

Research Paper

Motivation and Psychological Well-Being of Young Adults with Body Tattoos

Arundhuti Dutta Gupta^{1*}, Dr. Neerja Pandey²

ABSTRACT

Body marking has been present since the history of mankind, playing diverse roles at various times. Evidences from archeological excavation date back to the 1200 B.C. Presently, tattoos are seen as a form of expression. Today, it is considered to be one of the most favorable fashion trends. People get tattoos for various reasons that include following the trend, to increase their motivation, to give importance to their psychological well-being. Many researches have tried to explore and find out the various characteristics of tattoos but there is insufficient research work and knowledge regarding the same in India. Reasons for the same may be due to more awareness about tattoos in other countries like Egypt, US, Japan in comparison to India. The various belief systems that are associated with the concept of tattoo considered to be a social taboo. Therefore, the present work titled “Motivation and Psychological Well-being among Young Adults with Body Tattoos” is a theoretical paper trying to highlight the increase in the levels of motivation and psychological well-being among the young adult population. Hypotheses of the present work are that a) body tattoos increase motivation, and b) body tattoos increase psychological well-being among young adults. For this paper, purposive sampling technique was used. Data was collected from 40 respondents who were between the age group of 18 to 25 years (young adults). Analysis of results shows that there is an increase in both motivation as well as psychological well-being among young adults but, there is significantly more increase in motivation as compared to psychological well-being among the young adult population with body tattoos.

Keywords: *Tattoos, Psychological Well-being, Motivation, Correlation, Young Adults*

Presently, tattoos are seen as a form of expression. People get tattoos for various reasons that include following the trend, to increase their motivation, to give importance to their psychological well-being, in order to feel good for achieving life satisfaction, to endure emotional pain and hide scars (Hunter, 2021). In the field of research, body art, specially tattooing, was considered as an initiation ritual, the marker of social status. The practice of tattooing has been across the globe since at least Neolithic times. Both archeological records and ancient art findings suggested that tattooing was practiced by the upper Paleolithic period in Europe.

¹M.A. Clinical Psychology, Amity Institute of Behavioural and Allied Sciences, Amity University Lucknow Campus

²Assistant Professor, Amity Institute of Behavioural and Allied Sciences, Amity University Lucknow Campus

*Corresponding Author

Received: May 07, 2023; Revision Received: November 15, 2023; Accepted: November 19, 2023

BODY TATTOOS

Tattoos can be defined as a permanent mark on an individual's skin. The word "tattoo" has two origins. The first refers to body art which originated from Polynesian languages which was connected to the words "tatu" or "tatau" which means mark on skin. The second meaning refers to the rhythmic tapping e.g., like drums, which were originally used to call soldiers back to their living quarters (Legg, 2019). The oldest known human to have tattoos preserved upon his mummified skin is a Bronze-Age man from around 3300 BCE. Found in a glacier of the Otztal Alps, near the border between Austria and Italy, "Otzi the Iceman" had fifty-seven tattoos. When someone undergoes a tattooing process, there is an increase in the immune system. Cortisol is a type of neurotransmitter which is also known as the stress hormone that results in increased stress levels. Tattoos also result in higher confidence in people, especially among women. There is significant results stating that tattoo can lead to an increase in an individual's motivation level.

MOTIVATION

Motivation is the driving force behind every human action. It guides and maintains all goal-oriented behaviours. There are two main types of motivation namely: Extrinsic (arising from outside) and Intrinsic (arising from within the individual). Even though tattoo influence the perception of motivation, it also affects it. A sense of self is formed by the virtue of which the concept of identity is formed. When identity is affected, motivation also gets affected. Therefore, tattoos influence one's motivation level. (Cherry, 2022).

Motivation is important as it increases one's efficiency to work towards one's goals. It drives an individual to take action and encourages one to engage in health-oriented behaviours. Throughout time mental health professionals have tried explaining the process behind what motivates human behavior. Throughout time mental health professionals have tried explaining the process behind what motivates human behavior. Some of the doctrines of motivation include:

- a. **Instincts:** this postulate stresses on the fact that behaviors are motivated by instincts which are fixed and inborn patterns of behavior. They include biological instincts that are important for an organism's survival like, fear, love, cleanliness, etc.
- b. **Drives and needs:** Behaviors such as eating, sleeping, drinking are all motivated by biology. We all have a biological need for food, water and sleep. Therefore, we are motivated to eat, drink, and sleep. The drive reduction theory for motivation point out that people has these basic biological drives, and our behaviours are motivated to fulfill these drives.
- c. **Arousal levels:** The arousal theory of motivation states that people are motivated to engage in behaviours that help individuals maintain their optimal level of arousal.

