

An Investigation into How Insecure Attachment Styles (Attitudinal Factors) of Men in The Security Forces Contribute to The Increase of Murder/Suicide Rates Within Eight Parishes in Jamaica

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Abstract

One of the most noticeable components of the recent years (2011-present) of social change in Jamaica is the increases in the murder/suicide rates. The objective of this research is to identify, address and correct the factors relating to the insecure attachment styles of these men.

This research utilized a quantitative method with cross-sectional design. Participants in this research were 100 Jamaica men (60 policemen, 20 soldiers and 20 security guards). The data was collected primarily through questionnaires. Participants were selected by way of cluster sampling. The data was analyzed by the Statistical Package for the Social Science (SPSS), Version 21.0.

The results suggested that the further widespread incidents of murder-suicide become in Jamaica, the more likely it is that men with access to legal firearms such as police, security guards and soldiers will gradually use murder-suicide incidents to settle disputes and separations in very traumatic intimate/romantic partner relationships. This research concluded that insecure attachment style, low self-esteem and high aggressive persona (attitudinal factors) do contribute to murder-suicide incidents among police, security guards and soldiers in Jamaica.

Keywords: Murder-Suicide, Security Forces Perpetrators, Insecure Attachment and Gender-Based Violence

Introduction

One of the most noticeable components of the recent years (2014-present) of social change in Jamaica is the increases in the murder/suicide rates. According to Bunting (2015), the former Minister of Security, the unfortunate scourge of domestic violence that causes spouses and children to live in fear, and the high number of murder-suicides has drastically increase over the past few years in the security forces. This has been taken from the Statistical Institute of Jamaica's website as it relates to the trends of murder/suicide in Jamaica.

Murder-suicide in the security forces has become very prevalent in our society, for example a gleaner article dated February 4th of 2015, reported that a 52 years old security guard in St. Catherine killed his common-law wife by stabbing her before committing suicide. It was suspected that he committed the act by hanging himself afterwards. Another newspaper highlighted another incident dated August 23rd of 2015 that a police constable in St Andrew shot and killed his common-law wife before committing suicide. The police reported that before the tragedy, he called his common-law wife's parents and informed them that she was shot in the head. However, when police arrived, they were both found dead with gunshot wounds to the head. Finally, another gleaner article noted on January 26th of 2016 that a lance corporal in the Jamaica Defense Force in Clarendon shot and killed his common-law wife before committing suicide. Reports from the community stated that they are grieving as the couple has always been a good example and role model especially for their ten years old son, who is now an orphan.

Many persons view this as an indication of ethical and social disruptions with an imminent to damage the foundations of society itself. It is no assumption that insecure attachment styles men surrounding the increase of murder/suicide cases within the security forces have brought some level of concern on broad span among social practitioners (Eliason, 2009).

Background of The Problem

According to Eliason (2009), Marzuk et al (2003) explained that murder-suicides occur across all demographics, but who commits them and proposed a set of typologies that describe the relationship between the perpetrator and the victim. These typologies seem to include the majority of murder-suicides. They are: insecure attachment styles, amorous jealousy, declining health, filicide- suicide, familicide and extra familial. Eliason (2009) went on to say that the attention given to murder-suicides in the past several years could make it seem that the incidence is increasing, but the trend has not been well-studied.

This issue has been noticed on every level in our society as we realized the persons who are in positions that should provide public safety are the same ones involve in majority of the murder-suicide cases that were spiked within the last two and a half years. It has really prompted social practitioners to pay close attention to counseling strategies and interventions to decrease this high rate of murder suicides. This research highlighted 60 police men that were pooled from the library of the Police Academy, 20 soldiers that were pooled from information given by the Jamaica Defence Force's Chaplain Gary Fletcher and 20 security guards from Hawkeye, King Alarm and Guardsman Security companies that were pooled from the Human Resource Manager of the company within the parishes of Portland, St. Elizabeth, Manchester, St. Catherine, Clarendon, St. Ann, St. Mary, Kingston and St. Andrew.

Statement of The Problem

To decrease the high rates of murder/suicide cases within the security forces of Jamaica, social practitioners must identify, address and correct the insecure attachment styles of these men. Because of the lack of tender, love and care (TLC) known as detachment, some of these long-term consequences may include delinquency, reduced intelligence, increased aggression, depression and affectionless psychopath. Affectionless psychopath is referred to as failure to display affection or concern for others and such persons (psychopaths) operate on inclination with little or no regard for the consequences of their actions. Research suggests that failure to form secure attachments early in life can have a negative impact on behavior in later childhood and throughout their lives. Children diagnosed with oppositional-defiant disorder (ODD), conduct disorder (CD), or post-traumatic stress disorder (PTSD) frequently display attachment problems, possibly due to early abuse, neglect, or trauma.

According to Jamaica Constabulary Force (2016), the annual report of 2014-2015 stated that there are no frequent counseling interventions being offered for men in the force, unless the officer has an issue and is recommended. This reduces the chance of discovering issues while it's new and fresh, before it gets escalated, as to what we are seeing evident now in Jamaica with the escalated murder-suicides.

