



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

TED BUNDY: BORN CONGENITAL OR ALTERED BY ENVIRONMENT.

¹Bhagyashree Kulkarni, ²Shorya Singh

¹Assistant Professor and HOD - Department of Forensic Psychology, Institute of Forensic Science, Mumbai, India

²Student – T.Y.B.sc, Institute of Forensic Science, Mumbai, India

ABSTRACT

This paper is focused on finding the root cause for the development of serial killing tendencies by taking various psychological pointers into account. Theories by Freud, Hirschi, etc were used as references for correlating the behavior expressed by Theodore Robert Bundy with the probable causal factors, followed by a detailed case study of Bundy's major life events including his educational background, and testimonies of those near to him. The causal factor was ascertained to be a blend of genetics and environmental variables, along with the individual's will to follow the urges. Another approach was taken wherein the emphasis was on the preventive measures and areas to focus on including the importance of parental love, surroundings, etc.

INTRODUCTION

Hypothesis: Case study on environmental v/s hereditary factors leading to behavioral outcome in offenders of serial killings.

Serial killer, a term which is interesting and of intrigue to masses as well as professionals, but we have sparingly less knowledge practically speaking. The usual talks put forth an individual with some sort of genetic-mental disorder resulting in the individual to turn into a monster. But is this true? Well, if we observe some cases, we will find that it's not only the particular individual but also, it's his/her/their past that turns him/her/them into a serial murderer. Every discussion about serial killers would come to some conclusions such as: "he is mad", "he isn't stable", "he is just a maniac", etc. But hardly does anyone care about what was the cause of such a disastrous outcome. With progress in the field of psychology, we are close to determining some of the causes. In this modern era where each and every single thing is being observed as a creation of science, on an individual level one should also understand the fact that we are beings operating depending upon various neurotransmitters and biological segments with differing function of each, a minute disorganization due to any incident or series of incidents might lead to produce a malfunctioned outcome in our body and our perceptual about the world.

According to Sigmund Freud's Psychoanalytical theory, an imbalance of the Id, ego, and superego could be a potential cause for expressing a criminal behavior. Freud was of the view that our Personality conflicts between pleasure-seeking drives and the control over these drives. Id, ego, and superego are basically the gist of Freud's theory. The unconscious Id is something that holds our most primitive desires and is present since birth. It works on the pleasure principle i.e Id seeks instant gratification. The ego and superego are the factors that control the Id. The Id develops as the child starts interacting with parents and others in his environment. The superego is our conscience. It is our moral map that tells us which direction of behavior we should follow. The ego is what Freud considers to be the 'self'. Ego is basically the part of our Personality which is viewed by others. The ego works on the 'reality principle', i.e, the ego finds a realistic way to satisfy the urges of the Id. Id and superego undergo a constant conflict and the ego finds a middle ground to satisfy both. Ego is what we call the 'gut' feeling or intuition.

Aggression, one of the causes behind impulsive crimes, is defined as, "a behavior projected in order to harm or dominate others against their will." But what causes aggression? According to the 'drive Theory' proposed by social psychologists, aggression stems from external factors such as frustration, anxiety, depression, or even PTSD and other mental health conditions, that fulfills a drive, whose goal is to affect an individual in a negative way either physically, emotionally or mentally. On the other hand, Freud believed that the Id generated by the death-energy of "Thanatos", strengthens an individual's willpower, while simultaneously driving his life towards

loneliness, messing up relationships, and formulating a destructive behavior. Hence, according to him, the death drive is self-directed but is projected outwards in the form of aggression.

Freud also proposed the Psychosexual stages of development that illuminate the possible cause of such criminal behavior. Freud says that children go through these psychosexual stages (oral, anal, phallic, latent, and genital) which form their Personality. Each stage is connected to an erogenous zone which serves as a source of pleasure. He states libido (a part of the Id) is the driving force behind behavior. According to him early life experiences and incidents affect the later life of an individual. Each of these psychosexual stages has got a conflict that needs to be resolved and the development of Personality will depend on the way these conflicts are resolved. The Oral stage (Birth-1st year). The infant entirely depends on the guardians for meeting his bodily needs and the source of pleasure at this stage is via activities like sucking and tasting i.e, oral stimulation. The weaning process is considered a primary conflict at this stage and fixation can lead to dependency and aggression, and the individual might gratify through smoking, drinking, etc, in his later life. The anal stage (1st – 3rd year). Freud believed that at this stage the libido focuses on the bowel and bladder peristalsis. Toilet training is considered the major conflict during this stage. A feeling of independence and a sense of bodily requirements can develop through proper toilet training. A lenient method would result in developing an 'Anal Expulsive Personality' i.e, in later life, there are high chances for that individual to develop a destructive/messy Personality. On the other hand, too much strictness can develop a rigid individual. So, a perfect blend of strictness and leniency accompanied by rewards and praises would be apt for toilet training. The phallic stage (3rd – 6th year). The focus of the libido shifts to genitals and the child starts to understand the difference between male and female. The Oedipus complex is the term used by Freud to explain the feelings of a young boy, where he views his father as his rival for attaining love and attention from his mother. 'Castration anxiety' is defined under this complex, which is a fear felt by the child that his father would punish him if he gets to know about these feelings towards his mother. Similarly, in young girls, The Electra complex is seen. The Latent period (6th year - puberty). During this stage, the sexual feelings are said to be reposed. The development of the superego and the suppression of the Id are the major characteristics of this stage. The child gets indulged in forming relationships with peers and develops hobbies. This stage is said to be crucial for developing social and communication skills. According to Freud, fixation at this stage can lead to immaturity and difficulty in forming relationships in later life. The Genital stage (puberty-death). An interest in the opposite sex develops during this stage and stays throughout the life of an individual. The libido gets active again. If the previous stages were completed successfully, the individual by now might have developed a healthy Personality. By now the individual is expected to control the most basic urges. Error in these stages can lead to developing an unhealthy Personality, which in the case of serial killers, might be the building block.

