

# Adaptive clothing designs of *Kurtis* for elderly women

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■ **ABSTRACT :** The present study was carried out on designing of adaptive clothing designs of *Kurtis* for elderly women based on their clothing needs to make comfortable dressing for them. The researcher designed 20 different designs of *Kurtis* with adaptive features which were evaluated by panel of judges on selected parameters in developed rating scale. Findings revealed that the mean scores obtained by all the design codes were found in the higher range, *i.e.* above 0.66 to 0.91, which clearly shows that all the developed designs of *Kurtis* for elderly women were found highly acceptable in terms of aesthetic, functional, constructional and comfort features by the judges.

■ **KEY WORDS:** Adaptive, Clothing, Design, *Kurti*, Elderly, Women

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Clothing that is neat and clean, fits well, and feels good can boost anyone's morale. Older people are often concerned about their appearance. They may feel uncomfortable wearing the clothes they have, especially if those clothes are out of date, are in colours or designs that are no longer flattering, are mismatched, or simply no longer fit properly.

With growing age, it becomes more difficult to move, stretch, bend and twist, making the process of dressing a bit of a challenge at times. Loss of independence in the daily task of dressing can be very difficult for aging people. Selection of elderly clothing should be based on the person's need for clothing that he or she enjoys. Clothing for the Elderly must be based upon the woman's abilities and limitations to dress with or without assistance. It is specially designed for people with restrictive movement or loss of function. Many people experience health problems with ageing which require the use of

adaptive clothing. Good clothing choices for older people enhance appearance, increase independence, allow for daily functioning and provide comfort, safety and convenience.

Selection of elderly clothing be based on the person's need for clothing that he or she enjoys. In Indian culture, women usually prefer *Saree- blouse* to wear after marriage till their whole life but due to health problems and effect of western culture *Salwar-kurti* has been taken place as daily wear. With increase in age, elderly women used to face many problems in wearing this type of dress due to occurrence of weakness, disease and other physical problems. Hence, adding adaptive features in elderly clothing can helps them a lot in self-dressing. In view of this, the researcher conducted the present investigation on adaptive clothing designs of *Kurtis* for elderly women'.

**RESEARCH METHODS**

The present study was an experimental research design and involved developing adaptive clothing designs of *Kurtis* for elderly women. On the basis of objectives of the study, the researcher designed different designs in the laboratory of Department of Textiles and Apparel Designing, College of Home Science, Udaipur.

**RESEARCH FINDINGS AND DISCUSSION**

The results obtained from the present investigation as well as relevant discussion have been summarized under following heads :

**Adaptive clothing designs of Kurtis :**

Researcher made an effort to sketch the different designs of *Kurtis* under adaptive clothing for elderly women. Twenty designs of *Kurtis* were made on paper manually by researcher. Each of the design developed was having some unique features to make it more suitable and appropriate in terms of aesthetic, comfort, functional and constructional aspects.

The researcher assessed the clothing preferences of the elderly women in preliminary stage and also

gathered information from secondary sources regarding requirement of appropriate clothing features in old age clothing.

Based on the findings, the designs of *Kurti* with adaptive features were developed by incorporating the desired attributes in terms of full front opening, proper slits in side seams, large size buttons and buttonholes, detachable sleeves, shoulder opening in the garment, use of pin tucks, waist dart for fitting and comfort, padding in shoulder for warmth, bias cut fabric, Inseam pockets, umbrella pattern *Kurti*, use of raglan, Epaulet sleeve for providing more ease in armhole and sleeve area for better comfort and movement of arms, etc. to make dressing and undressing easier for elderly women group of the society.

Further, the researcher recommended the use of compactly woven/knitted, slightly thick, absorbent and stretchable material for all the developed designs of *Kurtis* as this will provide more warmth and comfort needed during old age.

Specifications of each of the developed 20 designs of *Kurti* (having design code number B-1 to B-20) with adaptive features have been presented in Plate 1.







Plate 1 : Adaptive clothing designs of Kurti			
Design code no.	Front	Back	Features
K-1			<ul style="list-style-type: none"> <li>Woven/knitted fabric as per the availability.</li> <li>Front opening.</li> <li>Button and button hole.</li> <li>Raglan sleeve.</li> <li>Inseam pocket.</li> <li>Padding at shoulder.</li> </ul>
K-2.			<ul style="list-style-type: none"> <li>Woven/knitted fabric as per the availability.</li> <li>Front opening.</li> <li>Big button and buttonhole.</li> <li>Double pointed dart.</li> <li>Kimono sleeve.</li> </ul>
K-3.			<ul style="list-style-type: none"> <li>Woven/knitted fabric as per the availability.</li> <li>Front opening.</li> <li>Princess line from shoulder.</li> <li>In seam pocket.</li> <li>Detachable set in sleeve.</li> </ul>

Plate 1 Contd....

Adaptive clothing designs of Kurtis for elderly women

Contd... Plate 1










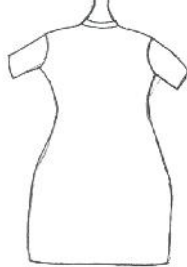


Design code no.	Front	Back	Features
K-4.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• Front opening.</li> <li>• Angarkha pattern.</li> <li>• Raglan quilted sleeve.</li> <li>• Press button for fasten.</li> </ul>
K-5.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• Front opening with zipper.</li> <li>• Stand collar.</li> <li>• Padding at elbow.</li> </ul>
K-6.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• Front opening with hook-eye.</li> <li>• Lace on placket.</li> <li>• Epaulet sleeve.</li> <li>• Inseam pocket.</li> </ul>
K-7.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• Quilted yoke.</li> <li>• Umbrella skirt.</li> <li>• 3/4 sleeve.</li> </ul>
K-8.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• Stand collar.</li> <li>• Front opening with button and button hole.</li> <li>• Princess line from shoulder.</li> <li>• Inseam pocket.</li> <li>• Set in sleeve.</li> </ul>
K-9.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• Quilted yoke with front opening.</li> <li>• Button and button hole.</li> <li>• Raglan detachable sleeve.</li> <li>• Quilted sleeve.</li> <li>• Umbrella skirt.</li> </ul>

Plate 1 contd...




