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Paper-Patterns of Designer Kameez For Rural Expectant Women

Abstract

Clothes for pregnant women should be not only beautiful but also convenient and comfortable because what a lady wears during pregnancy has a profound effect on her health. Keeping all these facts in mind, four kameez were designed and constructed on the basis of opinion of experts and respondents i.e. design with wide tucks (Wms 2.9), round yoke with gathers (Wms 2.8), design with pleat (Wms 2.7) and design with shirring (Wms 2.6) with bust size 36".

These four designer kameez for rural women were tried on forty rural pregnant women of Burrack and Bandaheri villages to assess their suitability with respect to fitting, designing features, embellishments, comfort, cost and overall appearance. After the trial of these designs on rural pregnant women, Paper patterns of these designer kameez were developed.

Three trainings of were organized for sixty rural women of two villages were organized to impart technical know-how of developed paper patterns. The opinion of the trainees with reference to designs of kameez for rural pregnant women, paper pattern technique and training through paper patterns was studied using modified schedule. For determining the success of training, there is an emergent need for follow-up action after imparting training to sustain learnt behavior of trainees.

Keywords: Rural Expectent Women, Designing Features, Garments

Introduction

Clothes for pregnant women should be not only beautiful but also convenient and comfortable because what a lady wears during pregnancy has a profound effect on her health. It is better to opt for things made from natural materials. They allow the skin to breathe freely, which is very important, given the sweating in pregnant women. During the first trimester of your pregnancy you will have bouts of morning sickness and nausea. There will be some indigestion too. In that case it is better to avoid dresses that are tight around the waist. This is because they will make her unsettled stomach wrestle even more. Many women complain about feeling hot during pregnancy. As at this stage, hormones are on a roller coaster ride problem of more sweat and feel exasperated with heat will arise.

So, wearing clothes that are too tight or of a material that makes you feel hotter will only aggravate the situation. Expectant women will eventual start putting on weight from the second trimester. To accommodate the expanding figure she needs the best maternity clothes that will clothe her till the end of third trimester. Care should be taken while selecting the clothes for Pregnant Women. The typical maternity clothes used to be such that they tone down the weight you have put on and at the same time be comfortable clothes. The best maternity clothes are not always the loosest ones you can find. If your clothes don't fit you at all then you will not feel good about them. If you are wearing a saree then make sure you don't tie the strings of the petticoat too tightly as it will obstruct your blood circulation.

Clothes for pregnant women should be such that once you wear them you need not fuss over them. Only covering of the body is not sufficient, rather the clothes worn by an individual should provide comfort and easiness according to one's needs. The demands for clothing of individuals also vary at different stages irrespective of the needs. The clothing requirements of a pregnant woman are quite different than that of an ordinary woman. The dress for expectant mothers should be designed so that attention is diverted from those parts of body where physical

Nisha Arya

Deptt. of Textile and Apparel Designing,
I.C. College of Home Science
CCS HAU, Hisar

Vivek Singh

Deptt. of Textile and Apparel Designing,
I.C. College of Home Science
CCS HAU, Hisar

Krishna Khambra

Deptt. of Textile and Apparel Designing,
I.C. College of Home Science
CCS HAU, Hisar

Asian Resonance

changes occur during pregnancy to other parts of the body, thereby creating an illusion (Premlata, 2012). The present work was, therefore, undertaken to study the opinion of rural pregnant women with reference to designs of kameez made through paper patterns, paper pattern technique and training technique.

Methodology

The present study was conducted in Hisar district of Haryana state. Trainings for sixty participants on paper pattern technique, training technique and designs made through paper patterns were conducted by Dept. of Textile & Apparel Designing; Ccs Haryana Agricultural University was organized to impart technical know-how of developed paper patterns.

Opinion of trainees with reference to paper pattern technique, training and designs was assessed on three point scale i.e. highly suitable, suitable and somewhat suitable scoring 3, 2 and 1, using modified schedule developed under the research scheme "Development of stylized designs for women empowerment" in the Dept. of Tad, Ccs Hau, Hisar.

Aggregate scores were categorized as highly suitable (3.00-2.34), suitable (2.33-1.67) and somewhat suitable (1.66-1.00).The qualitative data was quantified according to the laid down standards and tabulated to draw meaningful inferences. Statistical parameters like frequency, percentage, weighted Mean Scores and ranks were applied to assess and interpret data.

Results and Discussion

The opinion of the trainees with reference to paper pattern technique, training and designs made through paper patterns were studied using modified schedule developed in the Dept. of Textile and Apparel Designing, I.C. College of Home Science, Ccs, Hau, Hisar.

Opinion of Trainees Regarding Designs of Kameez for Pregnant Women

The data furnished in the table-1 indicates the opinion of trainees regarding designs of kameez for pregnant women. All of the trainees had high opinion regarding designs as they opined that these designs are comfortable to the pregnant women, rank-I, these designs help in concealing the prominent belly, rank II and the specific design features make the garment functional, rank-III.

The trainees thought that designs are as per latest fashion trend, rank-IV, beautiful and functional, rank-V and easy to stitch by using paper patterns, rank-VI. They also thought that these designs can be made in other colors and print combination, rank-VII and making these designs is economical as these designs can be made through left over fabrics got rank-VIII. These designs also give ideas for other similar designs; rank-IX and rural women will feel satisfaction in stitching these designs for themselves (rank-X).