The Control theory is another point of view, this theory emphasizes the fact that people want to satisfy their needs and desires without facing any negative consequences. They don't want to lose the support of those in their lives (peers, relatives, etc). Travis Hirschi, the criminologist who described the control theory, stated that there are four factors (Attachment, Commitment, Involvement, and belief) that inhibit an individual from committing a crime. "Attachment" is associated with the relations an individual has and the bond formed with others due to which he is less likely to commit crimes. He believed that schools and parents are two critical factors, which constrain an individual from committing such criminal acts and result in developing control, as he who has close attachments, is less likely to possess a tendency to disappoint those he loves with his misbehavior. "Commitment" refers to the social relationships one has, which he would not sacrifice by committing crimes. Hirschi had the view that individuals who hold importance to things in which they have invested by any means, and are aware that by committing crimes, they might lose them, are less likely to show criminal behavior. Wherein 'Things' are defined as variables having varied values depending on the individual, e.g, employment, commitment towards a goal, etc. "Involvement" refers to the time consumed in an individual's daily life by various activities. Hirschi argued that the more activities an individual is associated with on a daily basis, the less are the chances of him committing a crime, at least during the conduction of those activities, e.g, Juveniles involved in academics and related activities, practicing hobbies, etc are less likely to commit crimes. The fourth component is "Belief", which refers to the level of agreement and association with social and lawful behaviors. Hirschi believed that an individual gravitating towards values holding social and lawful norms is less likely to commit crimes. By this proposal, he was trying to prove a relation between 'attitude' and 'behavior' with a view that having a socially healthy attitude, resists an individual from committing criminal activities.

Studying about Criminals, enables the thought that, how can one commit such heinous acts? Let's understand the concept behind morality. What is it? As defined by the *Oxford Dictionary*, "Morality is nothing but the principles concerning the distinction between right and wrong or good and bad behavior." Diving deeper, we realize that the definition of right and wrong vary from individual to individual. On the basis of this ideology, Lawrence Kohlberg, an American Psychologist formulated the infamous, "Theory of Moral Development", which consists of three levels and six stages wherein, each level comprises two stages. This theory portrays the concept of increasing order of development. The first level is named as "Pre-conventional Morality Level", which refers to the lowest intensity of morality. Children below the age of ten are usually considered at this level. This level is divided into two stages, 'Stage-1(Obedience and Punishment)', in this stage an individual makes decisions in order to avoid punishments. The basic mentality is to obey others by any means in order to avoid a negative outcome. 'Stage-2(Individualism and Exchange)', also referred to as 'Tit for Tat' or 'What's in it for me?'. An individual at this stage will have a mindset of individuality and will conduct the acts according to their interest and also for gaining personal advantages or taking revenge by performing the same act which was conducted on him. For example, if you would ask a child for the reason to scribble on a fellow classmate's notebook, you will most likely receive an answer, "He was the first one to do that" i.e 'Tit for Tat'. The second level is called the "Conventional Morality Level", which usually comprises individuals in their adolescent or adult stage. Consists of stages 2 and 3. 'Stage-3(Maintaining Good Interpersonal Relationships)', also known as the 'Good Boy-Good Girl stage'. At this stage, the actions of the individual would be highly dependent on the response of others i.e the individual would want to get himself a tag of being a Good individual and will act in order to build a positive image. 'Stage-4(Maintaining Social Order)'. At this stage, the individual's actions will be highly influenced by the laws imparted by the authorities. An attempt to maintain social order is made. The basic mentality is that it is illogical and incorrect for anyone to break the laws, as due to this the societal order would get disturbed. The third and the last level is named, "Post-conventional Morality Level". It is considered the rarest level of morality in the population. Consists

