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Comfortable dresses for pregnant women

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Abstract
Motherhood is the most wonderful gift by god to a woman. Being pregnant is an amazing experience to any women. Nevertheless like other phase in life, pregnancy too is associated with many inevitable physical and physiological changes. The body grows with the growing baby within the womb. The body posture changes with the progress of the pregnancy even though, the basic bone structure remains the same. In olden days women adhered to traditional clothing during pregnancy especially old smooth clothing that provided the greatest comfort to a pregnant woman.

Keywords: Comfortable, dresses, period

Introduction
Maternity clothes can give women a new outlook on how to live an exciting lifestyle during pregnancy. By the use of designed maternity clothes, now women no longer have to be confined to homes and can enjoy parities and special events in style. Pregnancy is typically broken into three periods, or trimesters, about three months each. While there are no hard and fast rules, these distinctions are useful in describing the changes that take place overtime. Physical changes an expectant mother will undergo include: gain in weight, larger abdomen, enlarged breasts and swollen ankles and figures. During pregnancy, the magnitude and distribution of loads acting on the spine change dramatically and the spine undergoes adjustments in its form to accommodate these changes. The clothing needs to be designed to support the abdomen of pregnant women and minimize negative effects on their spine by use of different elastic fabrics and of an appropriate design of the resistant structure, be able to restore the original distribution of weights so that women can maintain proper posture.

Objectives
- To design comfortable dresses for pregnant women.
- To ascertain and develop relevant electronic biosensor.

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)

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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 ad 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 awareness of special dresses for pregnancy N=30

Sl. No.	Awareness of special dresses	Number of respondents
1.	Yes	12 (40.0)
2.	No	18 (60.0)

(Figures in parenthesis represent percentage)

Most of them were not aware of any special dresses designed for pregnancy and not worn that type of dresses before. Few told that they were aware of this type of dresses that would make them comfortable and free, but they had not used.

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 appreciation of designed maternity dress as per their taste N=30

Sl. No.	Welcome of maternity dress if designed according to the respondents	Number of respondents
1.	Yes	19 (63.33)
2.	No	11 (36.66)

(Figures in parenthesis represent percentage)

Majority of the respondents expressed that they would welcome maternity dresses if they were designed as per their taste and size. More than one third respondents had apprehensions about the price. But they expressed that they would welcome having designed dresses if they were affordable.

Conclusion
Throughout the pregnancy period, a woman undergoes many emotional phases due to physical changes that occur. When a woman begins to gain weight, she can experience physical discomfort as well as feeling less attractive. The inability to wear one's regular clothes can result in frustration and sadness. It is essential to make woman look and feel good throughout the term of pregnancy. Hence. There is need to wear maternity clothes or special, comfortable clothing ideal to accommodate the changing size of the body throughout the period. After 4th months of pregnancy, mothers become conscious about foetal movements. They try to feel baby's movements as sort o indicator that everything is fine. Uncomfortable clothing can act as a barrier in being able to feel foetal movements. That can create panic and worry to the expecting mothers about foetal condition. Thus, there is need of such devices that can help in monitoring foetal heart rate and movements and can be incorporated in the dresses designed for pregnant ladies. Such devices as biosensors are available in the market.

Recommendations
1. You cannot avoid spending too much on temporary clothes either way, start with the essentials. In just a trimester or two, there will be your most cherished pieces. Use of super soft leggings and slip one to one piece dresses and jump suits.

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