Without effective counseling preventions and intervention programs, the murder/suicide rates will continue to increase and likely to get more prevalent. The need arises to investigate how insecure attachment styles and behavioral characteristics in men and if it contributes to the increase of murder/suicide rates within the security forces, hence this research.

Purpose of the Study

While there is a growing body of knowledge on murder-suicides in relation to the perpetrators and the factors that contribute to the act but we know very little about the insecure attachment in the early development of men and how it contributes to the increase in the murder/suicide rates within the security forces in Jamaica. The purpose of this study is to aim to gather social practitioners and security forces' perceptions toward the issue of murder/suicide. Thirdly, an investigation on whether insecure attachment experienced in their early development influences or contribute to this form of domestic violence and murder will be conducted followed by the examination on how security forces perceive themselves, relationships, expectations and work environment. Lastly, the purpose of this research is to add to the limited literature in this specific area.

Research question

The one (1) research question that guided this research was:

1. Do insecure attachment styles in men and other factors contribute the murder/suicide rates within the security forces?

Theoretical Framework

Attachment Theory

Psychoanalyst John Bowlby stated that the bonds formed with caregivers in the early development of humans have a tremendous impact throughout their lives. According to Bowlby (1952), the attachment relationship acts as a prototype for all future social relationships so disrupting it can have severe consequences. Bowlby believed that the earliest bonds formed by children with their caregivers have a tremendous impact that continues throughout life. He went on to say that attachment also serves to keep the infant close to the mother, thus improving the child's chances of survival. Even though Bowlby was mainly focused on understanding the nature of the infant-caregiver relationship, he believed that attachment distinguished human experience from conception to death (Fraley, 2010)

According to Hazan & Shaver (1987), the emotional bond that develops between adult romantic partners is partly a function of the same motivational system (the attachment behavioral system), that gives rise to the emotional bond between infants and their caregivers.

They noted that the bond between infants and caregivers and the bond between adult romantic partners share the following features:

- Both feel safe when the other is nearby and responsive
- Both engage in close, intimate, bodily contact
- Both feel insecure when the other is inaccessible
- Both share discoveries with one another
- Both play with one another's facial features and exhibit a mutual fascination and preoccupation with one another
- Both engage in "baby talk"

Two Implications of Adult Attachment Theory

According to Fraley & Shavar (2000), the first implication is that if we classify adult romantic relationships as attachment relationships, then we should examine the same kinds of individual differences in adult relationships that were observed in infant-caregiver relationships. Many times, persons who experience detached relationship in their early developmental stages often result in anxious-resistant behaviors. These behaviors can be displayed in the way they worry that others may not love them completely, and be easily frustrated or angered when their attachment needs go unmet (Fraley & Shavar, 2000).

They went on say that the second implication states that whether an adult is secure or insecure in his or her adult relationships may be a fractional reflection of his or her experiences with his or her primary caregivers. Bowlby (1969) expressed that the mental representations or working models that a child holds regarding relationships are a function of his or her early developmental experiences. They used the example that a secure child tends to believe that others will be there for him or her because previous experiences have led him or her

to this conclusion. Often when this expectation is not met then these persons tend to become violent and aggressive, as means of forcing the other person to meet their standards (Bowlby, 1969).

Literature Review

Introduction

This review of literatures includes a survey of the research regarding attachment formation issues in the early development of men contribute to the high rates of murder/suicides. It also contains part of the research involving insecure attachment in the Jamaica and other regions as well as providing some possible contributors to murder/suicides. By surveying the researched contributors of murder/suicides we can better understand why some men commit this gruesome act and it remains a crucial topic of study.

This review concluded with existing research programs that have experienced success in identifying fundamental factors that characterize murder/suicide; they have failed to recognize those factors contributing to men within security forces. This research will contribute to the small but growing body of research by examining the insecure attachment experiences in the early development of men contribute to the increase of murder/suicide rates within the security forces of Jamaica.

This chapter concluded with a presentation of research question that was explored in the in this study. Throughout this chapter, the following themes were highlighted to shed some light surrounding aspects of insecure attachment and murder/suicide:

- Early development
- Relationship with parents/caregivers
- Personality traits (self-esteem, aggression and traditionalism)
- Worldview of Relationships

Insecure Attachment

One of the strongest is based on an infant's inability to survive on its own and its complete dependence on an adult for nurturance and protection. Attachment theory is the study of this primitive instinct and researchers have organized the various strategies into four categories of attachment patterns: secure attachment and two types of insecure attachment, avoidant attachment and anxious attachment. The fourth attachment category, known as disorganized attachment, occurs when no organized strategy is formed.

Catlett (2015) explained that attachment researchers have identified attunement as being significant in the formation of an attachment. Attunement means being in harmony; being aware of and responsive to another. This attunement creates a strong foundation from which that child can explore the world. A lack of attunement from a parent or primary caregiver ends in an insecure attachment developing in the relationship with their child. These children often feel distrustful or suspicious of their parent, but they act clingy and desperate. They learn that the best way to get their needs met is to cling to their attachment figure (Catlett, 2015).

