

Influence Of Fashion And Textiles On Mental Health

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Abstract

Textile is derived from the latin word *textere*, which means to weave. Textile is a fabric, made from fibers. Different types of fabrics with their different colors, textures give different type of emotions and feelings to the wearer. Clothes are a part of our life. They are also the outward symbol of the person's attitude, values and interest. They express our moods and our personality. When two persons meet their personality gives the first impression and expression and clothing is a very important part of personality. They also fulfill important psychological needs of conformity and self-confidence. There are different fabrics like cotton, satin, crepe, georgette and to note Royal fabrics like silk, brocade, velvet were worn by royal families in past and this attire gave grandiosity, elegance and dignity which led to a balanced mental health, happiness and satisfaction in their lives. This is the speciality of the textiles and different types of models, pattern of attires and style of a clothing lead to different emotions and confidence in people who wear them. Traditional dresses show a lot of uniqueness and speciality, regional influences over the persons and place they live in. Formal, casual, occasional dresses, clothing worn on interviews, marriage attires, school uniforms, professional uniforms show the uniformity, dignity, self respect and self confidence and also represent the Job profile. Different colours have influence on body and mental health. Fashion accessories, embroideries, fabric paintings and printings also give a sense of uniqueness. Fashion is a social expression. It shows the taste and values of an era and a way of expression by the person who wears it similar in context to as Paintings reflects the way people think and live defining social psychology. Fashion is as old as time and as new as tomorrow. It is and it was one of the powerful forces in our lives, it is a desire to decorate or beautify the human form, which has existed since the stone age. When the early man painted his body and face. The desire remains the same though the standard of beauty have changed. Fashion has social, physical and psychological importance. Which gives each garment individuality. In this paper, a description and analysis has been made up on impact of fashion and textiles on mental health.

I. INTRODUCTION

The oxford English dictionary defines fashion, a popular or the latest style of clothing, hair, decoration or behaviour and as a verb, a manner of doing something. Fashion attracts attention because of its intimate relationship with the body and therefore the identity of the wearer. Textile is derived from the latin word *textere*, which means to weave. Textile is a fabric, made from fibers. Different types of fabrics with their different colors, textures give different type of emotions and feelings to the wearer. Clothes are a part of our life. They are also the outward symbol of the person's attitude, values and interest. They express our moods and our personality. When two persons meet their personality gives the first impression and expression and clothing is a very important part of personality. Psychology of fashion depicts human behavior and how he/she feels about their clothes

and what we wear says a lot about who we are and shows our mental and physical health. Fashion expresses our personality and identity. Fashion and clothing are the non verbal communication. You feel varied degrees of confidence about yourself at different occasions. These feelings affect our self – esteem, mental health and well-being. Studies have proven that clothes and colours have an impact on improving one's mental health. Fashion industry as a career option gives a lot of happiness and fame, job satisfaction. Garments and textile industries created many job opportunities and make them feel safe, secure in their lives. Textile ministry of India has established many fashion and textile institutions like NIFT, NID etc. In India in various states. These institutions enrolled a lot of students who opted this career option to showcase their creative knowledge and fulfill their dreams. After completion of the courses, most of the students establish their own designing houses and some

students are creating job opportunities, earning, fulfilling their dreams.. thus enhancing their mental and physical wellbeing.

