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## Research Article

## Fractured Norms: Examining Contemporary Social Deviance through Robert Merton's Theory of Anomie

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### Abstract

This research paper explores contemporary social deviance through the lens of Robert Merton's theory of anomie, highlighting the structural strains within modern societies that foster deviant behaviours. By synthesising secondary literature from recent sociological and criminological studies, this analysis revisits Merton's conceptualisation of anomie as a disjunction between culturally prescribed goals and the socially structured means to achieve them. Contemporary manifestations of social deviance reflect economic disparities, cultural conflicts, and the evolving complexities of social norms in the 21st century. The study design employs a thorough review of empirical research and theoretical advancements since 2010, examining various forms of deviance from individual to institutional levels. It aims to deepen understanding of the mechanisms through which structural strain contributes to social disorganisation and deviance, offering nuanced perspectives for policy interventions. Finally, the paper proposes pathways for future research integrating modern sociological tools with classical theory to address ongoing social challenges.

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### 1. INTRODUCTION

Social deviance, defined as behaviours and actions that violate societal norms, has been a focal point of sociological inquiry for decades. With changing social landscapes marked by rapid globalisation, economic fluctuations, technological advancements, and cultural shifts, the nature and scope of deviance are evolving continuously. Contemporary societies face unprecedented structural complexities that contribute to new forms of deviance, ranging from cybercrime and political

extremism to institutional corruption and social unrest. Understanding these phenomena requires robust theoretical frameworks that can capture the interplay between societal structure and individual behaviour.

One of the foundational theories in the sociological study of deviance is Robert K. Merton's theory of anomie, introduced in his seminal work "Social Structure and Anomie" (1938). Merton reconceptualised Émile Durkheim's earlier notion of anomie—a state of normlessness or breakdown in social

regulation—and linked it to structural strains within society. According to Merton, anomie occurs when there is a disjunction between culturally emphasised goals (such as wealth and success) and the socially institutionalised means available to achieve these goals. This gap generates strain, which pressures individuals to resort to deviant behaviours as an alternative means to attain societal expectations. Merton's typology of adaptation conformity, innovation, ritualism, retreatism, and rebellion offers a comprehensive categorisation of responses to anomie.

In the contemporary context, Merton's theory remains highly relevant as societies worldwide experience growing inequalities, cultural tensions, and rapid transitions. The crises of economic access, education disparities, and social mobility constraints perpetuate anomie-like conditions. For instance, the rise of digital platforms has transformed traditional social interactions and regulatory mechanisms, creating novel arenas for deviant behaviours like cyber-deviance, online hate speech, and misinformation campaigns. Moreover, global political turbulence and institutional distrust exacerbate feelings of normlessness and social disintegration, aligning closely with Merton's conceptualisation of anomie at both micro and macro levels.

Scholars have expanded upon Merton's framework in recent decades, integrating the theory with other sociological perspectives such as institutional anomie theory, social control theory, and strain theory. Contemporary research emphasises the multilevel nature of structural strain, recognising how institutional, community, and individual factors intersect to produce deviance. Furthermore, empirical studies underscore the role of socio-cultural dynamics—such as value conflicts, normative ambivalence, and social differentiation in amplifying or mitigating deviant behaviour.

This research paper seeks to explore contemporary manifestations of social deviance through the lens of Robert Merton's theory of anomie, focusing on secondary analysis of recent studies conducted between 2010 and 2025. By reviewing prominent scholarly work and synthesising empirical evidence, the paper aims to reveal the enduring explanatory power of anomie theory while highlighting areas that require theoretical refinement for modern applicability. Particular attention will be given to how economic stressors, value disintegration, and institutional deficiencies contribute to evolving patterns of deviant conduct.

Key research objectives include (1) analysing structural drivers of contemporary social deviance, (2) examining the applicability of Merton's typologies to new forms of deviance, and (3) proposing future directions for sociological research and policy interventions grounded in anomie-based insights. The study relies exclusively on secondary sources, drawing from peer-reviewed journals, academic books, and credible sociological databases to ensure rigour and replicability.

