribute as internal factors. Putra et al. (2017) identified additional internal factors related to Type A personality traits, particularly emotional instability, strong aggressiveness, excessive anxiety, disorganization, antisocial tendencies, identity diffusion, and disregard for social norms.

Meanwhile, external factors include neglectful parenting patterns and relationships with individuals who support or engage in criminal behavior (Octavia, 2021). Inconsistent parenting styles and unfavorable living environments also play a role (Putra & Hartanti, 2020). Muklim & Soesilo (2018) further note that relationships with fathers, past experiences involving violence, impulsive actions, and acts of self-defense may also lead to homicide. Putra et al. (2017) add that other external factors such as low economic status and education, as well as lifestyles involving alcohol consumption, drug use, and gambling, may influence individuals

to commit criminal acts. Stimuli from victims that make offenders feel threatened, panicked, or anxious and subsequently trigger aggressive behavior can also be considered external factors. Maya et al. (2023) explain that factors influencing aggression leading to premeditated murder include overly indulgent family upbringing, negative peer associations, cultural principles related to honor or self-esteem, and provocation. Masykur & Subandi (2018) found that a homicide committed by an adolescent was influenced by family dynamics, peer environment, friendships, substance abuse involving drugs and alcohol, socioeconomic status, education, individual psychological conditions, weapon availability, and victim characteristics.

Findings related to aggression and impulsive tendencies observed in Supri have also been reported among participants in other case studies involving homicide offenders (Putra et al., 2017; Lowis, 2020; Putra & Hartanti, 2020). Lowis (2020) and Putra & Hartanti (2020) also found that these participants experienced difficulties in regulating emotions and forming close, warm interpersonal relationships.

Although several findings are consistent across these studies, the focus and discussions of each study differ substantially. Putra et al. (2017) focused on identifying factors influencing homicide and offender profiling, whereas Putra & Hartanti (2020) emphasized antisocial personality disorder, and Lowis (2020) concluded that the participants experienced Intermittent Explosive Disorder. In contrast, the present study seeks to explain the dynamics underlying Supri's homicidal behavior using social learning and humanistic perspectives to examine the development of Supri's aggression and how his wife's infidelity acted as a trigger for the murder he committed.

The distinct perspective adopted in this study to understand the dynamics of homicidal criminal behavior is expected to provide different insights within psychological research. It not only highlights how environmental influences during an individual's developmental period may serve as behavioral models, but also how unmet psychological needs from early life may contribute to extreme actions. The researcher hopes that this perspective will be useful not only in formulating preventive strategies but also in informing interventions for individuals who share similar profiles with Supri.

2. METHODS

This study employed a single case study design using a descriptive qualitative approach adapted from the researcher's clinical practice. The subject was selected by submitting research criteria to correctional facility staff, namely inmates currently serving sentences for premeditated murder (Article 340 of the Indonesian Criminal Code). The selected subject in this study is Supri (pseudonym), a male originating from East Java Province with an East Java-Bali cultural background. He is an only child of parents who divorced when he was young, and his mother passed away one year before Supri was arrested. Supri was 35 years old at the time of the assessment and was married with one child. His highest educational attainment was senior high school, and he worked as a used car and motorcycle trader while occasionally assisting with his father's business.

The participant was provided with an explanation of the study and subsequently signed an informed consent form. Data collection was conducted through in-depth interviews and the administration of several psychological assessment instruments, including graphic tests (BAUM, DAP, HTP, and WZT), the Rorschach test, the Hare Psychopathy Checklist, the SPM intelligence test, and psychological scales measuring aggression and empathy, namely the Buss & Perry Aggression Questionnaire (BPAQ) and the Interpersonal Reactivity Index (IRI). Interview data were analyzed qualitatively.

The entire research process lasted for 6.5 months, with visits conducted one to two times per week. This was followed by feedback sessions and psychological support to ensure that the participant benefited from the study. Internal validity was ensured through data triangulation, member checking, prolonged observation, and peer examination (Creswell, 2014). Data triangulation was carried out by integrating information obtained from psychological tests, observations, and in-depth interviews. Member checking was conducted by repeatedly confirming the researcher's interpretations with the participant and presenting the findings during feedback sessions to obtain confirmation. Behavioral patterns were also observed repeatedly over an extended period and verified through interview data and ongoing observations throughout the study. Peer examination was implemented through regular supervision with the academic advisor during the research process. The subject consented to the publication of the data in the form of a scientific article while maintaining confidentiality by completing and signing an informed consent form.