Catlett (2015) explained that children who have an anxious attachment often grow up to have inattentive attachment patterns and as adults, they tend to be self-critical and insecure. She went on to say that they seek approval and reassurance from others, yet it never alleviates their self-doubt. Psych alive (nd) agreed by stating that in their relationships, deep-seated feelings that they are going to be rejected make them worried and not trusting and this drives them to act clingy and feel overly dependent on their partner. These people's lives are not balanced: their insecurity leaves them turned against themselves and emotionally desperate in their

relationships (Psychalive, nd). Shaver and Clark (1994) observed that “preoccupied” partners appear to be “perpetually vigilant and somewhat histrionic.” They went on to express that these persons feel resentful and angry when their partner doesn’t reciprocate the attention and reassurance, they feel they need. They often believe that unless they dramatically express their anxiety and anger, it is unlikely that the other person will respond to them. This will lead them to the extreme which is violence as a means of coping.

Attachment Theory

Gillespie, Hearn, and Silverman (1998) created an attachment theory in which the “focal explanatory variable” was Henry and Short’s “strength of the bond between the offender and his victim” (1939, p. 53). The hypothesis they derived from Henry and Short’s theory was that homicide–suicide will vary positively with the intimacy of the relationship between the perpetrator and the victim.

Research Question 1: Do insecure attachment style (attitudinal factors) in men contribute the murder/suicide rates within the security forces?

Auchter (2014) stated that formation of attachment issues in the early development of the perpetrators were very important factors in cases of murder-suicides. He went on to say that over-enmeshment is a condition in which perpetrators either view “their family members as possessions that they control or [they] don’t see any boundaries between their identity and their wife/girlfriend. Deviations like divorce or separation triggers a violent response and leads to gruesome behaviors such as murder-suicide. This is consistent with researches done that implicated that failure to form secure attachments early in life can have a negative impact on behavior in later childhood and throughout the life.

Landino (2013) explained that prior psychological disturbances have been noted in many cases of murder-suicides, but it’s not a consistent risk factor or exhibited by all perpetrators and there is usually no criminal history for these persons. Auchter (2014) agrees that a past criminal history is not a reliable or significant predictor in murder-suicide. Landino (2013) went on to say that that when psychology disturbance is present, depression is found to be the most common co-morbid ailment.

Auchter (2014) explained that the author of the book, “Why Do They Kill? Men Who Murder Their Intimate Partners,” offered his perspective based on years of research and experience working with domestic violence cases that the most common type of killer was a possessively jealous type, and that many of the men who commit murder-suicide seem to fit that profile. There may also be a homicide suicide perpetrator who holds a dependent-protective/anxious attachment to the spouse and feels a strong need to control their fate (Malphurs et al 2001). Ungar and Kenning (2013) explained in their article that The National Institute of Justice stated that common characteristics of murder-suicide in families include a history of domestic violence, access to a gun, threats and a history of poor mental health or substance abuse, especially alcohol. In most cases, the man shows possessive, obsessive and jealous behavior, and tensions generally build before he kills; which is a clear indication of insecure attachment experienced in the early development of the perpetrator.

Self-Esteem

Bartholomew & Horowitz (1991) proposed an adult attachment model based on a combination of negative and positive models of self and others. Research has shown that, like many other negative social emotions, feelings of shame may also arise from insecure attachment styles (Pace & Zappulla, 2011, 2013; Schimmenti, 2012). They went on to hypothesized a strong connection between insecure attachment styles, low self-esteem and feelings of shame. Passanisi et. al. (2013) agreed that insecure attachment styles would be associated with lower self-esteem and higher feelings of shame. They further explained that this type of research is particularly relevant for adolescents and emerging adults since the perception of extreme failure in relationships with others or in their social competencies could become a risk factor for developing psychiatric disorders.

Aggression

According to Bloodworth (2013) reported that "Studies have suggested that both parental and child factors play a role in the development and maintenance of children's externalizing behavior," (Goodman, Bartlett, Stroh, 2013, p. 17). The relations that persons have with their primary caregivers have a perpetual impact upon their psychological and behavioral states. These same caregivers are supposed to be the ones who are responsible for our safety and protection especially in our early development as children, but even the least form of neglect can affect an individual's future (Bloodworth, 2013). This is evident in our society where many children grow up with their grandparents or in a single parent family and many times supervision is lacking so negligence is very high.

Whether the effects are evident into anti-social behavior, troubled relationships, or internal victimization, there exists a commonality between childhood bonds and adulthood aggression (Bloodworth, 2013). Previous studies have concluded that, "attachment theory provides a framework for understanding emotional reactions in infants, as well as intimate interpersonal relations such as love, loneliness, anger, and grief in adults," (Hansen, Waage, Eid, Johnsen, & Hart, 2011, p. 464).

Miga et. al. (2010) stated that in prior research has recognized a relationship between attachment states of mind and emotional and behavioral dysregulation across several contexts, fewer studies have examined relations between insecure attachment states of mind and conflict management in the romantic domain. Bowlby (1973) emphasized that "threats of separation and other forms of rejection, are arousing, in a child or adult, both anxious and angry behavior" (p.253).