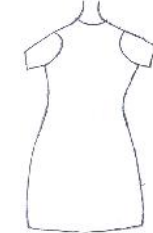
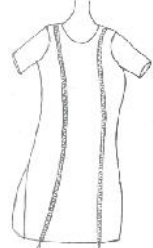



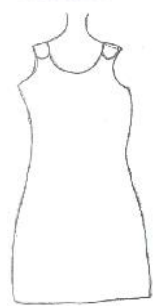

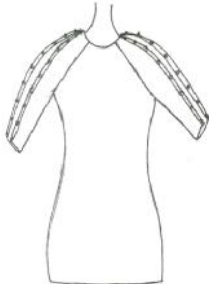
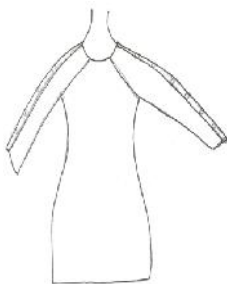
Contd.... Plate 1

Design code no.	Front	Back	Features
K-10.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• Quilted yoke.</li> <li>• Front opening.</li> <li>• Quilted epaulet sleeve.</li> <li>• Button and button hole.</li> <li>• Inseam pocket.</li> </ul>
K-11.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• Front opening with zipper.</li> <li>• Inseam pocket.</li> <li>• Raglan sleeve.</li> <li>• Padding at elbow.</li> </ul>
K-12.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• Bias cut yoke with front opening.</li> <li>• Inseam pocket.</li> <li>• Quilted set-in sleeve.</li> </ul>
K-13.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• Kurta placket.</li> <li>• Double pointed dart.</li> <li>• Inseam pocket.</li> <li>• Quilted epaulet sleeve.</li> <li>• Detachable sleeve.</li> </ul>
K-14.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• Double pointed dart.</li> <li>• Inseam pocket.</li> <li>• Shoulder opening with zipper.</li> </ul>

Plate 1 contd..

Adaptive clothing designs of *Kurtis* for elderly women

Contd.... Plate 1

Design code no.	Front	Back	Features
K-15.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• side opening with shoulder.</li> <li>• Set-in sleeve.</li> </ul>
K-16.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• Pin tucks at shoulder.</li> <li>• Kurta placket in front.</li> <li>• Inseam pocket.</li> <li>• Set-in sleeve.</li> </ul>
K-17.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• Zipper at princess line.</li> <li>• Set-in sleeve.</li> </ul>
K-18.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• Epaulet sleeve.</li> <li>• Inseam pocket.</li> </ul>
K-19.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• Sleeve less.</li> <li>• Opening at shoulder with press button.</li> </ul>
K-20.			<ul style="list-style-type: none"> <li>• Woven/knitted fabric as per the availability.</li> <li>• Raglan sleeve.</li> <li>• Shoulder opening with press button.</li> <li>• Full length sleeve.</li> </ul>

### Evaluation of developed adaptive clothing designs:

Designed sketches of *Kurtis* under adaptive clothing were arranged in a systematic manner for evaluation by panel of experts to find their relative ranking. In order to assess the acceptability of the developed designs of clothing, a Rating Performa was developed having selected parameters for evaluation of developed designs based on five points ranking and given to the judges.

The developed designs of *Kurtis* were evaluated as per the laid criterias. Mean percentage Scores of each design was calculated and ranks were given. The Table 1 and Fig. 1 shows the mean scores and ranks obtained by various designs of adaptive clothing under *Kurti* category for judging their suitability for elderly women.

Designs code no.	MPS	Ranking
K-1	0.91	I
K-2	0.76	IX
K-3	0.88	II
K-4	0.87	III
K-5	0.81	V
K-6	0.76	IX
K-7	0.68	XII
K-8	0.76	IX
K-9	0.73	X
K-10	0.79	VI
K-11	0.77	VIII
K-12	0.68	XII
K-13	0.73	X
K-14	0.79	VI
K-15	0.85	IV
K-16	0.78	VII
K-17	0.79	VI
K-18	0.71	XI
K-19	0.79	VI
K-20	0.66	XIII

The Mean scores obtained by all the design codes were found in the higher range, *i.e.* above 0.66 to 0.91, which clearly shows that all the developed designs of *Kurtis* for elderly women were found highly acceptable in terms of aesthetic, functional, constructional and comfort attributes by the judges.



Fig. 1 : Mean scores of developed adaptive clothing designs of *Kurtis*

Design code no. K-1 obtained first rank followed by design code no. K- 3 and K-4 who got second and third ranks, respectively as shown in the table. Similar work related the present investigation was also carried out by Chowdhary (1988); Crane (2000) and Hamilton (2008).

### Conclusion:

Hence, It can be concluded that with age comes the physical changes and related health issues that pertain to the elderly and therefore have implications for clothing selection, need and care. Findings revealed that all the developed twenty designs of *Kurtis* having adaptive features for better comfort, movement of arms and body besides making dressing and undressing easier for elderly women group of the society were found highly acceptable.

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