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# 79 Anomy and Modern Life

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*In this excerpt from his classic study of suicide, Emile Durkheim asserts that human aspiration, which is not bounded by nature as in other creatures, must be framed by limits imposed by society. Modern societies, however, have lost some of their moral power over the individual. The consequence is a societal condition of anomy (or anomie), which people experience as a lack of moral regulation. In the extreme, anomy prompts people to suicide; more generally, an anomic society contains people with weak and vacillating moral values who have difficulty reining in their own ambitions and desires.*

No living being can be happy or even exist unless his needs are sufficiently proportioned to his means. In other words, if his needs require more than can be granted, or even merely something of a different sort, they will be under continual friction and can only function painfully. . . .

In the animal, at least in a normal condition, this equilibrium is established with automatic spontaneity because the animal depends on purely material conditions. All the organism needs is that the supplies of substance and

energy constantly employed in the vital process should be periodically renewed by equivalent quantities; that replacement be equivalent to use.

When the void created by existence in its own resources is filled, the animal, satisfied, asks nothing further. Its power of reflection is not sufficiently developed to imagine other ends than those implicit in its physical nature. . . .

This is not the case with man, because most of his needs are not dependent on his body or not to the same degree. . . . But how determine the quantity of well-being, comfort or luxury legitimately to be craved by a human being? Nothing appears in man's organic nor in his psychological constitution which sets a limit to such tendencies. The functioning of



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individual life does not require them to cease at one point rather than at another; the proof being that they have constantly increased since the beginnings of history, receiving more and more complete satisfaction, yet with no weakening of average health. . . . It is not human nature which can assign the variable limits necessary to our needs. They are thus unlimited so far as they depend on the individual alone. Irrespective of any external regulatory force, our capacity for feeling is in itself an insatiable and bottomless abyss.

But if nothing external can restrain this capacity, it can only be a source of torment to itself. Unlimited desires are insatiable by definition and insatiability is rightly considered a sign of morbidity. Being unlimited, they constantly and infinitely surpass the means at their command; they cannot be quenched. Inextinguishable thirst is constantly renewed torture. It has been claimed, indeed, that human activity naturally aspires beyond assignable limits and sets itself unattainable goals. But how can such an undetermined state be any more reconciled with the conditions of mental life than with the demands of physical life? All man's pleasure in acting, moving and exerting himself implies the sense that his efforts are not in vain and that by walking he has advanced. However, one does not advance when one walks toward no goal, or—which is the same thing—when his goal is infinity. Since the distance between us and it is always the same, whatever road we take, we might as well have made the motions without progress from the spot. Even our glances behind and our feeling of pride at the distance covered can cause only deceptive satisfaction, since the remaining distance is not proportionately reduced. To pursue a goal which is by definition unattainable is to condemn oneself to a state of perpetual unhappiness. Of course, man may hope contrary to all reason, and hope has its pleasures even when unreasonable. It may sustain him for a time; but it cannot survive the repeated disappointments of experience indefinitely. What more can the future offer him than the past, since he can never reach a tenable condition nor even approach the

glimpsed ideal? Thus, the more one has, the more one wants, since satisfactions received only stimulate instead of filling needs. . . .

To achieve any other result, the passions first must be limited. Only then can they be harmonized with the faculties and satisfied. But since the individual has no way of limiting them, this must be done by some force exterior to him. A regulative force must play the same role for moral needs which the organism plays for physical needs. This means that the force can only be moral. The awakening of conscience interrupted the state of equilibrium of the animal's dormant existence; only conscience, therefore, can furnish the means to re-establish it. Physical restraint would be ineffective; hearts cannot be touched by physio-chemical forces. So far as the appetites are not automatically restrained by physiological mechanisms, they can be halted only by a limit that they recognize as just. Men would never consent to restrict their desires if they felt justified in passing the assigned limit. But, for reasons given above, they cannot assign themselves this law of justice. So they must receive it from an authority which they respect, to which they yield spontaneously. Either directly and as a whole, or through the agency of one of its organs, society alone can play this moderating role; for it is the only moral power superior to the individual, the authority of which he accepts. It alone has the power necessary to stipulate law and to set the point beyond which the passions must not go. . . .

. . . Man's characteristic privilege is that the bond he accepts is not physical but moral; that is, social. He is governed not by a material environment brutally imposed on him, but by a conscience superior to his own, the superiority of which he feels. Because the greater, better part of his existence transcends the body, he escapes the body's yoke, but is subject to that of society.

But when society is disturbed by some painful crisis or by beneficent but abrupt transitions, it is momentarily incapable of exercising this influence; thence come the sudden rises in the curve of suicides which we have pointed out above.

