

14

TATTOO, PSYCHE AND PSYCHOPATHOLOGY

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Tattoos were for decades regarded as marker of different psychopathologies and performed eagerly by drug addicts, prisoners and criminals. Literature data point out at higher levels of impulsiveness, adventurism, empathy, neuroticism, anxiety, dissatisfaction, low self-esteem etc.

However, nowadays tattoos become very popular among different society groups. Tattoos are considered not only as cosmetic skin adornment but also as a way of emotional expression.

Aim: The aim of our study was to evaluate different emotional aspects including emotional intelligence, control of emotional aspects including anger, anxiety and depressive symptoms with sense of self-efficacy in tattooed people.

Methods: We used the following questionnaires: INTE to evaluate emotional intelligence, Courtauld Emotional Control Scale (CECS), General Self-Efficacy Scale (GSES).

Results: Tattooed persons reported that in 78.1% personality expression was strong motivation to acquire tattoo. We also observed that the stronger emotional intelligence the higher self-efficacy was observed. Self-efficacy also demonstrated positive correlations with appraisal and expression of emotions, regulation of emotions and utilization of emotions. We did not find any significant difference between emotional intelligence, emotions control and sense of self-efficacy depending on sex, age and tattoo number.

Conclusions: Our study indicates that relation between emotional intelligence and self-efficacy could be a proof of emotional intelligence importance in adaptive functioning. Broader multidisciplinary studies evaluating different psychological parameters in different groups of people acquiring tattoos out of different reasons seems to be of importance.