The 5P formulation framework was employed because this research originated from clinical practice. To understand the psychological dynamics of the homicide offender, the analysis included predisposing factors, precipitating factors, presenting problems, perpetuating factors, and protective factors. This approach was selected to ensure that the analysis extended beyond understanding the dynamics alone and also assisted the researcher in providing appropriate and personalized psychological support according to Supri's needs (Macneil et al., 2012).

3. RESULTS AND DISCUSSION

Results

The psychological assessment conducted on Supri indicates poorly functioning ego processes, as well as the presence of aggression and impulsivity that contribute to his difficulty in regulating emotions, particularly anger. When confronted with stressful situations, Supri tends to suppress, ignore, or eliminate uncomfortable feelings and the stimuli that cause them. This pattern was also evident in the homicide he committed and was further reinforced by inadequate internalized norms and rules, as well as limitations in his intellectual functioning, capacity, and interest in deeper analysis. Table 1 is a summary of the assessment results that have been obtained.

Table 1. Assessment results summary table

Assessment Findings	Sources
Thinking Ability	
Supri demonstrates lower intellectual ability compared to others of the same age. His rigid thinking pattern makes it difficult for him to adapt and to consider alternative perspectives when facing problematic situations. He tends to seek solutions that are familiar to him, even though they may not necessarily be appropriate or adaptive. One of the methods he uses to resolve problems is through violence.	Anamnesis, BAUM, DAP, HTP, WZT, Rorschach, SPM
Coping Strategies	
Supri tends to avoid and suppress situations that involve psychological pressure, particularly in the affective domain. One contributing factor is his difficulty in engaging in adaptive coping. This is also influenced by limitations in his intellectual capacity and maturity. He possesses strong drives and impulses but struggles to control and process them effectively. As a result, these distressing feelings continue to accumulate and are increasingly expressed in maladaptive ways.	Anamnesis, BAUM, DAP, HTP, WZT, Rorschach, SPM
Social Norms	
Supri has experienced problems related to social norms since childhood, beginning with a lack of instruction regarding rules and norms at home and in school, as well as involvement with peer groups whose activities were inconsistent with social norms. His immaturity in perceiving and evaluating reality, combined with ego functions that are problematic in filtering internal impulses and a tendency to have difficulty accepting feedback and criticism from others around him, contributes to Supri's tendency to display non-normative behavior.	Anamnesis, BAUM, DAP, HTP, WZT
Impulsivity & Aggressivity	
Supri demonstrates tendencies toward impulsivity and aggression. His impulsivity develops from poorly functioning ego processes, particularly in regulating and filtering internal drives. Although he attempts to exert control, his rigid and immature coping style makes his responses less adaptive. This pattern is further influenced by emotional instability and a low tolerance for frustration, which also contributes to the development of his aggressive behavior. Supri's aggression is also reinforced by his tendency to suppress emotions and internal urges until they eventually manifest in aggressive actions. In addition, he uses aggression as an instrument to obtain attention and exert power. This pattern becomes further reinforced when people around him give in to his demands when he employs violence.	Anamnesis, BAUM, DAP, HTP, WZT, Rorschach
Affection & Regulating Emotions	
Supri tends to be sensitive, particularly regarding matters related to his anxiety. This sensitivity is accompanied by his inability to fully experience and process his emotions. This may stem from discomfort when confronting issues associated with his anxiety. His difficulty in processing emotions, combined with his tendency to suppress feelings, makes it challenging for him to express emotions in a mature and adaptive manner. The instability and frustration he experiences often emerge impulsively and aggressively, frequently manifesting in the form of violence.	Anamnesis, BAUM, DAP, HTP, WZT, Rorschach

Assessment Findings	Sources
Social Relations / Self-Adjustment	
<p>Supri has an introverted personality but demonstrates efforts to present himself in social environments. However, his difficulty in experiencing and expressing emotions makes it challenging for him to behave assertively in social contexts. Supri's immaturity may be related to traumatic experiences in his past. Because he is unable to process his own emotions adaptively, he also finds it difficult to empathize with others.</p> <p>Although he experiences feelings of insecurity, doubt, and low self-confidence, Supri attempts to present himself in social settings, though he may appear somewhat rigid. He also appears to need support from others but is reluctant to become dependent on them, possibly due to his past experiences.</p>	<p>Anamnesis, BAUM, DAP, HTP, WZT, Rorschach</p>
Insecurity & Anxiety	
<p>Supri experiences significant anxiety and feelings of insecurity. These feelings are accompanied by a sense of inadequacy and inferiority. Such perceptions developed since childhood, particularly when parental figures were absent and following his parents' divorce, which made him feel different from others. His self-perception, shaped by these family experiences, later evolved into anxiety in social relationships that involve emotional engagement.</p>	<p>A n a m n e s i s , BAUM, DAP, HTP, WZT, Rorschach</p>