2. DISCUSSION :

2.1 HISTORY

Genetic analysis suggested that the human body louse, which lives in clothing may only have diverged from the head louse some 107 thousand years ago which supports evidence they human began wearing clothes at around this time. Once they started to hunt. they used the skin of animals as clothes. this skin when continuously used became harder and made difficult for them to hunt. for this purpose he stored to treat the skin to preserve its softness. People used grass, reeds, leaves and stems to cover their body. he also learned to spin the fiber, convert it into yarn and these yarns are interlaced to form a cloth. Cotton, wool, silk and flax they discovered are still the most common natural fibers to day. From ancient times colours have been used in fabrics. Dye stuff from plants and insects were used until the synthetics dyes were discovered. Indian history golden age of the civilization Harappa and mohanjodaro , men and women wore different types of garments, jewellery, and make up. it is a desire to decorate or beautify the human form .this has influence on mental health and well-being. ancient man had a desire to wear different material to cover the body and show their beauty to others and decorate themselves. this concept led to develop their mind set and development in lifestyle. The textile tradition of India was influenced by cotton. Cotton fabric is well known for its comfort, dignity and relaxation to the mind and body. so it is preferred by all category of people. some cultures showed that they used low quality cotton fabric cloth and few upper classes preferred linen fabric. The Ain- I-Akbari gives a detailed account of textiles in the royal ward of the Emperor akbar. These included the finest of Kashmiri shawls, silks, velvets and brocades as well as the rare muslin of Deca and Benaras. The textile craftsmen found their richest expression in the growing, spinning, weaving, dyeing, printing, and embroidering. Over two thousand years ago, the Artha shastra refers to textile design workshops being established under the patronage of maurya kings. These workshops employed proficient spinners, weavers and embroiders, royal karkhanas or workshops flourished under of the Mogul Emperors. Textiles of rare elegance and sophistication were woven, painted and

embroidered in these workshops by the finest craftsmen in the country.

2.2 INFLUENCE OF PSYCHOLOGY IN FASHION:

Fashion is creative, exciting and dynamic and because of its nature and in extricable close relationship with the body. the clothing is our second skin, it fits next to our bodies and becomes part of our identity. fashion garments are often described in terms such as vision and touch. Clothing is also important in terms of functionality and protection, but equally importantly, it is the important base by which we promote ourselves to others. Clothing and fashion can be used in many positive ways to enhance our life chances, self – esteem and well-being.

Fashion is an important global industry employing millions worldwide. Indian textile and apparel industry is the second largest manufacturer in the world .The indian textiles and clothing sector is expected to grow at 10.01 percent in the 10 years from the current value of INR 3.92lakh crores in 2012-13 to INR 10.54 lakh crores in 2021-22.Of these the garment sector is estimated to grow at an average rate of 15.44 percent over the years, there by accounting for about 70% of the total production the demand for domestic consumption for home textiles and garments is expected to increase rapidly. The sector' s output is expected to grow at an annual average rate of 10% in the next 10 years, thereby increasing its worth to INR 10.5 lakh crores in 2022.

2.3 EMPLOYMENT IN SECTOR

Fashion industry provides employment to approximately 35 million persons directly & approximately 55 million persons indirectly. India is among the only a few countries which have presence across the whole supply chain ,from natural and artificial fibers right up to finished goods manufacturing .It has presence in organized mill sector similarly as decentralised sectors like handloom, power loom, silk. Currently around 15.23 million people are employed within the textile sub-sector industries across yarn and fabric, home textiles, technical textile and readymade garments. 51 % of the full workforce is engaged within the manufacturing of readymade garments, followed by yarn and fabrics with 26% workforce. Human resource requirement within the sector is anticipated to achieve. 21.54 million by 2022 translating into 6.31 million additional

employment opportunities created during the amount 2013-22. These employees satisfying their family needs and therefore leading secure, happy and respectful life. the fashion industry employees add many alternative disciplines, like fashion and textile design, textile production, manufacturing, marketing, distribution, retail and visual merchandising. Mental state is an increasing issue across the planet today .Fashion have the power to inspire confidence and permit us to flourish. Fashion can improve your mental state or perhaps degrade your psychological state reckoning on the way how you decide on fashion to affect you. each one expresses ourselves through clothing style and apparel. Fashion play a very important role in being connected with society. Clothing choices and associations. therefore can affect your psychology, and therefore the consequences or effects there of an work and other functions may be measured. Clothes may be convenient and comfy or powerful and symbolic that make clothes to provide a positive statement. the proper clothes can function as an encouragement for our self