of the last two stages, 'Stage-5(Social Contract and Individual Rights)'. This stage is a step ahead of stage-4, as, in this stage, the mentality develops and states that, it is not necessary for a society to follow the desired principle in order to run smoothly. The famous 'Heinz Dilemma', used by Kohlberg as one of the dilemmas in his experiment, portrayed a man stealing medicines in order to save his wife from dying, as the chemist was demanding an exorbitantly high amount. The activities conducted by the man in this dilemma would be justified by the individuals at stage-5, whereas the individuals at stage 4 would most likely show disagreement with the actions of the man as he broke the law by stealing. 'Stage-6(Universal Principles)', is the stage with the lowest count of individuals. At this stage, the morals and values held important universally are prioritized over laws to make a decision, and laws are only followed if they support the morals. Famous Personalities like Nelson Mandela, Mother Teresa, etc can be taken as examples, as these individuals kept people's well-being over themselves or laws and acted according to the universally accepted values/principles. This theory helps us to understand the concept of Morality in a structured way, due to which we can classify one's actions as right or wrong. We can assume that a criminalistic mind will most likely fall under the lower stages of morality and that a person holding values is less likely to commit a crime. In contrast, an individual, for example, having the idea of morality as defined in the second stage will most likely seek revenge and gain something via criminal acts.

Emotions are states within an individual that get activated by common bodily changes, which then as a result may incite genetically established instinctual behavior. Emotions are maintained across the path of evolution and they are believed to possess some adaptive and functional attributes. For example, the development of emotions like fear and anger is considered a result of exposure to life challenges and threats, which indeed act as a great survival instinct. Anderson and Adolph were of the view that primary emotions build a schema for developing more complex secondary emotions, which highly depend on individual-specific learning and experience. Emotions put forth by Paul Eckman were, 'sadness', 'happiness', 'surprise', 'fear', 'disgust', and 'anger' which can be taken under the title of Primary Emotions. He then added 'pride', 'shame', and 'embarrassment', in the category of Secondary Emotions. Robert Plutchik proposed the concept of "The Wheel Of Emotions", which functions quite analogically to the "Color Wheel". The concept was that a single emotion can be associated with the other to produce varieties of feelings, similar to the fact that mixing colors produce different shades. This portrays the ideology that basic emotions play the role of building blocks in order to construct more complex emotions. For example, joy is associated with trust in order to produce the emotion of love. "Happiness" is an emotion leading a person to be in an emotional state resulting in generating feelings of joy, gratification, satisfaction, and well-being. "Sadness" is somewhat an impermanent emotional state often identified by feelings of grief, disappointment, disinterest, etc. Over extensive periods of sadness can turn into depression. The severity of which is determined by the causing factor. It can lead to different adaptations like substance abuse, self-depriving thoughts, etc. "Fear" is the sort of emotion that results in an extreme surge of adrenaline, resulting in increased alertness and indicating your body to either run or fight. Hence, it acts as a significant factor in survival as it is an immediate response to threats. "Disgust" is an emotion that arises due to an offensive or repulsive object which in turn produces a feeling of extreme displeasure. The causal factors can have a vast range depending on the sensory pathway. "Anger" is an emotion that is triggered by stress, frustration, arguments, environmental factors, etc. These stimuli act as the causal factors for the overt expression of anger called aggression. Anger can lead an individual to opt for irrational alternatives which can impact his physical and mental health. In order to cope with the effects of anger, individuals might practice substance abuse, might hurt others through violent acts to satisfy the urge, etc. "Surprise" is identified by a psychophysical startle response caused by the input of unexpected stimuli. It also results in an instant surge of adrenaline and can trigger the fight or flight response. "Remorse" is an emotion felt by an individual, caused by the act which was committed against his/her/their moral compass. Psychopath or Sociopath is a term that is used to define the behavior of an individual who is incapable of feeling remorse, i.e, the individual fails to regret not only his motive but also does not seem to detect any illness in his/her/their act.

We can't ignore the biological reasons for such criminal behavior. Studies have shown that impaired functioning of certain regions of the brain can be a contributing factor to such criminal behavior. Impairments in the Prefrontal cortex of the brain have been associated with such behavior. It controls the cognitive processes such as impulse control, decision-making, emotion regulation, etc. Its structural deformity can result in the development of criminal behavior in an individual. The amygdala is known to stimulate the 'fight or flight' response and is associated with stress and negative emotions such as fear. An underdeveloped amygdala can increase the chances of developing aggressive and psychopathic characteristics with a risk of building criminal behavior in the future. Another region is known as Striatum, which is associated with reward and emotional processing. Malfunctioning of the striatum has been found to be a neural mechanism that might develop impulsive and criminal behavior. Research has shown that enlarged striatum with increased activity is generally found more in violent offenders than non-violent offenders. Striatum enlargement and malfunctioning are specifically considered a major reason for developing criminal behavior.