Supri also appears to have tendencies toward anxiety, particularly regarding his close relationships with family members. Mixed emotions became evident when he spoke about his family, reflected in changes in his facial expressions. Normally, he displayed a flat expression and gave brief responses, but when discussing family matters, his speech became hesitant, accompanied by deep sighs and teary eyes. This was especially noticeable when he described how angry he felt toward his father for having an affair that led to his parents' divorce. He recalled feeling confused, directionless, and lacking confidence because he felt different from his peers and received little affection. At times, he felt like a lost person, moving from place to place without a clear purpose. He also believed that he had become more independent than other children his age, considering that he was an only child whose life had been unstable since childhood, particularly after his parents separated. Supri recalled confronting and verbally attacking his stepmother because she had spent his father's money and later left to marry another man. Despite these experiences, he felt that his life began to stabilize somewhat during junior high school when his mother returned to the city where he lived in order to care for him.

Stressful childhood experiences such as parental divorce, his father's remarriage, bullying, and cognitive limitations also contributed to his inability to understand and express emotions in an adaptive manner. During adolescence, Supri joined a peer group that frequently engaged in aggressive behavior, leading him to learn and become accustomed to expressing himself through violence.

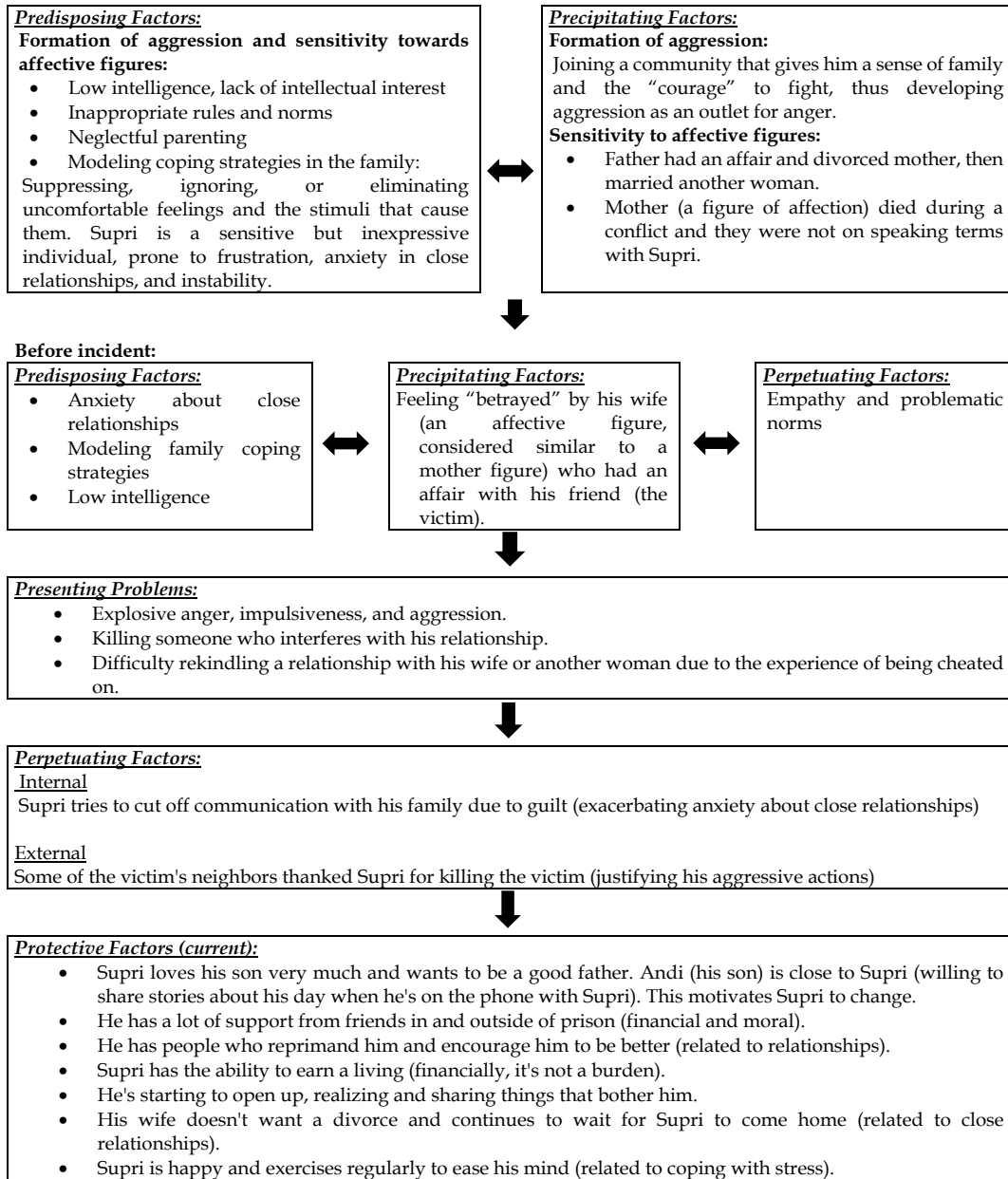


Figure 1. A description of Supri's dynamics in committing murder
Formation of aggression and sensitivity towards affective figures:

"Di kota sebelumnya saya sering diejek, saya juga waktu SD SMP itu pemalu, penakut juga. Waktu saya pindah dan bertemu teman-teman di kota yang baru, saya dikenalkan Bapak dititipin sama kenalannya di situ, nggak ada yang berani. Kalau ada yang macam-macam atau mengganggu keamanan komunitas itu siap jagain. Mulai itu saya berani karena sama teman-teman. Pernah saya kembali ke kota yang lama, saya berani mukul orang yang dulu ngejek saya." (Supri, April 18th 2023)

The psychological dynamics of premeditated murder offenders: A case study of adult male inmates ...

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(In my previous town, I was often bullied. I was also shy and fearful in elementary and middle school. When I moved and met friends in a new town, my father introduced me to someone he knew there, and no one dared to take me in. If anyone messed up or disturbed the community's security, he was ready to protect me. From then on, I became brave because of my friends. Once, when I returned to my old town, I dared to hit someone who had teased me.)

This group solidarity gives him a sense of acceptance and reinforces his aggressive behavior, accompanied by limited empathy for those he perceives as having the same fate.

