

Clothing For Adolescents


Introduction

To adolescents, clothes serve a wide variety of functions. Adolescents use clothing to express themselves and to obtain social approval. It is also part of their self-image and a means to declare their self-importance. Further, clothing is a key way to identify with and compare oneself to peers. Of all age groups, adolescents are most likely to devote a disproportionate amount of time and attention to clothing and appearance.



Why is this so? Adolescents are extraordinarily sensitive to the opinions of their peers. Generally, they want to be accepted and belong to a group. Physical appearance is an integral part of this process. Adolescents worry constantly about their physical appearance. It is not uncommon for the tiniest detail to become a major concern. So, while the eight-year-old younger brother may dress quickly and run out of the door, the sixteen-year-old older brother takes the time to select just the right clothing. And, he may carry a comb to ensure that his hair remains exactly where it should throughout the day.



A decorative border on the right side of the slide, featuring a vertical strip of gold, a green patterned area, and a yellow area with white floral motifs.

■ Still, while adolescents want to belong, they also have a strong desire to assert some form of individuality and independence. So clothing may well be used to demonstrate one's own unique personality. Yet, the line between conforming to some dress code and asserting one's own desires is rather thin. And, when a teen is taunted or ridiculed for some clothing "error," the pain may be quite profound.

Factors Affecting Clothing

- Occasion- They select their clothes according to the occasion. Some dresses with decorative designs and shiny appearance are suitable for party wear e.g. silk. Dresses with simple designs and easy to wash are mostly chosen for daily wear.
- Figure- As adolescents are developing physically so they either want to conceal or show off their figure.
- The following factors influence the figure of a person.
 - Lines- Vertical lines make the person appear taller and thinner where as horizontal lines have the opposite effect.



Necklines and Collars - Necklines should be selected according to the shape of the face and figure.

Colour -Light and grey colours are suitable for short and thin adolescents. To conceal heavy hips ,bright tops should be worn with neutral skirts and pants.

Sleeves - The cut of the sleeve is also important. Raglan sleeves are well suited for narrow shoulders. Gathered sleeves are best avoided for an adolescent with very broad and heavy shoulders.





■ **Season-** Some fabric styles and colours are suitable for a particular season. Dark colours look cheerful in winter. During summers light colours are appropriate. Texture of fabric is also important. Sheer textures are suitable for summer. Fabrics with shiny surfaces are chosen for winter.

■ **Fashion-** Adolescents are more concerned about the fashionableness of a garment than its durability or quality. They are attracted by the style, fabrics and patterns worn by their friends. Clothing fads are more prevalent during this age period, and the adolescent feels the importance of being dressed like his or her friend

Concerns With The Fitting Of The Garment

- To ensure good fitting the following factors should be considered
1. Are seams crooked ?
 2. Does the garment seem tight and restricting or is it too loose?
 3. Is there enough room across the shoulders to bend over without pulling the seams
 4. Check the fit of the shoulders. Does the fit confirm to the prevailing fashion?
 5. Check the neckline, is it tight and binding or is it saggy?

