

Clothes- Contemplation of fashion, issues, and personality of obese

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Abstract

Obesity is contemplated as a chronic disease in which a person faces too much avoirdupois on the body. Being too much heavy by weight can affect the physical, mental, and emotion robustness of a person. On the size chart, if a person fits in the size more than L (large) than he may be an overweight person. Such overweight people face a lot of insecurities, embarrassments, low self-esteem, low confidence, shyness, loneliness, etc. In the 21st century, people tend to express themselves through many ways. One of those ways is clothing. A person's clothing express and explains what and how the person is (if the person wants to explain). But can it be possible if there are no clothes that suits the need? Overweight people firstly do not get the clothes of their fit and even if they get it, it's not in vogue. A person can not express himself by clothing unless he doesn't get up to the mark clothing. In this research work, a deep study about obese men's feelings about themselves is elucidated. Also the comparison between mental health of a person with normal BMI and an obese man is fabricated. The availability of sizes more than L (large) in the current market is studied and, which and how many brands trump up the duds of sizes more than XXXL (3*extra large) is expounded. A comparison is presented between availability of chic clothing of sizes M (medium) and 5XL (5*extra-large) to evince this research paper. Local brands lacks sizes more than 2XL. Some brands produce extra-large sizes but the availability of sizes is limited down to 3XL. The aspiration of the groundwork is to promote the attainability of sizes that excides 3XL in the local brands coupled with the moderate brands.

Keywords: clothing, obese, plus size, fashion, health, confidence

Introduction

Body type

Body type of a person mainly describes the shape of his body. Human body is basically made up of bones and muscles. These bones and muscles form a structure and shape as the human body grows up. These bones and muscles determine the shape and structure of human body. There are different categories in which human bodies are categorized.

Basic body types

Basic body types are ectomorph, mesomorph and endomorph.

Ectomorph

- difficulty in weight gaining
- muscle mass is lean
- they are very thin
- small shoulders
- chest is underdeveloped
- mostly seen in tall men

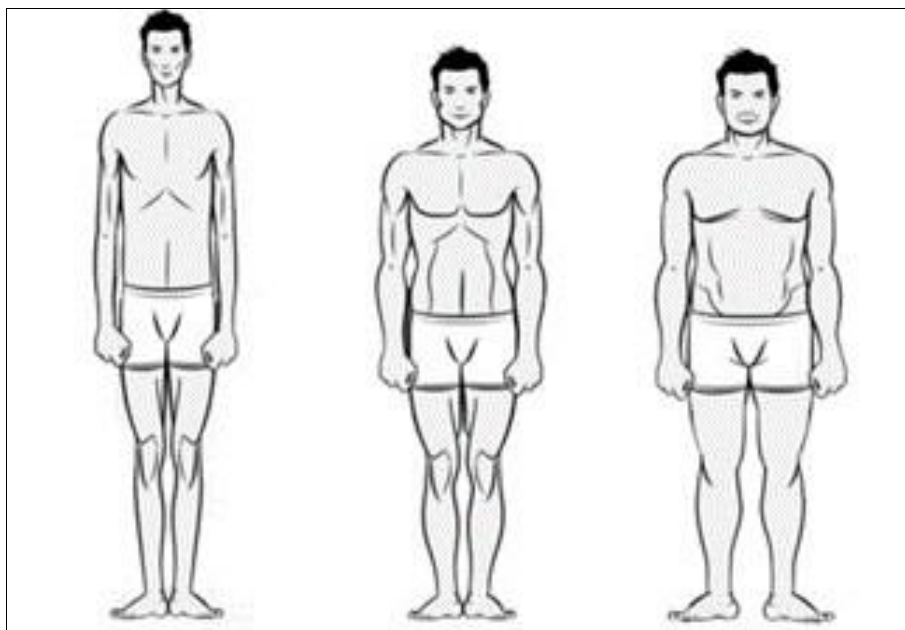


Fig 1

Mesomorph

- Athletic body
- Muscles are well defined
- Rectangular body shape
- Average height typically
- Easily gains muscle
- Are generally strong
- Metabolism is normal
- Fairly, gains fat easily

Endomorph

- Solid build
- Shorter than normal height
- Slow metabolism
- Thick legs and arms
- Muscle gaining is very easy

There are more body types under these basic body types. These categories of body type illustrate how a person’s body look like and it becomes more-easy to understand the body type term and phenomenon. These are

Rectangle

- Shoulder, hip and waist width are same
- The aim is to broaden the shoulders

Triangle

- Shoulder and chest are narrower than the waist and hip width
- Upper body parts are wider than the lower body parts

Trapezoid

- Broad shoulder and chest, smaller waist and hip
- Clothes fit perfectly

Oval

- Narrow shoulder and slimmer lower legs
- To define the shoulder, have to focus shoulder more