Miga et. al. (2010) explained that the perpetrator has had a strong uncertainty about the relationship, wavering between anger and love. Perpetrators usually suffer from jealousy and/or morbid jealousy (a delusion that one's sexual partner has been sexually unfaithful). " The triggering event is most often a separation or threatened separation from the loved one which was proven in this research. Miga et. al. (2010) concluded that the perpetrator feels abandoned and incapable in the relationship; the murderous act is the finale of this sense of unbearable powerlessness. Bloodworth (2013) agreed by explaining that when the perpetrator realizes his guilt after the crime, he proceeds with a suicidal impulse thus proving Freud's life and death instincts theory. Several studies states that suppressed rage is the most common reason for homicide followed by suicide scenarios.

Conclusion

Studies of the newspaper reports dealing with murder-suicide incidents perpetrated by men reveal that they were in desperate domestic situations that engendered self-perceptions of economic insecurity so the act was committed because of despair rather than hostility (Allen, 1983; Oliffe et. al., 2014; Sillito and Salari, 2011) and no justice at the workplace where they felt they were underpaid and experienced bullying and marginalization. In addition to retaliation at school/work/church which was payback to individuals and/or society they held responsible for the hardships they were experiencing (Oliffe et. al., 2014)

In the case of the security force officers, proactive interventions by mental health professionals are needed in the families that are experiencing conflict with the manifestation of domestic violence (Davis, 2005) to reduce the likelihood of incidents of murder-suicide. Not much research has been conducted on murder-suicides in Jamaica where these deadly incidents are on the rise (Charles & McLean, 2016; Charles & Reid, 2016).

Can murder-suicides be prevented? The answer is yes, many of them can be prevented, but only if suicidal people and those thinking of harming others and then themselves can be identified before they act, and if they get appropriate mental health care to ease their psychological pain and suffering. The researcher will seek to create awareness, prevention and intervention strategies for this issue of murder-suicide of men in the security forces in Jamaica.

Methodology

Research Design

This research utilized a quantitative method to understand the relationship between the insecure attachment experiences in the early development of men and the high murder/suicide rates within the security forces. A descriptive cross-sectional design was employed for the quantitative segment of the data which included the distribution, collection and analysis of questionnaires.

Questionnaires were chosen because it allowed for the capture of large scale of information, allowed for anonymity and protected the privacy of the participants. Though the questionnaires are affected by acquiescence responding, the data was triangulated with qualitative data. The purpose of using this research design was to use qualitative results to assist in explaining and interpreting the findings of a quantitative research.

Reliability and Validity: Judging Credibility and Trustworthiness of Results

Reliability refers to the degree of consistency or accuracy with which an instrument measures the attribute it is designed to measure (Polit & Hungler, 1997:296). If a research and its results are reliable, it means that the same results would be obtained if the study were to be replicated by other researchers using the same method. In addition, reliability was examined using the reliability analysis or testing Cronbach's alpha statistic, which demonstrated internal consistency as the alpha was 0.943. The item reliability was 0.869 which indicated that the items are extremely stable and they all contributed to the variance of the results.

Validity refers to the degree to which an instrument measures what it is supposed to be measuring (Uys & Basson 1991:80). There are two main categories of validity used to assess the validity of any test: content and criterion. Content validity speaks to appropriate content while criterion validity speaks to relationship with other measures. Face validity which is a type of content validity was established in this research by experts evaluating the items on the questionnaire. Face validity means that the test appears (at face value) to measure what it claims to and for that reason, tests wherein the purpose is unclear have low face validity (Nevo, 1985).

Maintaining Research Ethics

Permission to conduct the research was sought from and granted by the Jamaica Defence Force, the Jamaica Constabulary Force, Hawkeye, Guardsman and King Alarm Security Companies (see Appendices A, B, C, D and E). The sergeants and supervisors in charge of the locations that participated in the research were informed about the study and permission to request security force officers to complete questionnaires were granted. Their cooperation was requested and promised.

Each participant was given an informed consent form before they could have participated in the research. The consent forms were voluntarily signed and returned to the participants' supervisors before they received a questionnaire. No signed consent form could be linked to any specific questionnaire. A single blinding approach was applied in this research, as the supervisors from each location distributed and collected each questionnaire. Hence, the researcher had no interaction with the participants and therefore could not link any questionnaire to a specific participant. This ensured anonymity of the respondents. Confidentiality was maintained because no names were disclosed in the research report. Any participant who wished to obtain a research report could contact the researcher who would supply such a report.

The ethical consideration applied in this research is that security force officers face ethical dilemmas in their daily duties, as do researchers, when persons are used as study participants in a research. Researchers need to exercise care that the rights of individuals and institutions are safeguarded (Polit & Hungler 1999:132-134).

Participants

Participants in this research were 100 Jamaica men (60 policemen, 20 soldiers and 20 security guards). This total represents 5% of each population as the research was conducted on a 95% confidence interval for the quantitative section. These men were between the ages of 19-60 years old; however, the mean age was found to be 33.80 years and a standard deviation of 9.412 years from the parishes of Portland, St. Mary, St. Elizabeth, Manchester, Clarendon, St. Catherine, Kingston and St. Andrew and they were security force officers at either the Jamaica Constabulary Force, Jamaica Defence Force, Hawkeye, Guardsman or King Alarm Security Companies.

