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# Motivation among Adolescents with Body Tattoos

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**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. 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 among Adolescents with Body Tattoos” is a theoretical paper trying to highlight the increase in the levels of motivation among adolescents. Hypotheses of the present work are that a) body tattoos increases motivation. 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. Analysis of results shows that there is an increase in the level of motivation among adolescents with body tattoos.

**KEYWORDS:** Tattoos, Motivation, Correlation, Adolescents.

## I. INTRODUCTION

Presently, tattoos are seen as a form of expression. People get tattoos for various reasons that include following the trend, to increase their motivation, 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.

## 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.

### ADOLESCENTS

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 "adolescents" as individuals aged between 18 to 24 years. As per the United Nations, there is no universally agreed internationally definition of the adolescents 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 adolescents 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 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 among Adolescents with Body Tattoos" is a theoretical paper that tries to highlight the impact of tattoos on the level of motivation among young adults.

### II. RELATED WORK

Di Domenico SI, et.al. in the year 2017, found that the Intrinsic Motivation helps in higher neurological development. 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. Buckmaster, et.al., in 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. 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.

### III. METHODOLOGY

**OBJECTIVE:** a) to explore the motivation among adolescents with body tattoos. **HYPOTHESES** a) body tattoos increases the motivation among adolescents. **VARIABLES** a) Independent Variables: Body Tattoos and b) Dependent Variables: Motivation. **TOOLS** a) **Intrinsic Motivation Inventory (IMI):** Author: Ryan and Deci, Year of publishing: 2000. **SAMPLING:** a) **sample size:** 40 b) **sample population:** Adolescents with body tattoos between the ages 18 to 25 years c) **sampling technique:** Purposive Sampling. **INCLUSION CRITERIA:** a) Adolescents with multiple body



tattoos between the ages of 18 to 25 years and b) Adolescents 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 is 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 adolescents 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 out in the beginning of the questionnaires before filling them, the respondents were requested to ask if they had any query or doubt.

#### IV. EXPERIMENTAL RESULTS

**Table no 1:** Mean, Median and Standard Deviation of Motivation among adolescents with body tattoos.

	Motivation
<b>Mean</b>	491.65
<b>Median</b>	489
<b>Standard Deviation</b>	72.890

The above table highlights that the Mean, Median and Standard Deviation for Motivation among the adolescents with body tattoos.

**Table no 2:** Correlation between Body tattoos and Motivation among adolescents

Correlations			
			Motivation
Spearman's rho	Motivation	Correlation Coefficient	1
		Sig. (1-tailed)	.
		N	40

**Correlation is significant at the 0.01 level**

#### V. CONCLUSION

The present research work stated the hypotheses that body tattoos increase motivation among adolescents. 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, among adolescents with body tattoos. Eminent researchers like Di Domenico SI, 2017, Henderlong, 2002, Miller, 1994, et.al. , have also stated that there is a positive correlation between an adolescent's level of motivation. They have justified that Motivation acts as an impetus for an individual to get inked thus. From the analysis of results it can be concluded that there is significant increase in motivation among adolescents with body tattoos. Therefore, this research work concludes that individuals who have body tattoos are motivated and have a positive outlook towards life. Body tattoos are not explored much. How body tattoos impact an individual's life specially their Motivation 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 of an individual.

#### 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 level of motivation among adolescents but this research fails to explain why they are not able to have enough motivation.

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