In conclusion, this investigation contributes to the theoretical and empirical discourse surrounding social deviance by reaffirming the centrality of Merton's theory in understanding the complexities of contemporary social order disruptions. It underscores the necessity of integrating classical sociological

theory with cutting-edge research methodologies to address modern challenges in deviance and social control.

## 2. REVIEW OF LITERATURE

Robert K. Merton's theory of anomie, posited in the mid-20th century, continues to exert significant influence on sociological and criminological studies exploring social deviance. This review synthesises prominent scholarly works primarily published from 2010 to 2025 that apply, critique, or extend Merton's framework within the context of contemporary social deviance.

The relationship between structural strain and deviant behaviour forms a consistent central theme across these studies. For instance, Agnew's General Strain Theory (2013) <sup>[1]</sup> builds on Merton's original propositions, emphasising the multifaceted nature of strain beyond mere economic goals, incorporating negative relationships and emotional responses as catalysts for deviance (Agnew, 2013) <sup>[1]</sup>. This broadens the scope of anomie from structural gaps to psychological and social strains influencing deviant adaptations.

Recent studies highlight the rise of cyber-deviance, a novel form of social deviance enabled by the digital revolution. Durkee *et al.* (2021) <sup>[5]</sup> conducted a systematic review of adolescent deviance in online environments, revealing that strain stemming from familial and social disorganisation predicted deviant online behaviours such as cyberbullying and digital vandalism. Their findings underscored the continued relevance of strain theories, including Merton's typology, in explaining deviance beyond traditional physical spaces to virtual realms (Durkee *et al.*, 2021) <sup>[5]</sup>.

Institutional anomie theory has advanced the original anomie concept to a macro-sociological level, linking capitalist market dominance with institutional breakdown and heightened crime rates (Messner & Rosenfeld, 2011) <sup>[8]</sup>. This evolution responds to critiques that Merton's theory underemphasized institutional dynamics. Hövermann and Groß (2015) applied institutional anomie theory to explain societal prejudice and discrimination as forms of deviance arising from market-driven value systems, thereby extending the theory's explanatory power to social inequalities and exclusion mechanisms.

In empirical contexts, studies in emerging economies demonstrate the persistence of anomie in structuring deviance. For example, Akbari and Moghaddam (2013) <sup>[2]</sup> investigated the interplay of socioeconomic status, anomie, and illegal behaviour in Iran, finding that dimensions of anomie, particularly the fetishism of money, strongly correlated with illegality. This research echoes Merton's assertion regarding cultural pressures for economic success, producing deviant adaptations when legitimate means are inaccessible (Akbari & Moghaddam, 2013) <sup>[2]</sup>.

Political and social instability also intensifies perceptions of anomie and resultant deviant behaviours. Research by Becker and Shachmurove (2021) <sup>[3]</sup> on political extremism in French samples revealed that perceived social disintegration and leadership disregulation, key markers of anomie, foster extremist attitudes and social deviance. Their findings suggest that societal anomie can drive polarisation and radicalisation,

critical concerns in the contemporary political climate (Becker & Shachmurove, 2021) <sup>[3]</sup>.

An interdisciplinary study by Crothers (2022) <sup>[4]</sup> provides a comprehensive intellectual biography of Merton, reaffirming the importance of his structural strain approach in contemporary sociology. Crothers discusses how Merton's middle-range theoretical approach bridges empirical research and grand theory, enhancing the model's applicability to modern social phenomena, including organisational misconduct and workplace deviance (Crothers, 2022) <sup>[4]</sup>.

The digital age has generated distinct challenges for normative regulation, as shown in studies on norm displacement and deviancy aversion. Kim *et al.* (2022) <sup>[7]</sup> empirically demonstrated that individuals' aversion to deviance strengthens social norm adherence, which paradoxically can stifle prosocial behaviours when norms are overly rigid or skewed. This nuanced insight complements Merton's focus on normative disconnect as a root of deviance (Kim *et al.*, 2022) <sup>[7]</sup>.