"Iya saya sering kumpul-kumpul di pantai dan minum-minum. Pernah ada teman saya yang istrinya diganggu oleh orang lain, itu saya pakai alat (merujuk pada gambar senjata yang ia gambar pada tes WZT) itu, saya samperin, lalu saya pukulin di bagian matanya. Itu kayak cincin yang nempel-nempel tapi tajam itu mbak, jarinya bisa dimasukin ke lubang-lubangnya." (Supri, May 17th 2023)

(Yes, I often hang out at the beach and drink. I once had a friend whose wife was being harassed by someone else. I used that tool (referring to the weapon he drew during the WZT test), approached him, and hit him in the eye. It was like a sticky ring, but it was sharp, you could put your finger through the holes.)

In this homicide case, Supri did not initially realize that unmet needs for affection and love from his family during childhood had influenced his relationships with both family members and his partner in adulthood. At first, he was unaware of this dynamic. Supri explained that he perceived his wife as resembling his late mother, who was gentle and always able to understand him. He also expressed regret that he had previously paid little attention to his wife and often spent time away from home. His wife's affair, committed by someone he perceived as a maternal figure, became a trigger for intense anger that ultimately led to the homicide.

Supri's psychological dynamics are summarized using the 5P framework, which includes predisposing factors, precipitating factors, presenting problems, perpetuating factors, and protective factors in this case. The 5P diagram has been reorganized into the following chronological sequence to clarify the flow of psychological dynamics from background factors to the premeditated homicide committed by Supri, particularly in relation to the development of aggression and sensitivity toward affective figures in his life.

Discussion

This study aims to understand the dynamics underlying the criminal act of homicide committed by the participant. Interviews, observations, and psychological test results indicate that the participant's homicidal behavior was influenced by several predisposing factors, including immature ego functioning, aggressiveness and impulsivity that contribute to maladaptive emotion regulation, emotional sensitivity and instability, anxiety related to close relationships, inappropriate norms and values, limited intellectual capacity and interest, as

well as a tendency to suppress, ignore, or eliminate uncomfortable feelings along with the stimuli that trigger them. These patterns developed as a consequence of neglectful parenting and the unmet need for love since early childhood. The precipitating factors contributing to the homicide include a close community environment that fostered the development of aggression through frequent fighting, as well as an emotional trigger in the form of his wife's affair, as she represented an important affective figure for Supri.