In the case of economic disasters, indeed, something like a declassification occurs which suddenly casts certain individuals into a lower state than their previous one. Then they must reduce their requirements, restrain their needs, learn greater self-control. All the advantages of social influence are lost so far as they are concerned; their moral education has to be recommenced. But society cannot adjust them instantaneously to this new life and teach them to practice the increased self-repression to which they are unaccustomed. So they are not adjusted to the condition forced on them, and its very prospect is intolerable; hence the suffering which detaches them from a reduced existence even before they have made trial of it.

It is the same if the source of the crisis is an abrupt growth of power and wealth. Then, truly, as the conditions of life are changed, the standard according to which needs were regulated can no longer remain the same; for it varies with social resources, since it largely determines the share of each class of producers. The scale is upset; but a new scale cannot be immediately improvised. Time is required for the public conscience to reclassify men and things. So long as the social forces thus freed have not regained equilibrium, their respective values are unknown and so all regulation is lacking for a time. The limits are unknown between the possible and the impossible, what is just and what is unjust, legitimate claims and hopes and those which are immoderate. Consequently, there is no restraint upon aspiration. . . . Appetites, not being controlled by a public opinion become disoriented, no longer recognize the limits proper to them. . . . With increased prosperity desires increase. At the very moment when traditional rules have lost their authority, the richer prize offered these appetites stimulates them and makes them more exigent and impatient of control. The state of de-regulation or anomy is thus further heightened by passions being less disciplined, precisely when they need more disciplining. . . .

This explanation is confirmed by the remarkable immunity of poor countries. Poverty protects against suicide because it is a restraint in itself.

No matter how one acts, desires have to depend upon resources to some extent; actual possessions are partly the criterion of those aspired to. So the less one has the less he is tempted to extend the range of his needs indefinitely. Lack of power, compelling moderation, accustoms men to it, while nothing excites envy if no one has superfluity. Wealth, on the other hand, by the power it bestows, deceives us into believing that we depend on ourselves only. Reducing the resistance we encounter from objects, it suggests the possibility of unlimited success against them. The less limited one feels, the more intolerable all limitation appears. Not without reason, therefore, have so many religions dwelt on the advantages and moral value of poverty. It is actually the best school for teaching self-restraint. Forcing us to constant self-discipline, it prepares us to accept collective discipline with equanimity, while wealth, exalting the individual, may always arouse the spirit of rebellion which is the very source of immorality. This, of course, is no reason why humanity should not improve its material condition. But though the moral danger involved in every growth of prosperity is not irremediable, it should not be forgotten.

If anomy never appeared except, as in the above instances, in intermittent spurts and acute crisis, it might cause the social suicide-rate to vary from time to time, but it would not be a regular, constant factor. In one sphere of social life, however—the sphere of trade and industry—it is actually in a chronic state.

For a whole century, economic progress has mainly consisted in freeing industrial relations from all regulation. Until very recently, it was the function of a whole system of moral forces to exert this discipline. First, the influence of religion was felt alike by workers and masters, the poor and the rich. It consoled the former and taught them contentment with their lot by informing them of the providential nature of the social order, that the share of each class was assigned by God himself, and by holding out the hope for just compensation in a world to come in return for the inequalities of this world. It governed the latter, recalling that

worldly interests are not man's entire lot, that they must be subordinate to other and higher interests, and that they should therefore not be pursued without rule or measure. Temporal power, in turn, restrained the scope of economic functions by its supremacy over them and by the relatively subordinate role it assigned them. Finally, within the business world proper, the occupational groups by regulating salaries, the price of products and production itself, indirectly fixed the average level of income on which needs are partially based by the very force of circumstances. However, we do not mean to propose this organization as a model. Clearly it would be inadequate to existing societies without great changes. What we stress is its existence, the fact of its useful influence, and that nothing today has come to take its place.

Actually, religion has lost most of its power. And government, instead of regulating economic life, has become its tool and servant. The most opposite schools, orthodox economists and extreme socialists, unite to reduce government to the role of a more or less passive intermediary among the various social functions. The former wish to make it simply the guardian of individual contracts; the latter leave it the task of doing the collective bookkeeping, that is, of recording the demands of consumers, transmitting them to producers, inventorying the total revenue and distributing it according to a fixed formula. But both refuse it any power to subordinate other social organs to itself and to make them converge toward one dominant aim. On both sides nations are declared to have the single or chief purpose of achieving industrial prosperity; such is the implication of the dogma of economic materialism, the basis of both apparently opposed systems. And as these theories merely express the state of opinion, industry, instead of being still regarded as a means to an end transcending itself, has become the supreme end of individuals and societies alike. Thereupon the appetites thus excited have become freed of any limiting authority. By sanctifying them, so to speak, this apotheosis of well-being has placed them above all human law.