Regarding youth deviance, extensive empirical work points to the role of peer influence, family dynamics, and emotional regulation in mediating anomie-induced deviance. Stavropoulos *et al.* (2022) <sup>[9]</sup> identified predictors of adolescent deviance, including weak parental supervision and peer attitudes endorsing substance use, suggesting that social anomie alone is insufficient without interactional risk factors (Stavropoulos *et al.*, 2022) <sup>[9]</sup>.

The COVID-19 pandemic has spatially and socially restructured deviance patterns, with perceived societal anomie rising during crisis periods. Kuhlman *et al.* (2022) <sup>[10]</sup> found that perceived anomie during the pandemic relates to polarised attitudes toward social control and solidarity, illustrating the dynamic nature of anomie in response to social disruptions (Kuhlman *et al.*, 2022) <sup>[10]</sup>.

Comparative studies focusing on distorted moral values and norm relativisation in European societies, including Macedonia, employ Merton's anomie framework to explain contemporary societal deviance (Jovanovski & Mitrevska, 2020) <sup>[6]</sup>. They argue that rapid societal changes induce value ambivalence, creating fertile ground for deviant adaptations and social disintegration (Jovanovski & Mitrevska, 2020) <sup>[6]</sup>.

Cumulatively, these studies reaffirm the enduring relevance of Merton's theory while demonstrating its flexibility to accommodate evolving social contexts. They also highlight opportunities for integrating psychological, institutional, and cultural perspectives to enrich the theory's explanatory capacity regarding contemporary deviance.

### 3. RESEARCH DESIGN AND METHODOLOGY

This study adopts a qualitative research design grounded in secondary data analysis to explore contemporary social deviance through Robert Merton's theory of anomie. Secondary data sources encompass peer-reviewed journal articles, academic books, government and institutional reports, and credible sociological databases published between 2010 and 2025. This approach allows extracting established empirical findings and theoretical insights without direct data collection,

ensuring comprehensive coverage of diverse contexts and contemporary developments in social deviance.

The research methodology is structured to systematically review and synthesise relevant literature, emphasising conceptual clarity and empirical rigour. It involves purposive selection of studies explicitly applying, critiquing, or extending Merton's anomie theory or related structural strain perspectives to various manifestations of contemporary deviance, including cyber-deviance, political extremism, youth delinquency, and institutional misconduct.

### 3.1 RESEARCH OBJECTIVES

1. To analyse the structural drivers and societal conditions that fuel contemporary social deviance within the framework of Merton's theory of anomie.
2. To examine the applicability and relevance of Merton's typologies of adaptation to emerging forms of deviance in the 21st century.
3. To propose informed recommendations for future sociological research and policy interventions grounded in the principles of anomie and structural strain theory.

#### 3.1.1 Structural Drivers of Contemporary Social Deviance through Merton's Anomie Theory

#### 3.1.2 Understanding Structural Strain and Social Conditions

Robert Merton's theory of anomie primarily focuses on the disconnect between culturally prescribed goals and the availability of legitimate means to achieve them. This disconnect, or structural strain, is intensified by socioeconomic inequalities, institutional dysfunctions, and value disintegration. Contemporary societies increasingly experience economic polarisation, job insecurities, and social fragmentation, which exacerbate these strains and create fertile grounds for deviance.

#### 3.1.3 Economic Disparities and Social Inequality

Economic disparities remain a critical structural driver of social deviance. Merton's concept of the "American Dream" as a universally prescribed cultural goal is widely applicable to other societies with dominant success ideologies. When marginalised groups perceive limited access to legitimate opportunities such as education, employment, or social mobility, innovation or retreatism typologies emerge as deviant adaptations. Studies such as Akbari and Moghaddam (2013) <sup>[2]</sup> explicitly link economic pressures and anomia to illegal activities, highlighting how monetary success fetishism sustains deviance (Akbari & Moghaddam, 2013) <sup>[2]</sup>.