The general criteria to designate an individual as a serial killer is when he murders three or more people usually in order to gain certain form of psychological gratification, with the murders taking place over more than a month or even years including a time stretch between them. (Poojatsk90, *Analysis Of The Mind Of Serial Killers*, legalserviceindia, <https://www.legalserviceindia.com/legal/article-3482-analysis-of-the-mind-of-serial-killers.html>)The motives can also include anger, thrill-seeking, financial gain, or sometimes even attention-seeking.

When a serial killer murders his first victim, he activates a system precisely known as the 'Cyclic Mechanism', which happens to be a complex cognitive process, developing an urge to kill repeatedly. Imagination proves to be a crucial contributing factor as, via this route, any mood begins to take shape and gets oriented towards the desired endpoint. He begins to fantasize about scenarios and the mode of conduct to be followed in order to force supremacy over his targets. When his scenarios cross the threshold of his control, the uncontrollable murderous surge leads to the conduction of killings.

It is generally noticed that serial killers have had a past of repressed memories. Bullying, family issues, discrimination, etc. As mentioned earlier, fantasies play a major role, so when such an individual reaches the ceiling of his tolerance, he imagines killing the individual or a group of people who have made his life miserable by any means. This results in hunger for revenge, and then the wrath begins. Now the basic question which pops into our head is, why does he murder strangers? The important thing to note here is that the victims have certain factors in common. Let's understand this with an example, there's an individual who gets bullied every single day in his college, and he starts to imagine the way we discussed earlier, let's say he somehow murders the bully, it should stop there, right? But, whenever that individual comes across a bully (doesn't matter if he is bullying the individual or not), the individual will have an urge to kill him. Why? Because it's the characteristics which are in common. The victims have a certain factor in common, they are not picked randomly, but yes, they can be strangers.

LITERATURE REVIEW

Hasti Sabhani (2021) in her article, *Are Serial Killers Born or Made?*, discussed that trauma, genetics, personality and environment played a major role in encouraging violent behavior. In the article *Do serial killers have a genetic disposition?* Berit Brogaard (2018) Stated that a majority of the serial killers were genetically distinct, and grew in an environment which acted as a catalyst for developing their tendencies.

Katherine Ramsland (2018) with the, *Persistent Myths About Serial Killers*, put forth the view that serial killers, if considered as a category of criminals, are likely to suffer from various personality disorders like antisocial personality disorder. Oliver J. Convoy (2018) in his article, *What makes a serial killer*, portrayed a view that every individual is born a serial killer but with the presence of two major factors including good parenting and socializing, one basically learns the concepts of morality and develops empathy. Keatley, Golightly, Yaksic and Reid (2018) published an article, *Using Behavior Sequence Analysis to Map Serial Killer's Life Histories*, in which they listed factors that could've possibly played major roles in the development of serial killing tendencies including, parental brutality, head injury, frequently moving during childhood (change of environment, hard to settle), drifted relationship with parents, low socioeconomic status, and poor abusive living conditions.

The following case was referred to interpret the causal factor for serial killing tendencies:

CASE STUDY

Name: Theodore Robert Bundy (Ted Bundy, 1946-1989)

Gender: Male

Age: 42 (When executed)

Ted Bundy was a 1970s serial murderer, rapist, and necrophiliac (who gets sexual pleasure with the dead). He was executed in Florida's, "old sparky" electric chair at 7:08 am on January 24, 1989. He admitted to killing 36 women. Decapitated (beheaded completely) 12 victims. But he may have killed more than 100 people. Let's zoom into the past of Ted Bundy's life...

According to Ted, he had an awful childhood, he felt unloved. He was socially awkward and used to cross the limitations of society pretty often. His childhood offers some insights to how he became a serial killer.

Relation with mother:

- A person's behavior as an adult depends a lot on how he was raised or what beliefs he acquired during his childhood. A close bond with a mother who shapes a proper mindset and loves her child unconditionally is quite crucial for one's life. Talking about Bundy, he claimed to have a drifted relationship with his mother. Bundy was born on November 24 at a place in Burlington, Vermont, for unwed mothers (the place was dedicated for women who gave birth before marriage). His mother, Elanor Louise Cowell, thought of placing him for adoption but Louise's Father, Sam Cowell, wanted the baby to join the family in Philadelphia. The baby was named Theodore Cowell. He started his life thinking that Louise was his sister and not his mother. In a book (*The Stranger Beside Me*) written by Ann Rule, who claims to be knowing Bundy personally before and after his arrest, says that Bundy had told her that he figured out the truth.
Bundy: "Maybe I just figured out that there couldn't be twenty years' difference in age between a brother and a sister, and Louise always took care of me. I just grew up knowing that she was really my mother."
- Louise used to make sure that Bundy was cared for, but after having four more children her attention got divided. His illegitimacy was one of the causes of having a weak bond with his mother. There are many people claiming different ways in which Bundy learned the truth about his birth. A psychologist who interviewed Bundy, says that when Bundy was a teenager, he found his birth certificate in which the space given for his Father's name was marked as Unknown. Whereas Bundy's girlfriend in the book "*The Phantom Prince*" (Authors: Elizabeth Kendall, Molly Kendall) says that, Bundy was teased by a cousin about being illegitimate, when Bundy refused to believe, he used his birth certificate to prove it.