Thus, it can be concluded that trainees had high opinion about all the designs. Srivastava (1993) conducted a study on clothing practices of pregnant women. It was observed that total weight gain for the period of pregnancy was approximately 9-10 Kg. Majority of women, irrespective of age, had maximum fat at abdomen, waist, thighs, arms and bust.

It was observed that comfort was of prime importance in case of clothing. Designs of dresses must be suitable for the wearer. Every change in life situation, require special changes in wardrobe and clothes worn by an individual should be according to his/her body needs.

Table-1: Opinion of Trainees regarding Designs of kameez for pregnant women

Sr. No.	Statements	Weighted Mean Score	Rank
1.	The specific design features make the garment functional	2.92	III
2	These designs are as per latest fashion trend	2.86	IV
3	These designs are beautiful and functional	2.86	V
4	These designs are easy to stitch by using paper patterns	2.81	VI
5	These designs can be made in other colors and print combinations	2.73	VII
6	These designs give ideas for other similar designs	2.70	IX
7	Making these designs is economical	2.76	VIII
8	Rural women will feel satisfaction in stitching these designs for themselves	2.63	X
9	These designs are comfortable to the pregnant women	3.0	I
10	These designs help in concealing the prominent belly	3.0	II

1.00 – 1.66 Low Opinion; 1.67 – 32.33 Medium Opinion and 2.34 – 3.00 High Opinion

Opinion of Trainees regarding Paper-Pattern Technique

The data presented in table-2 clearly shows the opinion of trainees regarding paper patterns of designer kameez for rural pregnant women. All the trainees opined that paper pattern is a time saving technique than drafting(rank-I), closely followed by the opinion that by using paper patterns, one can do cutting independently, rank -II and this technique has also given the chance to stitch designer kameez for pregnant women at home(rank-III). They thought that paper pattern technique will increase the speed of garment construction(rank IV) and it is worth spending money on paper patterns of kameez for rural pregnant women, rank-V.

Asian Resonance

The trainees were also satisfied with fitting of garments stitched by using paper patterns as they gave rank -VI to this statement and one can adopt garment construction as an income generating activity if paper patterns of different sizes are easily available (rank-VII).The trainees were of the opinion that if paper patterns are easily available, there is no need to learn drafting technique. Hence, it can be concluded from the data that the majority of trainees had high opinion about the paper pattern technique.

Table-2: Opinion of the Trainees regarding Paper Pattern Technique (n=60)

Sr. No.	Statements	Weighted Mean Score	Rank
1.	It is time saving to use paper patterns than drafting	3.0	I
2.	By using paper patterns, one can do the cutting independently	2.92	II
3	Use of paper patterns have given chance to stitch designer kameez for pregnant women at home	2.92	III
4	The paper pattern technique will increase the speed of garment construction	2.89	IV
5	It is worth spending money on paper patterns of kameez for rural pregnant women	2.78	V
6.	Kameez stitched by using paper patterns have very good fitting	2.71	VI
7.	One can adopt garment construction as an income generating activity if paper patterns of different sizes are easily available	2.70	VII
8	If paper patterns are easily available, there is no need to learn drafting technique	2.63	VIII

1.00 – 1.66 Low Opinion; 1.67 – 32.33 Medium Opinion and 2.34 – 3.00 High Opinion

Opinion of Trainees regarding Training

The data pertaining to opinion of trainees regarding training has been presented in Table-3. It is evident from the data that the trainees had high opinion about the training as they opined that training has helped to learn the easy method of cutting and stitching of designer kameez for rural pregnant women, rank-I closely followed by the reasons that they have acquired sufficient skill to use paper patterns for construction of kameez for pregnant women during training rank-II and they have also acquired sufficient knowledge about

different types of fabrics, trimmings and embellishment material used for designer kameez, rank-III. The trainees were also of the view that the instructions given on the paper patterns and envelope are easy to understand and self-explanatory, rank-IV. The trainees could not stitch kameez designed for pregnant women independently before training got rank-V.

Table-3: Opinion of Trainees regarding Training n=60

Sr. No.	Statements	Weighted Mean Score	Rank
1.	The training has helped trainees to learn easy method of cutting and stitching by using paper patterns	3.00	I
2.	The trainees acquired sufficient skill to use paper patterns for construction of kameez for pregnant women	2.89	II
3.	The trainees acquired sufficient knowledge about different types of fabrics, trimmings and embellishment materials used for designer kameez for rural pregnant women	2.85	III
4.	Instructions given on paper patterns and envelope are easy to understand and self-explanatory	2.80	IV
5.	Trainees could not stitch kameez designed for pregnant women independently before training	1.78	V

1.00 – 1.66 Low Opinion; 1.67 – 32.33 Medium Opinion and 2.34 – 3.00 High Opinion

Hence, it can be concluded that the majority of trainees had high opinion about the designs, paper pattern technique and training. All the trainees opined that paper pattern is a time saving technique than drafting, and by using paper patterns, one can do cutting independently. This technique has also given the chance to stitch designer kameez for pregnant women at home. The trainees were of the view that training has helped to learn the easy method of cutting and stitching of designer kameez for rural pregnant women and they have acquired sufficient skill to use paper patterns for construction of kameez for pregnant women during training. All of the trainees opined regarding designs that these designs are comfortable to the pregnant women, help in concealing the prominent belly and the specific design features make the garment beautiful and functional, and designs are as per latest fashion trend.

Asian Resonance

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