#### 3.1.4 Institutional Breakdown and Social Norm Erosion

Institutional anomie theory extends this concept to macro-social levels, stating that the predominance of economic institutions over others (family, polity, education) undermines social controls. This institutional imbalance results in norm weakening and higher deviance rates (Messner & Rosenfeld, 2011) <sup>[8]</sup>. Contemporary phenomena such as political corruption,

corporate fraud, and a decline in public trust signify this institutional erosion, creating anomie.

### 3.1.5 Rapid Social Change and Cultural Conflicts

The velocity of social change brought by globalisation, technological innovations, and demographic shifts generates normative confusion and cultural conflicts. These conditions replicate Durkheim's original notion of anomie as normlessness. Jovanovski and Mitrevska (2020) <sup>[6]</sup> correlate rapid societal changes in Macedonia and Europe with distorted values and increased deviance, demonstrating this subtheme's relevance (Jovanovski & Mitrevska, 2020) <sup>[6]</sup>.

### 3.1.6 Technological Advances and Virtual Norms

The emergence of digital spaces has transformed social interactions and norm enforcement. Cyber-deviance, like cyberbullying and digital misinformation, arises from strains in online communities where traditional regulatory mechanisms are weaker or contested. Durkee *et al.* (2021) <sup>[5]</sup> emphasise adapting Merton's strain theory to understand cyber deviance, constituting an emerging structural driver linked to normative ambiguity in virtual spheres (Durkee *et al.*, 2021) <sup>[5]</sup>.

### 3.1.7 Political Disintegration and Social Polarisation

Political instability and radicalisation can be understood through an anomic lens. Becker and Shachmurove (2021) <sup>[3]</sup> demonstrate how political extremism in France is fueled by perceptions of social disintegration and leadership failure, reinforcing the relevance of anomie in contemporary political deviance and social conflict (Becker & Shachmurove, 2021) <sup>[3]</sup>.

### 3.2.1 Examining the Applicability of Merton's Typologies of Adaptation to Emerging Forms of Deviance

Robert Merton's typology of individual adaptations to anomie conformity, innovation, ritualism, retreatism, and rebellion offers a foundational analytic framework for understanding how different actors respond to structural strain. This objective seeks to analyse the relevance and flexibility of these categories in mapping contemporary deviance across diverse social contexts.

### 3.2.2 Conformity in Contemporary Contexts

Conformity, which entails acceptance of cultural goals and institutionalised means, remains the dominant adaptive mode in stable social groups. However, contemporary pressures such as intense competition and surveillance create nuanced challenges for conformity. Studies highlight how normative pressures persist but are often accompanied by anxiety and ambivalence, particularly among youth and marginalised groups grappling with uncertain futures (Stavropoulos *et al.*, 2022) <sup>[9]</sup>.

### 3.2.3 Innovation: The Predominant Form of Deviance

Innovation describes acceptance of goals but rejection or creative circumvention of legitimate means. This mode aligns strongly with many contemporary deviant behaviours, ranging from white-collar crime and corporate fraud to digital piracy and cybercrime. Akbari and Moghaddam (2013) <sup>[2]</sup> and Durkee *et al.* (2021) <sup>[5]</sup> illustrate how innovation typifies economic and

cyber deviance, where actors creatively bypass traditional norms without abandoning overarching success goals.

### 3.2.4 Ritualism Amidst Normative Disengagement

Ritualism, or the rejection of goals while conforming to means, is evident in bureaucratic and institutional settings where individuals continue rule-following without belief in the attainability of goals. This behaviour manifests in workplace alienation and bureaucratic stagnation as discussed by Crothers (2022) <sup>[4]</sup>, who notes that ritualism contributes to organisational deviance through disengagement and minimal compliance.