Sampling

i) Technique

Participants and content (newspaper articles) were selected by way of cluster and purposive sampling consecutively. Cluster sampling views the units in a population as not only being members of the total population but as members also of naturally-occurring in clusters within the population. Purposive sampling techniques have also been referred to as non-probability sampling or purposeful sampling or "qualitative sampling." As noted above, purposive sampling techniques involve selecting certain units or cases "based on a specific purpose rather than randomly" (Tashakkori & Teddlie, 2003a, p. 713).

ii) Access to how study population will be achieved

The research setting refers to the place where the data are collected. In this research, data were collected from five (5) locations of Hawkeye, Guardsman and King Alarm Security Companies cross the parishes of St. Andrew, Manchester, St. Catherine, Clarendon, St. Mary, Portland, St. Ann, Kingston and St. Elizabeth through the head offices for each company; Up Park Camp and Mobile Reserve distributed the questionnaires to the abovementioned parishes to the participants and the researcher collected them at the offices mentioned.

Instrumentation

The subject-completed instrument the researcher used was a **Questionnaire**. This instrument has a good usability as it was very easy to administer and interpret by the participants and to score or interpret by the researcher. The validity and reliability of this instrument was mentioned above under the same heading.

The instrument was divided into three sections: demography, self-esteem and worldview of relationship. There were three questions in the demographic section, occupation, gender and age. Occupation obtained is an ordinal scaled variable with three levels, Solider, Police office and Security guard. Gender was categorical with two levels, male and female. For data analysis purposes, the researcher categorized age into four categories, 19-29 years, 30-39 years, 40-49 years and 50 + years.

Based on the research questions for this research thesis, the variables worldview of relationship and self-esteem were explored. A Likert type scale with five levels: Strongly Agree, Agree Somewhat, Sometimes, Disagree Somewhat and Strongly Disagree were used to indicate the characteristics of insecure attachment; this is an interval scale of measurement. These questions will help to provide the necessary background information on each participant for this research.

Variables

The two types of variables used in this research were Dependent Variable (DV) and Independent Variables (IV). Murder-suicide was classified as the DV while insecure attachment (attitudinal factors) was classified as the IV. There were three demographic variables being collected in this study. The variables include occupation, gender and age. These variables were collected on the first page of the questionnaire. These demographic variables

were collected from the content analysis: gender, age, police, security or military rank, the targets' gender, age, occupation and their relationship to the perpetrators, the triggers of the incident, the weapons used and the parishes in which the incidents occurred.

Methods of Data collection

The data was collected primarily through questionnaires (see Appendix G) and content analyses of newspaper articles were used by the researcher. The questionnaire was created by the researcher to capture data that could be used to identify insecure attachment. A questionnaire is a research instrument consisting of a series of questions and other prompts for gathering information from participants. The researcher believed that it was a fitting tool as large amounts of information can be collected from a large sample in a short period of time and in a relatively cost-effective way, it can be carried out by the researcher with limited affect to its validity and reliability and the results can usually be quickly and easily quantified by the researcher and using SPSS.

Data Analysis Procedures

The data was analyzed by the Statistical Package for the Social Science (SPSS), Version 21.0. This method of data analysis assisted the researcher with analytical reporting, tabular and graphical representation, which showed key patterns and trends in the murder/suicides and behavioral characteristics, displayed by men within the security forces.

Using SPSS, the researcher used non-parametric statistical tools such as Bivariate Correlations, Nonlinear Regression and One-way ANOVA tests to analyze the data. Descriptive statistics was run to determine the frequencies, and distribution of the ranked responses. Graphical representations such as box plots and histograms were used to visually describe the descriptive information. Descriptive statistics constitutes a mathematical summarization of data allowing the researcher to provide a richer picture to examine the phenomenon of interest (Trochim, 2006). A box plot is a graphical image used to show how far from most of the extreme values is presented the median and quartile values (Vogt & Johnson, 2011). A histogram is a graph that shows the frequency distribution of data to include outliers and skewness (Lomax, 2007).

Procedures

The security force officers were asked to read and sign an informed consent form, which explained the purpose of the study, how the participants will potentially be affected, and issues of confidentiality. They were then asked to fill out a questionnaire administered by their supervisor, in which the researcher collected the completed questionnaire from each supervisor.

Delimitations

The delimitations of this study were identified as:

- The sample consisted of men only as Travis, Johnson & Milroy (2007) stated in their research that immense majority of murder-suicides are perpetrated by men. The researcher found that 100 percent of the perpetrators of murder-suicides committed in Jamaica from 2014 to 2016 were males.
- The sample consisted of men that experienced insecure attachment as Catlett (2015) explained that children who have an insecure attachment in their early development often grow up to have inattentive attachment patterns and as adults, they tend to be extremely violent and insecure.
- The sample consisted of men who are a soldier, police officer or security guard in the parish of St. Elizabeth, Manchester, St. Catherine, Clarendon, Kingston and St. Andrew. This was chosen by the researcher as in accordance with the related literature of the topic and availability of the researcher.

Presentation and Analysis of Data

Quantitative Results

- **Demographic Data**

The questionnaire contained questions with the purpose of gathering information on how men in the security forces feel about security, family/relationships and self-esteem. The demographic section included questions about their occupation, gender and age. Tables 1 through 3 illustrated these results.

The first question asked participants to indicate their occupation. Of the 100 participants, 60% were police officers and 20% were soldiers and security guards respectively (see Table 1).