Relation with Johnnie Bundy (stepfather):

- To avoid the truth of birth, Louise left Philadelphia when Ted was 3 years old. They shifted to Tacoma, Washington. This affected Ted a lot, he missed Philadelphia. Things got worse when Louise fell in love with an army hospital cook, Johnnie Bundy. Louise and Johnnie married in 1951, Ted developed jealousy of his mother's new relationship, and he started showing public tantrums, wetting his pants was the most common one. But still, Johnnie adopted Ted, and hence he got his last name, Bundy. Even after such efforts by Johnnie, the relationship between him and Ted remained tense. Ted was materialistic, he was quite fancied by expensive clothes which his stepfather could not afford. Statements from friends claim that Bundy used to provoke his stepfather, who would sometimes snap at Bundy out of frustration.

Educational background:

- Completed his high schooling in 1965 from Woodrow Wilson High School. He attended multiple universities as an undergrad student, including University of Puget sound. In 1966 he opted for the University of Washington in order to learn Chinese. He dropped out of college in 1968.
- He then approached the Temple University for just a single semester, then re-enrolled in 1970 and received honors in Psychology.
- Bundy worked with Ann Rule (crime writer), at a Suicide Hotline Crisis Centre in Seattle during 1971
- In 1974 he approached the University of Utah for further studying in the field of law.

Relations with classmates and educational life:

- Bundy was a shy individual during his childhood who portrayed a submissive behavioral pattern. Sandi Holt, an individual who grew up with Bundy gave a statement in *Conversations with a Killer: The Ted Bundy Tapes*, that Bundy because of his speech impairment was mocked by his classmates. He didn't have many friends, and didn't interact much with other boys.
- Sports and activities were appealing to him, he even tried to make it in the basketball team of his school but couldn't pass through the trials. This was one of the shocks he sustained.
- According to Holt, Bundy in high school only went on a single date. When asked the reason, Bundy replied "It wasn't that I disliked women or were afraid of them, it was just that I didn't seem to have an inkling as to what to do about them."
- The one thing Bundy managed to do well in was academics, when he was interviewed in the prison of Florida he stated, "Your performance is measured by different rules than what happens when everybody's peeling off into little cliques down the hallway."
- Things took a turn when Bundy enrolled in the University of Washington, he was perceived as an intelligent and charming individual by his peers. Bundy started dating his peer named Stephanie Brooks, he was well committed with her but suffered a breakup after a year. This affected Bundy so much that he had to drop out of college to maintain his sanity. This was the period when Bundy started raping and killing women who had some characteristics in common with Brooks.

Other members of his family:

- Grandmother: suffered from depression and agoraphobia (fear of places and situations that might cause panic, helplessness, or embarrassment.)
- Grandfather: was a short-tempered man. There's a possibility that Bundy could have experienced abuse from his grandfather, yet he stated that he had a good relationship with him.
- The incident with aunt: In a monthly magazine, VANITY FAIR, Bundy's aunt described an incident that occurred on a night when she woke up and found Bundy placing knives near her. She also said, "I remember thinking at the time that I was the only one who thought it was strange. Nobody did anything." In the same article, Dr. Dorothy Lewis, a psychiatrist who had met Bundy several times and also on the day before his execution, says that "only in very seriously traumatized children who have either themselves been the victims of extraordinary abuse or who have witnessed extreme violence among family members."

Dr. Lewis on Bundy:

- Dr. Lewis was appointed by Bundy's attorney to evaluate him. Even after many sessions, Bundy used to describe his childhood as idle and used euphoric words. After years of Bundy's execution, Lewis received a call from Bundy's wife, Carole Boone. She gave the love letters which Bundy used to write when he was imprisoned in Florida. She found that Bundy used to mention different names instead of his. He also signed the letters differently at different times in an article for the VANITY FAIR, Lewis says, "Others who had seen him had said that they thought that he dissociated, that he spoke with some being in his head called the entity. I started to give more credence to that. I had read some of the books about him, and looking at them and then at the switches that he made in his letters, in his signatures, in his name, and in his behavior, it became clear that he also dissociated."

