

**Table 13.1** Robert Merton's strain theory

Mode of Adaptation	Agrees With Cultural Goals	Follows Institutional Means	Method of Adaptation
Conformity	+	+	Nondeviant Agrees with cultural goals and institutional means to achieve them
Innovation	+	–	Criminal Agrees with cultural goals, adopts nontraditional means to achieve them
Ritualism	–	+	Deviant, noncriminal Rejects cultural goals but continues to conform to institutional means
Retreatism	–	–	Deviant, could be criminal Rejects cultural goals and the approved means to achieve them
Rebellion	–/+	–/+	Deviant Challenges cultural goals and the approved means to achieve them; offers alternative goals and means