Table 1: Participants Occupations

		Frequency	Valid Percent
Valid	Soldier	20	20.0
	Police Officer	60	60.0
	Security Officer	20	20.0
	Total	100	100.0

The next demographic question asked participants to state their gender. Of the 100 participants, 100% were males (see Table 2).

Table 2: Participants Gender

		Frequency	Valid Percent
Valid	Male	100	100.0

The final demographic question asked participants to provide their age. Responses for age were categorized and the frequencies are displayed in Table 3.

Table 3: Participants Ages

		Frequency	Valid Percent
Valid	19-29	44	44.0
	30-39	28	28.0
	40-49	21	21.0
	50 & over	7	7.0
	Total	100	100.0

- **Research Question One**

For self-esteem section, questions 3, 5, 8, 9 and 10 were recoded into different variables then computed with questions 1, 2, 4, 6 and 7 to get self-esteem as one variable. The responses when totaled was categorized as 0-

10 being chronic self-esteem, 11-20 being low self-esteem, 21-30 being average self-esteem and 31-40 being high self-esteem. From the participants, 44% reported high self-esteem while 16% reported low self-esteem (see Table 4).

Table 4: Participants' Self-esteem

		Frequency	Valid Percent
Valid	11-20	16	16.0
	21-30	40	40.0
	31-40	44	44.0
	Total	100	100.0

For worldview of relationships section, questions 15 and 22 were recoded into different variables then computed with questions 11, 12, 13, 14, 16, 17, 18, 19, 20 and 21 to get worldview of relationship as one variable. The responses when totaled was categorized as 0-14 being negative worldview, 15-30 being neutral worldview and 31-44 being positive worldview. From the participants, 70.4% reported positive worldview while 27.6% reported neutral worldview and 2% reported negative worldview (see Table 5).

Table 5: Participants' Worldview of relationships

		Frequency	Valid Percent
Valid	0-14	2	2.0
	15-30	27	27.6
	31-44	69	70.4
	Total	98	100.0
Missing	System	2	
Total		100	

Inferential Statistics

The relationship between self-esteem and worldview of relationship was investigated using the cross tabulation (Fisher's Exact Test= 1.284). Data indicated that there was no significant difference between the variables. Results show that 50% of participants with a negative worldview of relationships had average self-esteem and 50% had high self-esteem. 44.4% of participants with neutral worldview of relationships had average and high self-esteem while 11.1% had low self-esteem. 44.9% of participants with a positive worldview of relationships had high self-esteem while 37.7% had average self-esteem and 17.4% had low self-esteem. None was recorded to have chronic self-esteem (see Table 21).

Table 21: Crosstabulation of self-esteem and worldview of relationships

Self-Esteem * Worldview of Relationships Crosstabulation						
		Worldview of Rel			Total	
		0-14	15-30	31-44		
Self-esteem	11-20	Count	0	3	12	15
		% within Worldview of Rel	0.0%	11.1%	17.4%	15.3%
	21-30	Count	1	12	26	39
		% within Worldview of Rel	50.0%	44.4%	37.7%	39.8%
	31-40	Count	1	12	31	44
		% within Worldview of Rel	50.0%	44.4%	44.9%	44.9%
Total	Count	2	27	69	98	
	% within Compute q11-22	100.0%	100.0%	100.0%	100.0%	

Using the One-way ANOVA test, the data indicated that there is a significant relationship between the demographic factors and self-esteem (see Table 22).

Table 22: One-way ANOVA test showing the relationship between the demographic variables and self-esteem

ANOVA

		Sum Squares	of df	Mean Square	F	Sig.
Occupation	Between Groups	3.389	2	1.694	4.489	.014
	Within Groups	36.611	97	.377		
	Total	40.000	99			
Gender	Between Groups	.000	2	.000	.	.
	Within Groups	.000	97	.000		
	Total	.000	99			
recoded age	Between Groups	24.179	2	12.089	17.242	.000
	Within Groups	68.011	97	.701		
	Total	92.190	99			

The relationships between self-esteem and the question: I am dependent upon my significant other for my happiness and self-esteem and the question: I am afraid to be on my own were investigated using the Bivariate Correlation Analysis (Spearman's Rho). Data indicated that there were significant relationships between the variables. Results showed a strong negative relationship between self-esteem and the question: I am dependent upon my significant other for my happiness ($p \leq 0.000$, $r = -0.539$, $n = 100$) and a strong positive relationship between self-esteem and the question: I am afraid to be on my own ($p \leq 0.000$, $r = 0.591$, $n = 100$) (see Tables 23 and 24).