Elizabeth Kendall (also known as Elizabeth Kloepfer, Bundy's former partner):

- Elizabeth, the woman who managed to survive while staying with Bundy in a six-year relationship. Who now is an American author (wrote 'The Phantom Prince: My life with Ted Bundy' along with Molly Kendall) and administrative assistant, met Bundy at a local bar and after spending a night with him ended up forming a good relationship. Elizabeth fell in love with Bundy and both of them enjoyed each other's company. They were so indulged in the relationship that they ended up getting a marriage license from the courthouse. Although Bundy tore it after having an argument they continued to stay together. Kloepfer contributed majorly in Bundy's arrest, she first became suspicious of Bundy's acts in 1974 when she came across a widespread news about rapes and murders of two young women. Her intuition was so strong that she even proceeded to approach the authorities but they didn't believe her. When Bundy moved to Olympia, news started to flash about women going missing, Kloepfer was then assured of the fact that it was Bundy behind these cases. She then approached the authorities again in 1975 and because of the data she provided, Bundy got arrested and was charged with murders.
- How did she survive? Did Bundy try to harm her? In her book 'The Phantom Prince: My life with Ted Bundy', Kloepfer mentioned a phone call conversation between her and Bundy after his arrest in Olympia. She asked Bundy that whether he ever tried to kill her, Bundy admitted to the fact that he surely had an urge to kill Kloepfer one night and he then said that, "I closed the damper so the smoke couldn't go up the chimney and I left and put a towel in the crack under the door so the smoke would stay in the apartment." She then mentioned that she clearly remembers the night Bundy was talking about, she said that they drank and slept and when she woke up the house was filled with smoke and Bundy wasn't there, she panicked and ran to the windows to open them and that's how she managed to live. Kloepfer wasn't ready to believe and thought that it wasn't befitting, she mentioned in her book that, "It didn't fit in with the murders. I thought maybe he wasn't willing to talk about any more serious attempts to kill me."
- In an interaction with journalist Stephen G. Michaud, Bundy expressed his feelings towards Kloepfer and said that, "I loved her so much it was destabilizing. I felt such a strong love for her but we didn't have a lot of interests in common like politics or something, I don't think we had much in common."
- Bundy somewhat explained his point of view while on the call with Kloepfer as, "I don't have a split Personality. I don't have blackouts. I remember everything I've done. The force would just consume me. Like one night, I was walking by the campus and I followed the sorority girl. I didn't want to follow her, I'd try not to, but I'd do it anyway."

DISCUSSION

The segments of Theodore Bundy's life listed above give us the tentative insights into a serial killer's mental state. This case study is focused on the dilemma if it's the biological factors or the environmental ones that lead to serial killing. In Theodore Bundy's case the probable major factors known to the common public were environmental, as mentioned in the current paper his childhood was found to be traumatic. Apart from environmental factors, a dominant dispositional factor was also likely present in Bundy. He seemed to have a comparatively lower level of the MAOA (Monoamine oxidase) gene. This gene is held responsible for helping in the release of neurotransmitters like norepinephrine, epinephrine, serotonin and dopamine. The lower the level, the easier it gets for an individual to lose control over his/her/their anger. Also, lower levels of this gene result in a decrease in the ability to resist psychological and physical damage. Considering the case of Bundy, research reflects there have been numerous aspects in his life which could easily penetrate through his psyche and alter it. Further research has proved that infants with lower levels of this gene are likely more sentient towards maternal love. As described above, Bundy was unaware of the existence of his own mother, he grew up thinking she was his elder sister, who after having more progeny divided the attention and Bundy could hardly get some. With a lack of motherly affection, Bundy was prone to develop aggressive features. It's not necessary that an individual becomes enraged solely due to a lower level of this gene, as an individual learns the concept of ethics and morality whilst ageing. However for Bundy these concepts remained un-approachable. He was raised by his grandparents, his maternal grandfather Samuel Cowell was known to be a short tempered individual, there's a high probability that this behaviour along with several aspects of his life would've affected Bundy as well (boosting the MAOA factor). Continuing on the fact that Samuel overtly expressed his anger out amongst his family including beating his wife and harassing his family pet dog, all of which was observed by Bundy could've possibly ended up with building a deviant superego. This statement is supported by the findings of Blackburn (1993) wherein he explained how superego could lead to conduction of criminal acts. He was of the view that the absence of same-sex parent during the phallic stage could lead to some issues in learning the concept of morality. In the case of Bundy however he had his grandfather as his dad, a fact he believed for a long time period, he soon got exposed about his illegitimacy which definitely would've affected him adversely. On top of which according to Blackburn, an individual whose same gender parent is present but is deviant or is expressing behaviour that is societally unacceptable, these acts and behaviour would be considered as ideal in the perspective of the developing child which would result in forming a deviant superego acquiring heinous values. This is something which was quite likely to happen in the case of Bundy and this also supports his statement that, "I don't have a split Personality. I don't have blackouts. I remember everything I've done. The force would just consume me. Like one night, I was walking by the campus and I followed the sorority girl. I didn't want to follow her, I'd try not to, but I'd do it anyway." A plausible explanation to this could be the fact that Bundy developed a deviant superego. Consider this, if an individual's inner voice is leading to commit criminal acts wherein it's supposed to produce the feeling of remorse, there's a high possibility that the individual would commit the act.