PSYCHOLOGICAL WELL-BEING

Psychological Well-being is based on Aristotle's concept of eudemonia, as well as theoretical constructs describing positive functioning in terms of humanistic, existential, developmental, social and clinical psychology which aims to measure six aspects of well-being and happiness: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance (Ryff, 1989). Psychological well-being impacts one's overall life happiness and contentment. Achieving that level of well-being means that an individual is content with their life and have a positive outlook on both oneself and one's overall situation. Psychological well-being is a term that can have different meanings and interpretations. It may refer to mental health which includes a balance of emotions, thoughts, social relationships, and pursuits, and the absence of mental

Motivation and Psychological Well-Being of Young Adults with Body Tattoos

illness. It refers to one's level of psychological happiness, health, which encompasses life satisfaction and feelings of accomplishment. It may also refer to one's ability to maintain a sense of autonomy, self- acceptance, personal growth, purpose in life, and self- esteem. It may also refer to a feeling of inner tranquility and reassurance that widens up more possibilities for the individual. It is based on the theory of positive psychological functioning that focuses on the human capacity to develop, function effectively, and flourish (Richard Burns, 2016).

YOUNG ADULTS

According to Erik Erikson, a young adult is generally a person in the age range of 20 to 40. The Federal Interagency Forum on Child and Family Statistics define "young adults" as individuals aged between 18 to 24 years. As per the United Nations, there is no universally agreed internationally definition of the young adult age group. For statistical purposes however, the United Nations without prejudice to any other definitions made by Member States defines youth as the persons between the age group of 15 and 24 years of age. Therefore, the present work is aimed to be administered among young adults who fall within the age group of 18 to 25 years.

Rationale

Presently, tattoos are now seen as a form of expression. Today, it is considered to be one of the most favorable fashion trends. People get tattoos for various reasons, to increase their motivation, to give importance to their psychological well-being, to endure emotional pain or hide scars. Many research works have tried to explore and find out the various characteristics of tattoos but there is insufficient research work and knowledge regarding the same in India. Reasons for the same may be due to the lack of awareness of the student researcher regarding this area of study. Therefore, the present work titled "Motivation and Psychological Well-being of Young Adults with Body Tattoos" is a theoretical paper that tries to highlight the impact of tattoos on the level of motivation and psychological well-being among young adults.

REVIEW OF LITERATURE

Guo in the year 2022, found out that psychological well-being is higher among higher education institutes. Fatima, et.al. in the year 2021, revealed that life satisfaction and psychological wellbeing among young adults help in increased positive mental health. Ruggeri, K, et. al., in the year 2020, found out that psychological well-being is higher than the level of happiness among individuals. Wolters in the year 2019, explored and found out that maintaining and improving psychological well-being helps in dealing with a crisis in life. Di Domenico SI, et.al. in the year 2017, found that the Intrinsic Motivation helps in higher neurological development. Roslan, et.al., in the year 2017, found out that Psychological Well-being is higher among Postgraduate Students. Laura, A. Weiss et.al., in the year 2016, highlighted that there is a rapidly growing interest in psychological well-being (PWB) as outcome of interventions. Carol D. Ryff in the year 2015, found out that psychological well-being increases positive well-being among individuals. Cortright RN, et.al., in the year 2013, found out that higher levels of intrinsic motivation are related to higher levels of class performance for male but not female students. Sekhar, et.al., in the year 2013, explored and found out the Intrinsic Motivation influences employee motivation. Lai, E.R., in the year 2011 found out that Motivation, increases job performance of personnel in private university libraries. Hidalgo, et.al., in the year 2010, "Psychological well-being focuses on self-actualization and on the view of the fully functioning person respectively, as ways to achieve well-being and personal fulfilment. Buckmaster, et.al., in

Motivation and Psychological Well-Being of Young Adults with Body Tattoos

the year 2008, found out and highlighted that one of the most important components of learning in all formal and informal setting is known as learners motivation. Ahmet in the year 2008, found out that the reliability and validity of psychological well-being. P. Warr et.al., in the year 2004, found out that praising children increases their psychological well-being is higher among older people. Henderlong, J. et.al., in the year 2002, found out that praising children effects their intrinsic motivation. Miller, W. R. et.al., in the year 1994, found out that motivation among young adults increases their lifestyle change.

METHODOLOGY

Objective

- a) to explore the motivation among young adults with body tattoos and
- b) to explore psychological well-being among young adults with body tattoos.

Hypotheses

- a) body tattoos increase the motivation among young adults and
- b) body tattoos increase the psychological well- being among young adults.