Table 23: Correlations between self-esteem and the question: I am dependent upon my significant

		Self-esteem	I am dependent upon my significant other for my happiness
Self-esteem	Pearson Correlation	1	-.539**
	Sig. (2-tailed)		.000
	N	100	100
I am dependent upon my significant other for my happiness	Pearson Correlation	-.539**	1
	Sig. (2-tailed)	.000	
	N	100	100

** . Correlation is significant at the 0.01 level (2-tailed).

Table 24: Correlations between self-esteem and the question: I am afraid to be on my own

Correlations			
		Self-esteem	I am afraid to be on my own
Self-esteem	Pearson Correlation	1	.591**
	Sig. (2-tailed)		.000
	N	100	100
I am afraid to be on my own	Pearson Correlation	.591**	1
	Sig. (2-tailed)	.000	
	N	100	100

** . Correlation is significant at the 0.01 level (2-tailed).

Analysis of Data

This research examined if insecure attachment style (attitudinal factors) contributes to murder-suicide incidents among police, security guards and soldiers in Jamaica. Insecure attachment style that formulated their self-esteem and worldview of relationship along with the contextual factors are expounded below.

Insecure Attachment Style (Attitudinal factors)

The attitudinal factors such as traditionalism, self-esteem, worldview of relationships and aggression interact with contextual factors that influence the behavior of the police, security guards and military authoritarians. The discussion in each attitudinal cluster starts with how the theory frames the perpetrators and ends with contextual data that provide empirical support.

For the factor traditionalism, the police, security guards and soldier men believed in the gendered traditional societal norms in Jamaica that men rule (Charles, 2017). Furthermore, Charles (2017) explained that the perpetrators possibly believed in the traditional Jamaican family structure and customs that states that men are the head of the household and romantic relationships and they adhered to outdated values and teachings that they should control and rule over their women.

The triggers disclosed a lot about the intimate/romantic relationships between the perpetrators and the targets and the traditionalism of the former. According to Charles (2017), the female targets did not accept male domination. He went on to explain that women who accept their men's power of their intimate/romantic partner relationships do not get into confrontations with their men, they do not argue or quarrel with them and that these women do not readily leave their relationships. He summarized that if these women subsequently agreed to end their relationships, they would most likely run, leave and hide from their partners.

The triggers reported in the research disclosed that 93% of all murder-suicide incidents were preceded by relationship problems such as "domestic disputes," "confrontations," "separation," "quarrels," "arguments" and "getting divorced" (See table 1). The triggers all point to the fact that the women rejected the conventional thinking of their men include their worldview of relationships and self-esteem.

For the factor self-esteem, the police, security guards and soldier participants, 16% of them reported low self-esteem, with the majority of 44% reported high self-esteem and 40% reported average self-esteem. The research conducted by Catlett (2015) enhanced this low percentage that men with low self-esteem seek approval and reassurance from others, yet it never alleviates their self-doubt. Psychalive (nd) agreed by stating that in their relationships, deep-seated feelings that they are going to be rejected make them worried and not trusting and this drives them to act clingy and feel overly dependent on their partner. With their low self-esteem, they often believe that unless they dramatically express their anxiety and anger, it is unlikely that the other person will respond to them. This will lead them to the extreme which is violence as a means of coping. Unfortunately, this coping mechanism can lead to suicide-murder if not dealt with early.

For the factor, worldview of relationships, the police, security guards and soldier participants, 2% reported a negative worldview while 70.4% reported positive worldview and 27.6% reported neutral worldview. Even though the percentage is low, Shaver and Clark (1994) agreed that a negative worldview of relationship can cause these men to feel resentful and angry when their partner doesn't reciprocate the attention and reassurance they feel they need.

Participants were asked if they were dependent upon their significant other for their happiness, 49% agreed which is contradictory as 44% of them stated that they have high self-esteem. Participants were asked if they are afraid to be on their own, 43% agreed which is contradictory as 70.4% had positive worldview of relationships. Even though self-esteem and worldview of relationships have no significant difference, they have a positive and strong relationship which forms the basis for insecure attachment. Auchter (2014) also agreed and explained that based on years of research and experience working with domestic violence cases that the most common type of killer was a possessively jealous type, and that many of the men who commit murder-suicide seem to fit that profile. There may also be a homicide suicide perpetrator who holds a dependent-protective/anxious attachment to the spouse and feels a strong need to control their fate (Malphurs et al 2001). Ungar and Kenning (2013) also agreed and explained that in most cases, the man shows possessive, obsessive and jealous behavior, and tensions generally build before he kills; which is a clear indication of insecure attachment experienced in the early development of the perpetrator.

For the factor aggression, these low self-esteem, negative worldview of relationship, controlling and insecure men believed that their women were social deviants whose actions threatened the traditional social order of their intimate-partner relationships so they should be punished. These police, security guards and soldiers' men believed that the women were to severely punish for breaking the rules by creating stressful relationships and/or deciding to terminate them. Eliason (2009) explained that more than 57% of the perpetrators committed the crime because of jealousy and 27% did so because of social stressors, family and financial problems. Charles (2017) agreed by saying these men ultimately controlled their women through the deadly punishments meted out to them. As aforementioned, thirteen (13) of the fourteen (14) primary targets were women in the researcher's study. Charles (2017) further explained that the men's murderous acts against their female partners were the ultimate punishments and act of control because of the finality of death carried out with the effective use of handguns.

Limitations

The limitations experienced while conducting this research were:

- Time constraints restricted the research to only focus on men in the security forces within the parishes of St. Andrew, Manchester, St. Catherine, Clarendon, St. Mary, Portland, St. Ann, Kingston and St. Elizabeth. These parishes only represented three (3) of six (6) areas for the Jamaica Constabulary Force, two of three areas for the Jamaica Defence Force and eight (8) parishes of fourteen (14) parishes with several locations of the Hawkeye, King Alarm and Guardsman Security Companies.
- The unwillingness of some of the participants to complete questionnaire
- The difficulty to get the security personnel for the interview as per scheduled time because of their competing priorities and time constraints.