Their restraint seems like a sort of sacrilege. For this reason, even the purely utilitarian regulation of them exercised by the industrial world itself through the medium of occupational groups has been unable to persist. Ultimately, this liberation of desires has been made worse by the very development of industry and the almost infinite extension of the market. So long as the producer could gain his profits only in his immediate neighborhood, the restricted amount of possible gain could not much overexcite ambition. Now that he may assume to have almost the entire world as his customer, how could passions accept their former confinement in the face of such limitless prospects?

Such is the source of the excitement predominating in this part of society, and which has thence extended to the other parts. There the state of crisis and anomy is constant and, so to speak, normal. From top to bottom of the ladder, greed is aroused without knowing where to find ultimate foothold. Nothing can calm it, since its goal is far beyond all it can attain. Reality seems valueless by comparison with the dreams of fevered imaginations; reality is therefore abandoned, but so too is possibility abandoned when it in turn becomes reality. A thirst arises for novelties, unfamiliar pleasures, nameless sensations, all of which lose their savor once known. Henceforth one has no strength to endure the least reverse. The whole fever subsides and the sterility of all the tumult is apparent, and it is seen that all these new sensations in their infinite quantity cannot form a solid foundation of happiness to support one during days of trial. The wise man, knowing how to enjoy achieved results without having constantly to replace them with others, finds in them an attachment to life in the hour of difficulty. But the man who has always pinned all his hopes on the future and lived with his eyes fixed upon it, has nothing in the past as a comfort against the present's afflictions, for the past was nothing to him but a series of hastily experienced stages. What blinded him to himself was his expectation always to find further on the happiness he had so

far missed. Now he is stopped in his tracks; from now on nothing remains behind or ahead of him to fix his gaze upon. Weariness alone, moreover, is enough to bring disillusionment, for he cannot in the end escape the futility of an endless pursuit.

We may even wonder if this moral state is not principally what makes economic catastrophes of our day so fertile in suicides. In societies where a man is subjected to a healthy discipline, he submits more readily to the blows of chance. The necessary effort for sustaining a little more discomfort costs him relatively little, since he is used to discomfort and constraint. But when every constraint is hateful in itself, how can closer constraint not seem intolerable? There is no tendency to resignation in the feverish impatience of men's lives. When there is no other aim but to outstrip constantly the point arrived at, how painful to be thrown back! Now this very lack of organization characterizing our economic condition throws the door wide to every sort of adventure. Since imagination is hungry for novelty, and ungoverned, it gropes at random. Setbacks necessarily increase with risks and thus crises multiply, just when they are becoming more destructive.

Yet these dispositions are so inbred that society has grown to accept them and is accustomed to think them normal. It is everlastingly repeated that it is man's nature to be eternally dissatisfied, constantly to advance, without relief or rest, toward an indefinite goal. The longing for infinity is daily represented as a mark of moral distinction, whereas it can only appear within unregulated consciences which elevate to a rule the lack of rule from which they suffer. The doctrine of the most ruthless and swift progress has become an article of faith. But other theories appear parallel with those praising the advantages of instability,

which, generalizing the situation that gives them birth, declare life evil, claim that it is richer in grief than in pleasure and that it attracts men only by false claims. Since this disorder is greatest in the economic world, it has most victims there.

Industrial and commercial functions are really among the occupations which furnish the greatest number of suicides. . . . Almost on a level with the liberal professions, they sometimes surpass them; they are especially more afflicted than agriculture, where the old regulative forces still make their appearance felt most and where the fever of business has least penetrated. Here is best recalled what was once the general constitution of the economic order. And the divergence would be yet greater if, among the suicides of industry, employers were distinguished from workmen, for the former are probably most stricken by the state of anomy. The enormous rate of those with independent means (720 per million) sufficiently shows that the possessors of most comfort suffer most. Everything that enforces subordination attenuates the effects of this state. At least the horizon of the lower classes is limited by those above them, and for this same reason their desires are more modest. Those who have only empty space above them are almost inevitably lost in it, if no force restrains them.

### CRITICAL-THINKING QUESTIONS

1. How do most creatures restrain their desires? How are human beings distinctive in this way?
2. Why does modern society afford to individuals less moral regulation? Why is this especially true of people (such as rock stars) who experience sudden fame and fortune?
3. How would Durkheim explain the relatively high suicide rate among rock stars and other celebrities?