Inverted triangle

- Wider upper body and narrow lower body

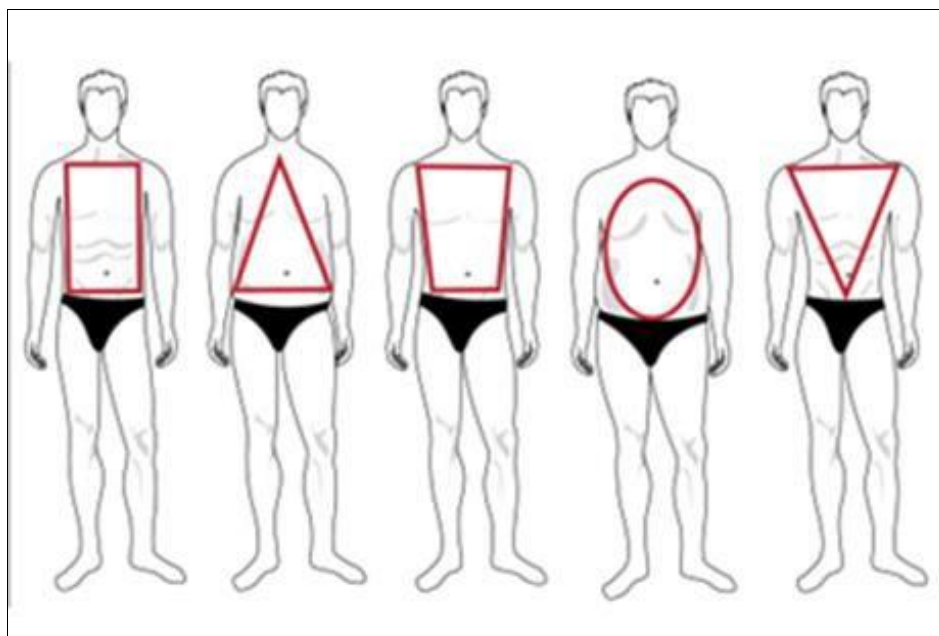


Fig 2

Obesity

Obesity is not a cause of any one reason. It is obtained when extra calories are stored in the body as fat. If an individual intakes energy, high fat and high sugar in high amount, and do not use the energy by doing any physical work then, the energy consumed will get stored in as fat which results in increased body weight. There are many reasons, side effects and problems that are faced by obese people.

Body mass index or simply BMI, is calculated by weight of a person in kilograms divided by the height in feet. BMI has 3 categories:

- >18.5 underweight, need to gain weight
- between 18.5-24.9, perfect body weight and no need to gain or lose weight
- < 24.9 overweight, need to lose weight

BMI or Body Mass Index

People with BMI more than 24.5 are called obese or overweight. These people face

a lot of problems. Be it physical, mental, emotional, or societal. A survey was held of 15 overweight men to study their mind and the problems face. The results are as followed

- They face a lot of ignorance by friends, family and others
- Bully
- No social life (no friends)
- Often fatigue
- Some many thoughts about own-self
- Loneliness
- Frustration
- Either too much sleep or no sleep
- High hunger level
- High level of tiredness for no reason
- Taunts
- Unwanted advises

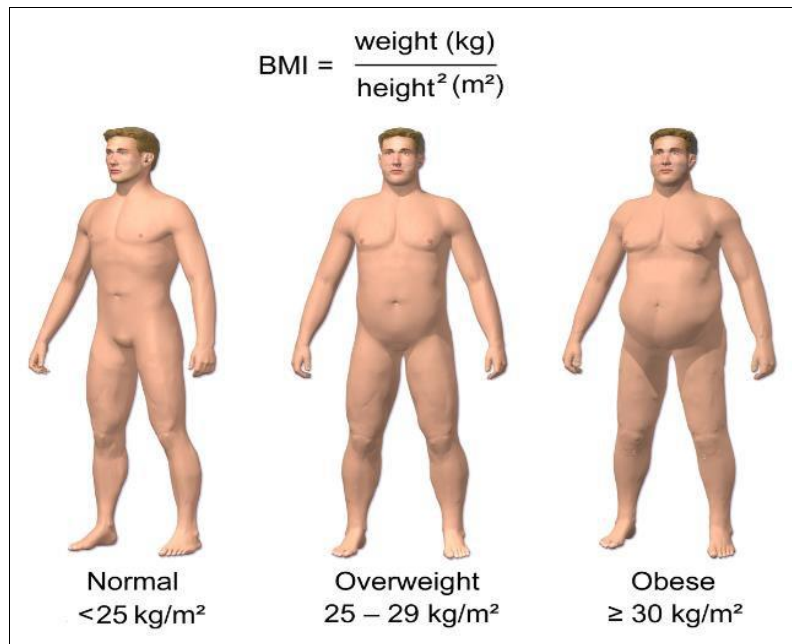


Fig 3

Reasons of obesity

1. Genetic
2. Bad eating habits
3. Drinking too much alcohol or smoking
4. Less amount of physical activity
5. Medical reasons or disease