### 3.2.5 Retreatism as Social Withdrawal

Retreatism involves rejecting both goals and means, leading to withdrawal or escapism, commonly linked to substance abuse, homelessness, and social disengagement. Contemporary research by Stavropoulos *et al.* (2022) <sup>[9]</sup> underlines retreatism among delinquent youth, suggesting that social isolation and exclusion act as both causes and consequences of this mode.

### 3.2.6 Rebellion: Active Resistance and Alternative Goals

Rebellion entails rejecting societal goals and means to create new ones, often through collective social movements, political radicalism, or countercultural expressions. The rise of political extremism and activist movements in recent years showcases rebellion as a significant mode of deviance. Becker and Shachmurove (2021) <sup>[3]</sup> characterise extremist groups as embodying this reaction to perceived systemic anomie.

### 3.2.7 Expanding Merton's Typology: Hybrid and Digital Deviance

New research points to hybrid adaptations that combine features of multiple typologies, reflecting complex modern realities. Cyber-deviance especially challenges traditional categories, with digital anonymity and rapid norm evolution creating fluid deviant identities (Durkee *et al.*, 2021) <sup>[5]</sup>. This necessitates expanded analytical tools to capture the interplay of online/offline deviance.

### 3.2.8 Critiques and Theoretical Refinements

Several scholars critique Merton's typology for its focus on individual adaptations without sufficiently integrating broader institutional and cultural contexts. Institutional Anomie Theory (Messner & Rosenfeld, 2011) <sup>[8]</sup> and General Strain Theory (Agnew, 2013) <sup>[1]</sup> propose extensions addressing these gaps. These frameworks incorporate community-level factors and emotional responses while retaining Merton's core insights.

### 3.3.1 Proposing Informed Recommendations for Future Sociological Research and Policy Interventions Grounded in Anomie Theory

Despite its enduring impact, Robert Merton's theory of anomie requires continued refinement and practical application to address the evolving challenges of contemporary social deviance. This objective articulates future research directions and policy recommendations derived from the synthesis of recent scholarship.



### 3.3.2 Advancing Theoretical Integration and Multilevel Analysis

Future sociological research should advance integration of anomie theory with complementary frameworks such as General Strain Theory, Institutional Anomie Theory, and Social Control Theory to capture the multifaceted nature of deviance. Emphasising multilevel analysis across individual, community, and institutional domains will enhance explanatory depth. Incorporating psychological and cultural dimensions alongside structural factors can reveal nuanced causal pathways. For instance, integrating collective future thinking and perceived anomie, as studied by recent researchers, adds important temporal and cognitive layers to understanding deviance (Kuhlman *et al.*, 2022) <sup>[10]</sup>.

### 3.3.3 Expanding Digital and Cyber-Deviance Scholarship

The digital age demands focused research on cyber-deviance and virtual norm dynamics. Studies should examine normative construction and enforcement mechanisms online, developing typologies reflective of digital spaces' unique features, such as anonymity, rapid information diffusion, and global reach. Research methodologies must adapt to the fast-changing nature of digital environments, combining sociological theories with computational social science. This convergence would inform better regulatory frameworks and educational initiatives addressing online deviance.

### 3.3.4 Enhancing Empirical Rigour through Mixed and Longitudinal Designs

There is a critical need for more empirical rigour in testing anomie-related hypotheses using mixed methods and longitudinal studies. Such approaches enable capturing changes over time in structural strain and deviant responses, dissecting causal complexity. Secondary data analysis should be complemented by primary data collection in underexplored populations and regions, particularly in developing countries experiencing rapid social transformation. This empirical diversification will refine theory and enhance generalizability.

### 3.3.5 Policy Recommendations: Addressing Structural Inequality and Institutional Trust

Policymakers must focus on reducing structural inequalities that cultivate anomie-induced deviance. This entails comprehensive social welfare programs ensuring equitable access to education, healthcare, and employment. Institutional reforms that restore public trust and strengthen social control institutions, such as community policing and transparent governance, are vital. Policies should also support normative clarity and cultural integration to mitigate the normlessness linked to social disintegration.