Conclusion

Most police, security guards and military men experienced insecure attachment in their early development which have extreme implications in their adulthood. They held traditional beliefs and expected their female partners to be submissive and were killed because they refused to submit. The murder-suicide incidents perpetrated by nine (9) members of the JCF, three (3) members, one (1) each of Hawkeye, Guardsman and King Alarm Security companies and two (2) members of the JDF killed thirty (30) persons and injured two (2) others over 18 years. Additionally, one hundred (100) men in the security forces were questioned in the areas of self-esteem and worldview of relationships.

These murderous behaviors arose from the interactions of attitudinal and the interior worldviews of the perpetrators and primary targets. The trauma of these deaths adds to the stress, doubt, fear and anxieties faced by members of the security forces who are regularly deployed in response to the high rate of violent crimes in Jamaica. The increase of the murder-suicide rates has caused much to be concerned about especially the kind of message that it is sending to citizens as these men are supposed to uphold the law and they are demolishing it. It is of utmost importance that the JCF, security companies and the JDF address the occurrence and reoccurrence of murder-suicide incidents among their members and file to boost the morale and enhance effectiveness of the security forces.

In conclusion, the soldiers, security guards and policemen's murderous behaviors were the highest expressions of their iron fist approach to dealing with the perceived delinquent behaviors of their partners, the fear of being alone and their high dependency on their partners. It was mentioned in many literatures about these men jealousy, aggression, self-doubt, low self-worth and them not being able to handle separation. The perpetrators' successive command of suicide was calculated violent displays of power and control. These men of the law, by committing suicide, stole the power of the Jamaican state to punish them for murdering their partners and/or their relatives and friends. All these explain that insecure attachment style in men does contribute to murder-suicide as well as the other factors such as aggression, traditionalism, self-esteem and worldview of relationships (attitudinal factors).

Recommendations

The sharp rise in murder-suicides in 2011-2017 requires specific, targeted efforts to immediately address domestic violent behavior and resolve the current murder-suicide crisis. The recommended actions are divided into three broad categories:

- Immediate: The recommendations are designed to have quick, short-term results. These recommendations need to be implemented quickly and fully to save lives, and then continue to be used to keep the society safe.

1. A mental health evaluation/assessment should be carried out every year in these organizations so the mental state of these men can be known and monitored so early intervention and preventative strategies can be put in place.
2. A 24-hour toll free murder-suicide prevention helpline should be established and staffed with mental health counsellors trained to deal with potential perpetrators and/or targets. This line would facilitate members of the security force and their colleagues as well as relatives and friends who want to get appropriate interventions for a couple at risk for-murder-suicide.
3. Distribute educational information using the media to create awareness about murder-suicide including signs and symptoms. This can be done through TV and radio advertisements, newspaper highlights, flyers, social media pages and etc.

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Appendix 1

Questionnaire (original tool)

Gathering information on attitudinal factors (insecure attachment, self-esteem and worldview of relationships issues). This survey focuses on how men in the security forces feel about security, family/relationships and self-esteem.

1) Occupation: Solider _____

Police officer _____

Security officer _____

2) Gender: Male _____ Female _____

3) Age: _____

Directions: Please circle the number for each question that best describes your agreement with each statement

Self Esteem	Strongly Agree	Agree Somewhat	Sometimes	Disagree Somewhat	Strongly Disagree
1. I feel that I'm a person of worth, at least on an equal par with others.	4	3	2	1	0
2. I feel that I have a number of good qualities.	4	3	2	1	0
3. All in all, I am inclined to feel that I'm a failure.	4	3	2	1	0
4. I am able to do things as well as most other people.	4	3	2	1	0
5. I feel I do not have much to be proud of.	4	3	2	1	0
6. I take a positive attitude toward myself.	4	3	2	1	0
7. On the whole, I am satisfied with myself.	4	3	2	1	0
8. I wish I could have more respect for myself.	4	3	2	1	0

9. I certainly feel useless at times.	4	3	2	1	0
10. At times I think that I am no good at all.	4	3	2	1	0

Relationship	Strongly Agree	Agree Somewhat	Sometimes	Disagree Somewhat	Strongly Disagree
11. I love my significant other	4	3	2	1	0
12. I want to stay in a relationship with my current partner	4	3	2	1	0
13. I have adequate opportunity to personally grow and develop in my relationship	4	3	2	1	0
14. I am dependent upon my significant other for my happiness	4	3	2	1	0
15. I am afraid to be on my own	4	3	2	1	0
16. We have good times together often	4	3	2	1	0
17. We make a good couple	4	3	2	1	0
18. Our communication is effective	4	3	2	1	0
19. I am happy with the level of intimacy in my relationship	4	3	2	1	0
20. I am interested in having an affair outside of my relationship	4	3	2	1	0
21. Our sexual relationship is adequate	4	3	2	1	0
22. I am thinking about leaving the relationship	4	3	2	1	0