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Swati Deepak Tripathi
 Research Scholar, North East
 Frontier University, Arunachal
 Pradesh, India

Sumayal Anjum
 Research Scholar, North East
 Frontier University, Arunachal
 Pradesh, India

Neelma Kunwar
 Dean College of Home Science,
 C.S.A. University of Agriculture
 & Technology, Kanpur,
 Uttar Pradesh, India

Innovative clothing design for women during pregnancy

Swati Deepak Tripathi, Sumayal Anjum and Neelma Kunwar

Abstract

Pregnancy can be a fascinating phase where women spend nine months with a lot of hope. The joy of creating life, watching the belly grow as well as having to deal with the many pregnancy symptoms, make the pregnancy period a time to cherish. Because the changes can be easily noticed around the hips, thigh and breast, the expectant mother may feel a bit uncomfortable, unattractive and self-conscious (Adam, 2007). Therefore, most women become prisoners of residence and refuse to go out to social events that require stylish attire.

Keywords: Innovative, clothing, design

Introduction

Pregnancy is one of the beautiful phases in a woman's life. During this phase the body undergoes physical transformation and demands soft and comfortable clothing. The best garment for pregnant women is the one that allows the abdominal area to expand, as it is imperative for both the mother and the baby. In the old days, most pregnant women chose to wear their old clothing, and did not even consider buying maternity clothes. Concerning their appearances was less, mostly because they tend to 'feel out of shape' during the pregnancy stage. However, this is not the current case, where many pregnant women work, socialize and sometimes even travel internationally and do need to stay both comfortable and attractive. Naturally, the proper clothing requirements of day's expecting mothers are different.

Objectives

1. To design comfortable dresses for pregnant women.
2. To incorporate the developed biosensor in the designed dresses.

Methodology

A survey was carried out at maternity hospitals of Hyderabad and Secunderabad for thirty respondents by using questionnaire method. A total of ten designs were made and out of which five were selected for making garments based on the suitability of respondents. All cotton fabrics in which some were plain fabrics and printed fabrics were selected for making dresses.

Results

Table 1: Distribution of respondents as per preference of types of dresses during pregnancy
 N=30

| Sl. No. | Dresses | Number of respondents |
|---------|-------------|-----------------------|
| 1. | Salwar suit | 10 (33.33) |
| 2. | Sari | 5 (16.66) |
| 3. | Jeans-top | 0 |
| 4. | Gown | 15 (50.00) |
| 5. | Other | 0 |

(Figures in parenthesis represent percentage)

Correspondence
Neelma Kunwar
 Dean College of Home Science,
 C.S.A. University of Agriculture
 & Technology, Kanpur,
 Uttar Pradesh, India

It was clear that 50.0 percent of pregnant women preferred gown during pregnancy because they wanted to be free for doing work at home and 33.33 percent women preferred salwar – suit because they can wear easily and feel free and 16.66 percent was preferred sari and no one had preferred jeans-top because of fear of exposing bulged abdomen and also to be free and comfortable.

Table 2: Distribution of respondents as per preferences of garment construction N=30

| Sl. No. | Garment construction | Number of respondents |
|---------|---------------------------|-----------------------|
| 1. | Readymade | 12 (40.00) |
| 2. | Tailored | 8 (26.66) |
| 3. | Self stitched | 4 (13.33) |
| 4. | Alteration of old garment | 6 (20.00) |

(Figures in parenthesis represent percentage)

Around 40.0 pregnant women gave preference to readymade garments because these garments provided loose fit on the body and 26.66 percent gave preference to tailored one and 20.0 percent women were interested in alteration of old garment and 13.33 percent preferred self stitched garment. However, it was observed that readymade garments were the most preferred by the respondents.

Table 3: Distribution of respondents as per preferences of fabric for party wear N=30

| Sl. No. | Preferences of fabric for party wear | Number of respondents |
|---------|--------------------------------------|-----------------------|
| 1. | Satin | 2 (6.60) |
| 2. | Cotton | 20 (68.66) |
| 3. | Silk | 4 (13.33) |
| 4. | Chiffon | 2 (6.60) |
| 5. | Crepe | 2 (6.60) |
| 6. | Others | 0 |

(Figures in parenthesis represent percentage)

Most of them (68.66%) preferred cotton fabric because it was very comfortable in comparison to all fabrics. Few (13.33%) respondents preferred silk fabric. Rest of the respondents preferred crepe, chiffon and satin fabrics. During pregnancy, women experience hot flushes and more sweating. Therefore, cotton was mostly preferred.

Table 4: Distribution of respondents as per preferences of buying new dresses frequently N=30

| Sl. No. | Buying new dresses frequently | Number of respondents |
|---------|-------------------------------|-----------------------|
| 1. | Every three months | 2 (6.66) |
| 2. | Three to six months | 7 (23.33) |
| 3. | Six to nine months | 13 (43.33) |
| 4. | According to the requirement | 5 (16.66) |
| 5. | As fashion changes | 3 (10.00) |

(Figures in parenthesis represent percentage)

Majority of the respondents (43.33) preferred to buy new dresses in every six to nine months, whereas 23.33 percent preferred to buy once in three to six months period. Around 16.66 percent respondents bought new dresses when they felt it was required and 10 percent followed fashion changes. Only two respondents bought new dresses once in every three months period during pregnancy.

Table 5: Distribution of respondents as per knowledge about pregnancy dresses having biosensor N=30

| Sl. No. | Knowledge about pregnancy dresses having biosensor | Number of respondents |
|---------|--|-----------------------|
| 1. | Yes | 7 (23.33) |
| 2. | No | 23 (76.66) |

(Figures in parenthesis represent percentage)

Majority of the respondents (76.66%) did not know about biosensor which could monitor the fetal movements. Around 23.33 percent women knew about the biosensor being available in the market but did not use.

Table 6: Distribution of respondents as per preference of smart maternity dresses if available in market N=30

| Sl. No. | Preference of smart maternity dresses if available in market | Number of respondents |
|---------|--|-----------------------|
| 1. | Yes | 18 (60.0) |
| 2. | No | 12 (40.0) |

(Figures in parenthesis represent percentage)

Majority of the respondents (60.0%) welcomed the availability of smart maternity dresses in market. They would prefer this type of dress which would save their money, time for follow up. They also expressed that they could use this type of dress at home without going to the doctor for number of times. However, 40.0 percent did not prefer these dresses. These respondents seemed to have traditional outlook for choosing pregnant wear.

Conclusion

General aspects regarding the conformational changes that a pregnant woman body suffers, the need for physical comfort influenced by the need to redesign clothing and the necessity to make clothing patterns adapted to them. It was presented an analysis of the morphological indicators necessary to design patterns: body size, proportions, posture and conformation. Also, it was shown the ways of taking body measurements and the main anthropometric dimensions required in pattern design. It was presented a study regarding the female body changes during pregnancy. It was noticed four types of changes that influence the pattern design and the change of shape, dimensions, weight and body posture. The principle of designing clothes for pregnant women refers to the introduction of pregnancy-related size changes in the standard method of pattern design. According with the typology and body measurements taken, circumference changes are due to pregnancy.

Recommendations

- Choose light and comfortable clothes; do not wear extremely snug or figure-hugging outfits.
- You can choose traditional clothes that are tailored to your shape and style and is in your budget.
- Wear clothes that provide support to your stomach.
- Keep your garments simple and flaunt any dress that you like, but be confident about it.

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