The psycho-social perspective to this issue talks about the effect of early life i.e the childhood experiences of an individual, the main focus of which remain acts of bullying, loneliness, etc. Holmes and Deburger share the view that majority of the serial killers were born to the parents who were unmarried due to which the individual was raised by a single parent which usually used to be the mother, addition to which is provided by Mackey and Immerman stating that the presence of a father figure reduces the chances of developing

aggressive and violent tendencies in children. Another psychologist named Hickey studied 62 male serial killers and concluded that roughly 50% of these individuals had gone through a form of rejection by either their parents or someone important, to which Hale, Whitman and Akutagawa added that it's not just rejection, rather humiliation, abandonment and early adoptions are also some of the factors which have been found as common amongst a vast count of serial killers. Cleary and Luxenburg promoted the findings of their research that, in more than 60 of their serial killer subjects, a common factor of physical or psychological abuse was present, The further analysis of this aspect gave the result that the individuals who were either abused physically, sexually or their emotions were affected and remained traumatized were three times more likely to commit violent acts. A study done by Kesner and McKenry shows that the individuals who acquired insecurities in their relationships (in early stages – Parent-child relationship), would develop this attachment style wherein they would always stay insecure about their relationships, which would then lead to produce difficulties in forming relationships during further stages of life resulting in loneliness which is considered as one of the contributing factors in making of a serial killer.

These findings give a clue about the possible causing factors responsible in Bundy's case, he was indeed a child raised in the absence of the same sex parent, suffered in getting enough parental love which was a kind of rejection, had a very abusive grandfather which produces a high probability that Bundy could've been physically abused, and due to these unstable relationships (be it with parents and friends) he might have developed the insecure attachment style Kesner and McKenry stated. These factors most likely contributed to the formation of the drive within Bundy which led him to commit the heinous acts.

Ted's case is a characteristic example of what adverse/unhealthy environments and conditions with instances that have a negative impact not so suitable for a developing individual can lead to. The case majorly highlights the importance of parental care, in his case he found out about his illegitimacy and then was not able to cooperate with his stepfather, hence always had an absence of a fatherly figure from whom he could learn the moralistic perception about the world. Had a grandfather who was identified as an aggressive individual thereby exposing Bundy to domestic violence on a regular basis most likely leading to a deviant moralistic approach.

It's hard for a child to stay unaffected by the lack of parental love, especially when there is a lack of one parent. Feeling of jealousy starts to develop when the attention of parents is divided and sooner or later emotions of loneliness and rejection are felt, which certainly is not a good developmental result for both the present and the upcoming relationships. Introduction of step father was certainly not in favour of Bundy, and rather worsened the situation given the fact that Johnnie Bundy (his stepfather) tried his best to provide everything he could but the introduction was so late, that including and identifying another man as his father was just not possible for Bundy and hence cooperation lacked from his side resulting in a failed father-son relationship.

Many other factors lead to the development of criminal mentality in Bundy, however the instance that triggered him was when his first love 'Diane Edwards' left him by giving the reason that he was 'pitifully weak'. This episode of Bundy's life shaped his thought process acting as fuel and amplifying his fantasies leading to the behaviour. Victims of Bundy were found to be a lot similar to Diane and hence the fact gets verified that there are no random individuals, rather he used to visualise Diane in other females proceeding to satisfy his grudges by harming them with no restraints.

His victims mostly had dark brown hair with a middle partition, to whom he would approach by faking an injury especially by wearing an arm-sling or a cast, proceeding to ask them for help in order to carry his belongings and taking them to a secluded area where he would hit them vigorously on the head advancing to leave the site after dragging them into a car. He would then rape their dead bodies and would dump them in a woody region (mostly Taylor Mountain in Washington) hence satisfying the need of revenge (On Diane) and many other repressed emotions by giving up to the extreme urges. Profiling of a serial killer would generally involve the considerations of the aspects like the crime scene, the specificities of the victim, weapon used and the modus operandi, object and penile penetration, any other injury on the body, evidence of necrophilia, marks on the body standing for possible torture, along with the analysis of interviews which would then lead to find the perception of the individual while committing these acts and the way he/she/they choose their victims/targets.

A preventive measure however Is something unrealistic as every killer has a different motive and there are numerous variations in the cause of the making of a serial killer. Finding the cause of a single serial killer is somewhat aidable but a collective and general preventive measure is not constructible. If symptoms are detected earlier (during childhood) there is a high probability of rehabilitation or counselling at an early age to work but when we consider adult killers, the urge is so dominant that a hundred percent nullification is something out of the view. Unless advancements are made in this area ensuring a complete rewiring of the individual's lifepath of events we have to agree with the testimony given by a Washington Times Journalist, Fred Reed that "sick puppies need permanent lock-up".

Legal provisions in India: Till date section 299 and 300 of the Indian Penal Code are applicable for serial killings, for which the punishments are defined under the section 304 and 302.

Section 299 of the Indian Penal Code defines culpable homicide as, "Whoever causes death by doing an act with the intention of causing death, or with the intention of causing such bodily injury as is likely to cause death, or with the knowledge that he is likely by such act to cause death, commits the offence of culpable homicide". Section 304 of IPC states that whoever is convicted for conduction of culpable homicide shall be convicted with imprisonment of life or imprisonment of either description which may extend up to ten years.