### 3.3.6 Promoting Community Engagement and Social Cohesion

Strengthening community networks and fostering social cohesion can buffer the effects of structural strain. Initiatives promoting participatory governance, local cultural affirmation,

and peer support reduce social alienation and enhance conformity to positive norms. These community-level strategies align with anomie theory's emphasis on normative regulation and provide practical avenues for intervention in deviance-prone populations.

### 3.3.7 Encouraging Cross-national and Comparative Research

Given the global diffusion of anomie-inducing conditions, cross-national and comparative studies are critical for understanding contextual variations in deviance patterns and policy efficacy. Comparing developed and developing contexts through anomie lenses can reveal how different institutional structures and cultural logics mediate deviance, aiding tailored intervention designs.

## 4. Scope for Social Work Intervention

Social work holds a pivotal role in addressing deviance arising from anomie by interfacing directly with individuals, families, and communities affected by structural strain.

### 4.1 Empowerment through Advocacy and Resource Access

Social workers can empower marginalised groups suffering from limited legitimate means, such as poverty-stricken youth or disenfranchised minorities, by facilitating access to education, employment services, and social welfare programs. Advocacy for equitable resource distribution aligns with combating the socioeconomic inequalities underpinning anomie.

### 4.2 Facilitation of Social Integration and Norm Reinforcement

Through community engagement and psychosocial interventions, social workers foster social cohesion and reinforce positive social norms. Tailored programs can mitigate deviant adaptations such as retreatism and rebellion by addressing emotional alienation and promoting prosocial identities, especially among at-risk adolescents.

### 4.3 Crisis Intervention and Support Services

In contexts of rapid social change and institutional breakdown, social workers provide critical crisis intervention for victims of deviance and structural strain, including support for addiction, homelessness, and victimised populations. Their presence anchors normative support systems weakened in anomic environments.

### 4.4 Collaboration in Policy Formulation and Research

By contributing frontline insights and empirical data, social workers enrich sociological research and help shape policies responsive to the lived realities of structural strain. Their interdisciplinary collaboration with researchers and policymakers fortifies efforts to holistically address social deviance.

## 5. SUGGESTIONS AND RECOMMENDATIONS FOR FUTURE RESEARCH AND POLICY

The synthesis of contemporary research on social deviance through Merton's theory of anomie highlights several critical directions for effective future inquiry and policymaking.

### 5.1 RESEARCH RECOMMENDATIONS

- Promote interdisciplinary approaches combining sociology, psychology, digital studies, and criminology to holistically understand deviance.
- Develop sophisticated analytical tools to capture hybrid deviance patterns, especially in cyber and virtual contexts.
- Employ longitudinal and mixed-methods research designs for dynamic and comprehensive analysis of strain and deviance.
- Expand geographic and demographic scope of research, emphasising underrepresented regions and marginalised populations.
- Foster cross-national comparative studies to generalise and contextualise anomie theory applications globally.

### 5.2 POLICY RECOMMENDATIONS

- Address socioeconomic disparities via robust social welfare, education, and employment policies to reduce structural strain.
- Enhance institutional integrity and public trust through transparency, accountability, and inclusive governance.
- Invest in community-based programs fostering social cohesion, participatory governance, and cultural integration.
- Implement targeted interventions addressing digital deviance through education, regulation, and community oversight.
- Promote normative clarity through public discourse and civic education to counteract normlessness and value erosion

### 6.0 CONCLUSION

Robert Merton's theory of anomie remains a vital theoretical lens for interpreting contemporary social deviance. With societal changes accelerating normative ambiguity and structural inequalities, anomie-driven deviance manifests in multifaceted and evolving forms. This research highlights the resilience of Merton's framework while emphasising the necessity of its theoretical expansion and empirical refinement. By critically examining structural drivers, typological adaptations, and institutional contexts, the study illuminates pathways for sociological scholarship and social policy to mitigate deviance and foster social stability. Future endeavours must integrate classical theory with modern methodologies and interdisciplinary insights to comprehensively address the challenges of deviance in 21st-century societies.

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