2.4 IMPACT OF SOCIAL MEDIA AND MENTAL HEALTH

It is difficult to imagine a life without it thanks to advent of technology , we feel (FOMO) fear of missing out) with the launch of social media sites like facebook, instagram has exacerbated this problem of the thought of missing out on the newest fashion trends can trigger sense of tension ,affect self-esteem and build an unnecessary sense of demand. the most effective way to sense demand and pass though this fear is by having a way of self-fulfillment. Fashion is that powerful communicator and has a control on mental state. We must always not let anything impact us which is neither good for yourself nor for society.it is good to be updated with fashion. But at the identical time we should always also know when to prevent yourself. Studies have also proved that clothes and colors could have an impression on improving one's mentality and tends to make self-esteem and hope. When people usually feel un happy they like to decorate up comfortly. If we recollect at the first 1930's during the stage of depression, people shifted to more loose and comfy clothing reflecting their status. Within the 1950's during the time of the civil rights movement. People were improved and assured and worn form-fitted dresses. Iconically influenced by the famous Dior's New Look and seemed stuffed with confidence and mentally strong during this era. this is often a fact on how mental state can be relevant to fashion. People that dress up with bright and bold colours

with body-fitting silhouettes have often been proven to be healthier and positive.

3. IMPROVE YOUR MENTAL HEALTH THROUGH FASHION:-

DRESSING UP:

Offices and schools often try to maintain a uniform to inflict a sense of uniformity and discipline.it can also help in broadening the creative perspective and help to improve our overall state of mind. Some fabrics give the spirituality to the wearer. Sports clothes show better performance and confidence ex; gym clothes and branded clothes.

SHOPPING;

The decisions on the right clothes and purchases of clothes can build our confidence. Clothing matched to a jewellery, shoes and accessories can give happiness and lead to good mental health.

3.1 JEWELLERY;-

Traditionally jewellery has always been linked with wealth power and status. Taking significance of jewellery in the life of woman in India, they are gifted jewellery in different life such as at birth, in marriage and at inception of motherhood etc., certain ornaments as mangal sutra, Nath (nose ring) and toe rings, are quite essential for married Indian woman. From various generations these gifts are still continued without any abruption. Jewellery gifted to woman at the time of her marriage is called stridhan, wealth of woman, which in short is symbol of wealth power and feminity. It gives protection, satisfaction respect and proud to the Indian bride. This cause the mental health and well-being.

3.2 COLOURS;-

Impact on our mental health is that bright to light colours change the mood. Ex;- Tie and dye techniques, fabric painting, block printing methods etc.,

PSYCHOLOGY OF COLOURS;-

The aspect refers to colours and colour combinations that look to certain emotional responses.

HOT;-

Hot refers to red and it is very strong and aggressive. It projects outwards and attracts attention. It is the ultimate power colour-forceful, bold and extreme.

COLD;-

Cold refers to fully saturated blue. Cold blue slows the metabolism and increases once sense of calm.

WARM;-

The hues from red to yellow, including orange, pink, brown and burgundy are called the warm colours. warm colours are bright, splashy and aggressive. Warm colours can heighten motivation and make us work faster.

Cool:-

Cool colours based on blue. They makes us feel renewed, soothing and calm.

Light:-

Light shades of orange and purple have a fairy – tale quality.it gives message of relaxation.

Friendly:-

Colours like orange create order and equality.

Tropical: -

Colours like blue, green, family turquoise. Will increase the feeling and message of tranquility.

Classic:-

Colours combinations are indicative of strength and authority, truth, responsibility.

Dependable:-

Colours like royal blue navy blue. Gives messages of authority, firmness and strength. Red and pink colours suggest interest and excitement.

3.3 FABRIC PROPERTIES AND IMPACT ON MENTAL HEALTH:

Cotton:

Cotton fabric gives relaxation, comfort and dignity to the wearer.

Linen:

In olden days linen fabrics are associated with fabrics for luxuries. In ancient countries these fabrics were used for ceremonial purposes and was regarded as a symbol of purity because cool, crisp appearance.

Silk, velvet, brocade, fabrics are the royal and luxury fabrics. it gives proud , dignity and superiority to the wearer.