The dynamics of the homicidal act committed by Supri can be seen in the 5P diagram in Figure 1. Supri's homicidal behavior (presenting problem) involved premeditated murder characterized by explosive anger, aggression, and impulsivity. This behavior was triggered by his wife's affair with the victim, who was Supri's friend (precipitating factor). This event became a particularly sensitive issue for Supri because of his childhood experiences involving a third party in his parents' marriage, which ultimately ended in divorce. Supri has long experienced difficulty trusting and forming close relationships with others, a pattern that developed from neglectful parenting and various family conflicts following his parents' divorce. Additionally, his childhood environment, which often involved bullying, contributed to his persistent sense of insecurity.

His wife's affair deeply wounded Supri, especially because she represented a figure who reminded him of his late mother and served as a primary source of affection amid his anxieties regarding love and close relationships. Since childhood, Supri's needs for esteem and love had not been fulfilled. He lacked self-confidence and consistently felt inadequate and different from other children. Maslow (2017) explains that problems related to the need for love often appear in cases of maladjustment and psychopathology. The development of Supri's anger and aggression, which eventually led to severe violence and even homicide, did not emerge spontaneously. According to Maslow (2017), individuals whose esteem needs are unmet tend to feel inferior, weak, and powerless, and may come to believe that aggression can be a means of gaining respect, instilling fear, achieving power, and increasing self-confidence. This pattern was also evident in Supri, who gradually transformed from a fearful child into someone more confident and active in peer groups that frequently engaged in fighting. In line with Bandura's perspective (Bailey, 1988; Bandura, 1977), such aggression can be understood as the result of environmental modeling. Engaging in aggressive behavior within a group also indirectly fulfilled Supri's need for love through acceptance and a sense of belonging within that group.

In addition, Supri's tendency toward violent behavior, including homicide, was also influenced by various predisposing factors. These include poorly functioning ego processes, an inadequate understanding of rules and social norms, and a sensitive personality combined with difficulties in self-expression, which made him emotionally unstable and easily frustrated. His limited understanding of rules and social norms had developed since childhood. One contributing factor was that his parents lived separately and rarely met him due to work outside the city, leaving him to live with his grandparents. There were no specific rules

enforced within the family, and when conflicts occurred, the adults in the household tended to remain silent. This pattern of suppressing, ignoring, or eliminating uncomfortable feelings and the stimuli that caused them eventually developed within Supri himself.

Supri frequently skipped school to spend time playing and drinking alcohol with his friends. During high school, he even moved to another city and joined a community in which he felt accepted and treated like family. Unfortunately, this community frequently engaged in fights and consumed alcohol (precipitating factors). The absence of strong rules and norms instilled at home and school was gradually replaced by the values he learned and imitated from this community. This aligns with explanations from social learning theorists (Anderson & Bushman, 2002; Bandura, 1977; Mischel, 1973; Mischel & Shoda, 1995), who argue that aggressive responses emerge from direct experiences and observations of behavior within the surrounding social and cultural environment. Consequently, Supri became accustomed to expressing himself and releasing anger that he had previously suppressed through acts of violence. When a member of his community was treated unfairly, he would also participate in “teaching them a lesson.”

During his high school years and into adulthood, as he continued to associate with this community, his parents did not clearly express objections or reprimand his behavior. Sears et al. (1957) explains that parents’ permissive attitudes toward their children’s violent behavior can be interpreted by the child as approval of such behavior. Supri also tended not to reflect deeply on the norms he held due to his relatively limited intellectual functioning, capacity, and interest.

Supri’s sensitive personality, combined with difficulties in expressing himself, made him emotionally unstable and easily frustrated, serving as a predisposing factor when his wife’s affair triggered his aggression and ultimately led to the homicide. Maslow (2017) explains that the failure to fulfill basic needs, particularly the loss of love needs during early life, can affect an individual’s ability to give and receive affection and may even contribute to the development of psychopathic personality traits. Supri, who had long experienced a lack of love and affection from his family since childhood, came to fulfill these affective needs through his wife. However, Supri’s relationship with his wife did not always run smoothly because there were periods when he struggled to express affection and appeared indifferent toward her, even though he actually cared deeply for her. According to Maslow (2017), deprivation that leads to frustration will produce harmful effects when the related object symbolizes love, prestige, respect, or other fundamental needs. In this case, his wife’s affair, involving the person who served as Supri’s primary source of affection, generated conflict and pathogenic frustration because it threatened the fulfillment of his fundamental emotional needs.