Variables

- a) Independent Variables: Body Tattoos and
- b) Dependent Variables: Motivation and Psychological Well-Being.

Tools

- a) **Intrinsic Motivation Inventory (IMI)**: Author: Ryan and Deci, Year of publishing: 2000
- b) **Ryff's psychological well-being scale** (42 items): Author: Carol. D. Ryff, Year of publishing: 1955.

Sampling

- a) **sample size**: 40
- b) **sample population**: young adults with body tattoos between the ages 18 to 25 years
- c) **sampling technique**: Purposive Sampling.

Inclusion Criteria

- a) Young adults with multiple body tattoos between the ages of 18 to 25 years and
- b) Young adults with either permanent or temporary body tattoos between the ages of 18 to 25 years.

Exclusion Criteria

- a) Individuals without body tattoos
- b) Individuals with any form of health complications like sugar, Blood Pressure, etc.
- c) Individuals who are under prescribed medications
- d) Individuals who are diagnosed with any type of mental illness
- e) Individuals who consume alcohol
- f) Individuals who are under any form of substance abuse. Example: Drugs.

Research Design: Exploratory Research Design.

Procedure

The student researcher approached the young adults and took their consent for participation in the study, 40 respondents were purposefully selected and were presented with the two questionnaires one after the other, they were asked to pay attention to the instructions laid

Motivation and Psychological Well-Being of Young Adults with Body Tattoos

out in the beginning of the questionnaires before filling them, the respondents were requested to ask if they had any query or doubt.

DATA ANALYSIS AND DISCUSSION

Table no 1: Mean, Median and Standard Deviation of Motivation and Psychological Well-being of young adults with body tattoos.

	Motivation	Psychological Well-being
Mean	491.65	171.43
Median	489	170
Standard Deviation	72.890	22.477

The above table highlights that the Mean, Median and Standard Deviation for Motivation is higher among the young adults population with body tattoos as compared to their Psychological well-being.

Table no 2: Correlation between Motivation and Psychological Well-being of young adults with body tattoos.

Correlations				
			Motivation	Psychological well-being
Spearman's rho	Motivation	Correlation Coefficient	1	.510**
		Sig. (1-tailed)	.	<.001
		N	40	40
	Psychological well-being	Correlation Coefficient	.510**	1
		Sig. (1-tailed)	<.001	.
		N	40	40

Correlation is significant at the 0.01 level

The present research work stated the hypotheses that body tattoos increase both motivation as well as psychological well-being among young adults. Interpretation of the results from the above table highlights that the stated hypotheses were accepted and the correlation was found to be significant at the 0.01 level.

Table no. 1 highlights that the Mean, Median and Standard Deviation for Motivation is higher among young adults with body tattoos as compared to their Psychological well-being. Eminent researchers like Wolters, 2019, Hidalgo, 2010, Miller, 1994, et.al., have also stated that there is a positive correlation between an individual's level of motivation and their psychological well-being. They have justified that Motivation acts as an impetus for an individual to get inked thus, also increasing their level of Psychological well-being. From the analysis of results it can be concluded that there is significantly more increase in motivation as compared to psychological well-being among the young adult population with body tattoos. Therefore, this research work concludes that individuals who have body tattoos are motivated and have a positive psychological well-being. Body tattoos are not explored much. How body tattoos impact an individual's life specially their Motivation and Psychological well-being is why this research was conducted. It is a comparatively a new area of study which makes it more relevant for investigation. It is imperative to discuss the level of Motivation as well as Psychological well-being.

Limitation

A new area of research needs to be addressed in order to find out the reasons to justify a new hypothesis that even though there is an increase in the motivation and psychological well-being among young adults but this research fails to explain why they are not able to have enough motivation and psychological well-being.