3.4 ACCESSORIES:

Is an extra element of fashion. Which enhance the beauty of the garment design .they give an excellent focal point if used carefully. they add an unique character to one's own personality. they help in differentiation from the crowd and depicts about person and whether is a lively person or soft spoken. it gives pleasure and dignity and uniqueness to the wearer. ex scarf, belts, handbags, foot wear, hats.

3.5 HEALING POWER OF GEMS ON MENTAL HEALTH

Peace:-

Is an often exclusive power, searched for by cultures around the world. When we try to calm our angry, emotions, suppress our jealous natures or distill our unreasonable fears. We are working towards inner peace. Making our own personal adornments using stones associated with harmony is one way to bring peace into our life. Stones like Amethyst: - makes wearer gentle, citrine:-removes fear, pearls, obsidian: - for peace.

Strength:-

Involves being physically strong and mentally strong. Ex:- stones like ,hematite, howlite ,onyx, sugilite, lapis.

Wisdom:-

With knowledge and understanding comes wisdom a powerful attribute for any one, whether you are an educated scholar or just a sensible individual few can dispute the need for insight and good judgement to help guide you through life .there are so many gem stones like fluorite, quartz.

Love:-

Is the closeness you feel for a friend or family members. love is one of the most power ful emotions we experience. We all want love and we

all need love. Perhaps this is why so many semi-precious stones are linked to this strong emotions. Some of the stones are:-rose quartz, jade, garnet, and amber.

4. METHODOLOGY :-

A Questionnaire comprising of 10 questions were given to 50 individuals and responses were recorded in following formats as and when depicted.

Questionnaire –

1. Based on which criteria do you select the fabric you wear?

A. Comfort B. Emotions C. No preference

2 In which type of garments do you feel most comfort and happy?

A. Traditional B. western C. Fusion

3 What is your feeling about specific garments worn for interviews?

A. Confidence B. Dignity c. Satisfaction

4 What emotion do you prefer to experience based on colors you wear?

A. Happy B. Proud C. Peaceful

5. How do you feel about embroidery garments?

A. Elegant and royal

B. Gives comfort

C. Not interested

6. Do you prefer wearing uniform to college / work place?

A. yes B. no

7. Do you preferred dark colour (or) light colours?

A. Dark B. light C. No preference

8. Do you think colours have impact on mental health?

A. Yes B. No

9. How do you feel about Accessories with your garments?

A. Most Necessary B. Can be used

10. Opinion on having cosmetic make up?

A. Regularly needed and make us look confident

B. Occasionally, does not form an essential part

RESULTS

- 70 % of individuals opined that they select fabric based on comfort, which in turn keeps them calm throughout the day.
- 40 % people opined that traditional dresses keep them at comfort and happy, while 32 % preferred western dresses.
- 52 % people opined that confidence through their clothing style is the key factor that plays a role in interviews.
- 54 % people felt that they select colors those keep them at peace, while 24 % preferred happy colors and 22 % preferred colors that make them look proud.
- 62 % opined that embroidery garments make them look elegant and royal.
- 68 % preferred uniform during their college / work place while 32 % did not prefer it
- 76 % opined colors have impact on their mood while 34 % did not feel such.
- 64 % preferred dark colors and 30 % preferred light colors, which inturn had impact on their mood.
- 70 % opined that accessories like jewellery , gems , belts are most important part of their attire that makes them stand out
- Only 36 % preferred having regular cosmetic workup while 64 % opined that it is an occasional part and personality stands above the cosmetic workup.

CONCLUSION

Fashion is as old as time and is as new as tomorrow. it is and it was one of the powerful forces in our lives, it is a desire to decorate or beautify the human form, which has existed since the stone age. Fashion has social, physical and psychological importance. Which gives each garment individuality. . Fashion is a social expression. it shows the taste and values of an era and a way of expression by the person who wears it similar in context to as Paintings reflects the way people think and live defining social psychology. It is evident from results of this study that colors, textiles, fabric have their own stand and are an integral part of mental well-being of an individual.

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