Section 300 of the Indian Penal Code defines Murder as, "Except in the cases hereinafter excepted, culpable homicide is murder, If the act by which the death is caused is done with the intention of causing death, or If it is done with the intention of causing such bodily injury as the offender knows to be likely to cause the death of the person to whom the harm is caused, or If it is done with the intention of causing bodily injury to any person and the bodily injury intended to be inflicted is sufficient in the ordinary course of nature to cause

death, or If the person committing the act knows that it is so imminently dangerous that it must, in all probability, cause death, or such bodily injury as is likely to cause death, and commits such act without any excuse for incurring the risk of causing death or such injury as aforesaid". Section 302 provides with the punishment of committing the act of murder as either death or life imprisonment along with fine.

CONCLUSION

As per the findings stated in this paper by the researcher, an ideology could be formed that it's not just the dispositional factors or the environmental variables, but it also depends on the individual whether he/she/they surrender to their urges. A specific ratio of these two factors (genetic and environment) lead to varying sorts of outcomes in the form of different motives to kill. It is yet an infamous debate as to what exactly is the cause which results in developing tendencies of serial killers but a new and more important approach to this could be on finding the ways to stop them. As stated in the paper by the researcher, the tendencies develop over a period of an individual's lifetime, the presence of factors which are considered to be adverse like shortfall in parental love, economic poverty, other underprivileged concerns along with genetic factors could contribute to their development. This paper focused on the case of Theodore Bundy, who specifically was affected more by the environmental variables than the biological dispositions, however the presence of a lower level of the MAOA gene might have aided in his acts but the case definitely portrays and supports the fact that an individual is likely to approach deviant ways if the surroundings aids him/her/they to. Further research findings focus on promoting mindfulness, effective parenting, strategic cognitive capacity building, empathetic approach towards children nurtured either by a single parent or elders where parents are missing, emphasising on keeping a healthy environment for the child's development fundamentally by maintaining a familial harmony, having a look at the child's company and the treatment he/she/they receive from peers, etc. Biological factors if diagnosed during early stages could be looked upon to an extent, however a delayed detection of symptoms could lead into a helpless situation, alternatively environmental and social factors could be taken care of to assist flourishing of the individual. Hence, sufficient focus should be ascertained on these aspects, which would to an extent prevent the development of serial killing tendencies.

REFERENCES

- Biography.com editors (January 18, 2018) *Ted Bundy*
https://www.biography.com/.amp/crime-figure/ted-bundy#amp_tf=From%20%251%24s&aoh=16649856172084&referrer=https%3A%2F%2Fwww.google.com
- Julie Miller (November 20, 2020) *Is This Why Ted Bundy Became a Murderer?*
<https://www.vanityfair.com/hollywood/2020/11/ted-bundy-dorothy-lewis-documentary>
- Myra Macpherson (May 1989) *The Roots of Evil*
<https://archive.vanityfair.com/article/1989/5/the-roots-of-evil>
- Brian Fedorek, *Control Theories*
<https://openoregon.pressbooks.pub/ccj230/chapter/4-11-control-theories/>
- Kendra Cherry (April 24, 2021) *Kohlberg's Theory of Moral Development*
<https://www.verywellmind.com/kohlbergs-theory-of-moral-development-2795071>
- Editors, TheFamousPeople.com, *Elizabeth Kloepfer - Bio, Facts, Family life*
<https://www.thefamouspeople.com/profiles/elizabeth-kloepfer-44608.php>
- Susannah Guthrie (6th July, 2022) *Why Didn't Ted Bundy Kill Girlfriend Elizabeth Kloepfer?*
<https://www.marieclaire.com.au/ted-bundy-elizabeth-kloepfer>
- Editors, TheFamousPeople.com, *Ted Bundy Biography*
<https://www.thefamouspeople.com/profiles/ted-bundy-6703.php>
- Kendra Cherry (February 14, 2022). *An Overview of Sigmund Freud's Theories*
<https://www.verywellmind.com/freudian-theory-2795845#:~:text=According%20to%20Freud's%20psychoanalytic%20theory,person%2C%20idea%2C%20or%20object.>
- UKEssays. (November 2018). *Serial Killers: Biology vs. Environment.*
<https://www.ukessays.com/essays/psychology/serial-killers-biology-vs-environment.php>
- Hasti Sabhani (September 17, 2021). *Are Serial Killers Born or Made?*
<https://www.thethoughtco.in/blogs/news/serial-killers>
- Sharma, Meher, "The Development of Serial Killers: A Grounded Theory Study" (2018). Masters Theses. 3720.
<https://thekeep.eiu.edu/theses/3720>
- Treatment and Rehabilitation of Serial Killers after Crime. (2017, Mar 03).
<http://studymoose.com/treatment-and-rehabilitation-of-serial-killers-after-crime-essay>