Impact or effects of obesity**Physical effects**

1. Fatigue
2. Laziness
3. Bad immune
4. Stretch marks
5. Body temperature fluctuation
6. Sweating

Mental effects

1. Low self confidence
2. Frustration
3. Terrible mood swings
4. Irritation
5. Negative thought about own self leading to suicide
6. Depression and anxiety

Emotional effects

1. Loneliness
2. “No one cares about me” feeling
3. Jealousy

Social life effects

1. Less friends
2. Ignorance
3. Avoidance
4. Less participation in social life events
5. Less attractive resulting in low likeability
6. Taunts

These were the reasons that were found out through surveys and researches. Many professionals, that deals with obesity and treat obese people also gave relevant information on the subject.

Due to the reasons mentioned above, obese lack confidence in everything that they do. Also for fashion, obese stay back majority of times because they think that they would look more ugly and too much awkward if they wear any type of fashion, because of which they appear unattractive. Other reason for lack of fashion in obese is unavailability. While shopping, firstly, obese have to look for the availability of clothes of their size. This is a challenge for them. After this, even if they get the size, secondly, they are not as fashionable as normal sizes.

Fashion and problems of obese

Some brands sometimes have size options available and they are nowadays, focusing more on plus size fashion, but, what about low class, low middle class, and medium middle class people? Not everyone can afford brands, that too for fashion. As a result of this, people with low budget compromise their fashion.

Speaking of the current world, wearing good clothes and having a dressing sense is way more important than actually having the standard of the same. People are judged by their clothes. If a person isn't dressed good, he/she might get trolled for having a low status and standard as well. People use clothes to be competitive to each other too.

On the other hand, if we see positive side of fashion, people use clothes to express themselves, i.e., their mood, perspective, personality, etc. For instance, if a girl is lesbian and she wants to express her true personality she would wear bold outfits and clothes that are not feminine, also if a boy feels lazy someday, he would wear comfy clothes, etc.

Nowadays, clothing is the most important factor in the society, as it can change other's perspective of looking towards you, because no one has time to sit and listen to what someone's trying to say. Everyone get busy in their life. They only way know about each other through is phone and social media platforms. So nowadays, people show off the way of their living on social media platforms which actually doesn't exist. They wear good and trendy clothes to show their personality off. The difference between the actual life and the social media platform life is called “THE

REEL LIFE and THE REAL LIFE” which are way too different in existence.

But, what if we don't get the clothes of our type to express ourselves? This question is related to the obese of all classes. People with normal sizes can easily express because the availability of their sizes is normal, but, people who do not have a normal available clothing size i.e., more than XL, finds it difficult to do so. As a result, they stay behind everyone. They lack many things, they get misunderstood, and get bullied too for having a foggy and dull personality.

Methodology

For this research, 2 questionnaires were developed based on some information gathered, which are named as “annexure A and annexure B”.

These questionnaires were open ended questionnaires. Annexure A was a questionnaire for professionals who treat obese people.

For this questionnaire 5 professionals, i.e., secondary school headmaster, yoga instructor, gym trainer, ayurvedic doctor and psychology professor.

For annexure B, 15 men of different age groups were surveyed and were asked to answer the required questions.

The responses were thoroughly studied and compared to get the end results and answers for the research.

Solution for the problem

Every problem has a solution. We live in a society where there's a wide range in sizes of people and everyone has equal right for everything. Everyone should get equal treatment, be it food, environment, or clothing. Then why is there a limitation in sizes of clothing. There's no point in limiting obese and keeping them away from clothing and fashion world.

It's definitely not that we need to produce new types of clothes and fashion for obese people. There are already so many styles available in the market. We just need to expand the size option to 4 or 5 XL in every brand (even in local brands). That way we can give obese people the equal treatment that they seek. This would be one step closer towards a world in which everyone is equal. We can't help them with their weight but we can definitely help them reduce their insecurity and let them say and express whatever they want to.

Conclusion

Obesity is basically, a disease in which a person gain too much weight that is not appropriate and normal. This disease may occur since birth, by heredity, by genes, by un-appropriate eating practices, consuming drugs, bad lifestyle and habits, etc. This can result in severe physical, mental, societal and emotional effects. Due to size and scarcity of appropriate measurements of obese people (because every obese body is different) there are less size options available of fashionable and trendy garments for obese people. Some brands have started plus size clothing but they aren't affordable for all

classes of people and local brands have absence of plus sizes resulting in shortage of fashionable garments for all classes of people. Especially men, because women have wide variety of clothing but men doesn't. Local brands plus normal brands too need to upgrade their size list of clothing section.

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