REFERENCES

- A. Downs, L. A. Boucher, D. G. Campbell, and A. Polyakov, "Using the WHO-5 well-being index to identify college students at risk for mental health problems," *Journal of College Student Development*, vol. 58, no. 1, pp. 113–117, 2017.
- A. M. Arria, K. M. Caldeira, K. B. Vincent, E. R. Winick, R. A. Baron, and K. E. O'Grady, "Discontinuous college enrolment: associations with substance use and mental health," *Psychiatric Services*, vol. 64, no. 2, pp. 165–172, 2013.
- B. A. Primack, S. R. Land, J. Fan, K. H. Kim, and D. Rosen, "Associations of mental health problems with waterpipe tobacco and cigarette smoking among college students," *Substance Use & Misuse*, vol. 48, no. 3, pp. 211–219, 2013.
- C. Attoe, C. Kowalski, A. Fernando, and S. Cross, "Integrating mental health simulation into routine health-care education," *The Lancet Psychiatry*, vol. 3, no. 8, pp. 702–703, 2016.
- D. Yao, Z. Zhi-li, Z. Xiao-feng et al., "Deep hybrid: multi-graph neural network collaboration for hyperspectral image classification," *Defence Technology*, 2022, In press.
- E. B. Davies, E. Beaver, and C. Glazebrook, "A pilot randomised controlled study of the Mental Health First Aid eLearning course with UK medical students," *BMC Medical Education*, vol. 18, no. 1, p. 45, 2018.
- Gottfried, A. E. (1985), "Academic intrinsic motivation in elementary and junior high school students. *Journal of Educational Psychology*", 77(6), 631-345.
- H. Zhang and Y. Du, "Chinese school curricula should include mental health education," *The Lancet Psychiatry*, vol. 5, no. 8, p. 18, 2018.
- J. N. Albright and N. M. Hurd, "Constellations of social support among underrepresented college students: associations with mental health," *Applied Developmental Science*, vol. 22, no. 4, pp. 258–269, 2018.
- J. Rosen, E. Stiehl, V. Mittal et al., "Late-life mental health education for workforce development: brain versus heart?" *American Journal of Geriatric Psychiatry*, vol. 21, no. 11, pp. 1164–1167, 2013.
- J. W. Labrie, L. E. Napper, E. M. Grimaldi, S. R. Kenney, and A. Lac, "The efficacy of a standalone protective behavioral strategies intervention for students accessing mental health services," *Prevention Science*, vol. 16, no. 5, pp. 663–673, 2015.
- K. Levecque, F. Anseel, A. De Beuckelaer, J. Van der Heyden, and L. Gisle, "Work organization and mental health problems in PhD students," *Research Policy*, vol. 46, no. 4, pp. 868–879, 2017.
- M. T. Hartley, "Investigating the relationship of resilience to academic persistence in college students with mental health issues," *Rehabilitation Counselling Bulletin*, vol. 56, no. 4, pp. 240–250, 2013.
- National Research Council. (2004), "Engaging schools: Fostering high school students' motivation to learn" Washington, DC: Author. Retrieved from http://books.nap.edu/openbook.php?record_id=10421&page=2.
- P. Carapia-Fierros and D. C. Tapia-Pancardo, "Innovative techniques to develop educative competitiveness in adolescents' mental health: importance in nursing training," *Health*, vol. 13, no. 9, pp. 903–909, 2021.

Motivation and Psychological Well-Being of Young Adults with Body Tattoos

- R. Markoulakis and B. Kirsh, "Difficulties for university students with mental health problems: a critical interpretive synthesis," *The Review of Higher Education*, vol. 37, no. 1, pp. 77–100, 2013.
- S. J. Babb, K. A. Rufino, and R. M. Johnson, "Assessing the effects of the COVID-19 pandemic on non-traditional students' mental health and well-being," *Adult Education Quarterly*, vol. 72, no. 2, pp. 140–157, 2022.
- S. M. Suldo, A. Thalji-Raitano, S. M. Kiefer, and J. M. Ferron, "Conceptualizing high school students' mental health through a dual-factor model," *School Psychology Review*, vol. 45, no. 4, pp. 434–457, 2016.
- S. Modabber, E. S. Damirchi, and N. Mohammadi, "Predicting students' mental health based on religious beliefs, educational self-efficacy, and moral growth," *Journal of School Psychology*, vol. 7, no. 4, pp. 143–157, 2019.
- View at: [Publisher Site](#) | [Google Scholar](#)
- W. Li, L. A. Denson, and D. S. Dorstyn, "Understanding Australian university students' mental health help-seeking: an empirical and theoretical investigation," *Australian Journal of Psychology*, vol. 70, no. 1, pp. 30–40, 2018.
- Y. Huang, L. Cheng, L. Xue et al., "Deep adversarial imitation reinforcement learning for QoS-aware cloud job scheduling," *IEEE Systems Journal*, vol. 1, pp. 1–11, 2021.
- Y. Wang, T. Wang, X. Zhou et al., "TransEffiDet: aircraft detection and classification in aerial images based on EfficientDet and transformer," *Computational Intelligence and Neuroscience*, vol. 2022, Article ID 2262549, 10 pages, 2022.

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Gupta, A.D. & Pandey, N. (2023). Motivation and Psychological Well-Being of Young Adults with Body Tattoos. *International Journal of Indian Psychology*, 11(4), 1474-1480. DIP:18.01.132.20231104, DOI:10.25215/1104.132