

An Exploration of Athlete Tattoos

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Abstract : Tattoos are the most intimate form of body art. Unlike other art forms, tattoos emphasize breaking through tradition, innovation, and creativity. The designs created by tattoo artists are often regarded as true works of art. In recent years, there has been a notable increase in athletes with tattoos, thereby amplifying the beliefs and psychological expressions conveyed by tattoos on athletes compared to the past. The primary objectives of this study are: 1. to explore and understand the presence and significance of tattoos for athletes, and 2. to examine the impact of tattoos on athletes' performance. This study employs a semi-structured in-depth interview method, utilizing purposive sampling. The participants are athletes who have engaged in regular exercise for more than three years and have tattoos. A total of 10 athletes were interviewed, including 9 males and 1 female, aged between 24 and 43 years, each with different sports specializations. The sample was collected using snowball sampling. Results and Discussion: 1. For athletes, tattoos are not merely body decorations but serve to reinforce their inner beliefs, thereby enhancing their athletic performance. 2. Tattoos have a positive impact on the appearance of athletes. 3. The influence of tattoos on athletic performance extends beyond physical appearance, serving as a psychological motivation and support. 4. Individuals with tattoos tend to be more outgoing and extroverted, with higher impulsivity and adventurousness in their athletic endeavors. Conclusion: I. For athletes, tattoos not only have a positive impact on their appearance but also strengthen their internal beliefs. II. Athletes with tattoos exhibit not only greater extroversion and openness but also heightened impulsivity and adventurousness in their athletic performance.

Keywords : athletes, athletic performance, body art, psychological impact, tattoo

Conference Title : ICPESS 2024 : International Conference on Physical Education and Sport Science

Conference Location : Tokyo, Japan

Conference Dates : November 07-08, 2024