

EFFECT OF CLOTHING ON PHYSICAL AND MENTAL WELLBEING OF OLD AGED WOMEN

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ABSTRACT

Every human being passes through various stages in his life time. As a person grows old he faces many physical changes in his body. Along with the physical problems, old people also suffer from social and psychological problems. Clothing is the third basic triumpvirates of human being apart from food and shelter. They also fulfill important psychological needs of conformity and self confidence. Thus, clothing should confirm to the age of the person wearing it. Old ladies face more physical problems than men because of their changed physical structure. From present study it was found that body structure of old ladies becomes changed i.e. change in their abdomen, shoulder, bust, waist etc. which causes many fitting and wearing problems and in turn hurt their psychological needs. By considering all these points, the three basic garments, wore by these ladies, were suggested to be altered and then tested on them.

Key words : Old ladies, Body structure, Clothing, Wellbeing, Suggestion.

Every human being passes through various stages in his life time. Old age is usually the period between retirement and death. There are physical changes from one age group to another. Ladies face more changes as their body structures made so. Major physical changes occur are : face becomes more lined and wrinkled; figure changes in size and proportion, increase in weight and decrease in height, body fat moves down words, bust become larger and body becomes almost pear shaped. Thus the clothing of the old people should be according to their age. They should feel comfortable is it, should be loose fitted, fabric used should be such that they feel less heat and cold, the fabric used should be soft and not much costly. As with age, their eyesight and motor abilities becomes weak, the garment should be made such that they can wear and take off easily. Alongwith the physical problems old ladies suffer from social and psychological problems. They have a feeling of inadequacy, rejection, self pity and apathy (Havighurst, 1952 and Goldstein, 1960). Present survey study reveals with effect of clothing on physical and mental wellbeing of old aged women in Jodhpur district of Rajasthan.

METHODOLOGY

They study was conducted within the municipal area of Jodhpur city of Rajasthan. Hunderd women of 65 years

and above were taken with no class and caste barrier. Out of which each 20 samples were of bust size : 32, 34, 36, 38 and 40 inches. Observations were recorded at houses, temples, hospitals and other meeting places in different areas of the city. The survey area included were Madhuban colony, inside Jalori Gate, Bal Krishan Ji Ki Ghati, Bal Krishan Ji Temple, Achal Nath ji Temple, Chand Pol, Gundi Ka Mohalla, Nayon Ka Bar, Siwanchi Gate, Gulab Sagar, Tripoliya, Hathi Ram Ka Oda, Merati Gate, Bagar Chowk and Nagouri Gate in Jodhpur city. Body of each sample was measured for her waist shoulder, front waist length, back waist length, shoulder to bust point, distance between bust point to bust point, neck size, arm scye, upper arm circumference, lower arm circumference, wrist, hip, waist to hip and waist to floor. Interview cum questionnaire method was adopted for collecting the data from each old lady. The data were analysed by following appropriate statistical methods. Mean and range were worked out. T-test was used to find out whether there is a significance in body measurements in elder women due to age or not.

RESULTS AND DISCUSSION

The following sections contain the outcome of the major observations made during the study. The comparision was with that of a normal young lady.

Old Ladies with 32 inch bust size :

It was observed in old ladies having 32 inch bust