Findings related to Supri’s profile associated with psychological dynamics, including a tendency toward high aggression, impulsivity, difficulty managing emotions, difficulty solving problems particularly those involving emotional elements, and a strong need for affection accompanied by insecurity in relationships that leads to high sensitivity, were also identified

in participants in the case study conducted by Lowis (2020). In addition, Putra & Hartanti (2020) reported similar profiles among their research participants, including limited cognitive abilities, a lack of understanding of social norms and values, difficulties in emotion regulation reflected in aggressive behavior, and difficulties in forming warm interpersonal relationships. Research conducted by Muklim & Soesilo (2018) is also consistent with the findings of this study, particularly regarding the influence of the participant's relationship with his father, as well as past experiences involving violence and impulsive behavior. Profiles characterized by emotional instability, strong aggression, anxiety, and disregard for social norms were also identified in the study by Putra et al. (2017). This study also reveals a lifestyle pattern such as alcohol consumption, which was similarly observed in Supri.

However, there are differences between the profile identified in this study and those reported in previous studies, particularly regarding cognitive ability. Putra et al. (2017) found that their three participants possessed relatively adequate cognitive abilities to plan the steps involved in committing homicide, while one participant in Muklim & Soesilo's (2018) study demonstrated a self-defense motive that ultimately resulted in homicide. Overall, the most common similarity across several case studies and the present research is that homicide tends to be influenced by tendencies toward aggression and impulsivity, which shape individuals' responses when confronted with situations that are emotionally sensitive for them. In addition, the theme of unmet needs for affection and a sense of security in relationships also emerges as a recurring profile in these case studies.

However, several limitations should be noted in this study. As a case study, this research cannot establish causal relationships between the factors discussed and the homicidal behavior. Therefore, future researchers are encouraged to conduct quantitative studies examining the factors involved in the psychological dynamics of Supri's homicide case as well as those identified in previous research. In addition, this study was adapted from a clinical case, which resulted in certain limitations in the research design. Qualitative research employing different analytical approaches may therefore serve as an alternative to enrich investigations of similar cases.

The diagram presented in the previous section not only illustrates the psychological dynamics underlying the homicide committed by Supri but also reflects one of Supri's current difficulties in coping with anxiety related to his conditional release process and his relationship with his wife and child. His tendency to avoid and eliminate stimuli that generate psychological pressure remains a challenge.

After spending many years in prison, Supri expressed a desire to become a better individual and to learn to control his anger for the sake of his child in the future (protective factor). However, he admitted that this remains difficult, particularly when he is confronted with emotionally stressful situations. This is reflected in his decision to cut off communication with his family because he could not bear the longing and felt guilty toward them for waiting for his return. Nevertheless, he remains open to receiving feedback and engaging in

intervention processes with the researcher. Supri also maintains a routine of exercising, which helps him feel better when experiencing pressure. In addition to these internal protective factors, Supri also has external protective factors, including support from friends both inside and outside the prison, provided financially, emotionally, and spiritually. Furthermore, his child, who is the most meaningful person in his life, maintains a relatively close and open relationship with him despite their communication being limited to phone calls. These factors serve as protective elements that provide hope for Supri to continue developing his capacity for emotional regulation.

4. CONCLUSION AND RECOMMENDATIONS

Supri's premeditated homicide was influenced by several predisposing factors, including immature ego functioning, aggressiveness, and impulsivity. These factors affected Supri's ability to regulate emotions, particularly when confronted with situations involving close relationships. These patterns were also related to Supri's tendency to suppress, ignore, or even eliminate uncomfortable feelings and the stimuli that triggered them, which developed as a result of neglectful parenting and unmet needs for love since early childhood. The aggressive behaviors he displayed became a means of fulfilling his needs for esteem and affection obtained from his community. The precipitating factors contributing to the homicide included the close community environment that encouraged the development of aggression through frequent fights, as well as his wife's affair, as she represented an important affective figure for him. These conditions were further reinforced by inadequate norms and rules, as well as Supri's limited intellectual functioning, capacity, and interest in engaging in deeper reflection.

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