

P / REFERENCES OF DESIGN

ASSESSING USER NEEDS OF ADOLESCENT GIRLS DURING PHYSIOLOGICAL CHANGES TO OPTIMIZE THE DESIGN CRITERIA OF BEGINNER'S BRA.

Priyanka Gupta^{*a}, Amrita Roy^a

a Knitwear Design Department, National Institute of Fashion Technology Delhi, India

DOI: 10.63442/VYVB2879

ASSESSING USER NEEDS OF ADOLESCENT GIRLS DURING PHYSIOLOGICAL CHANGES TO OPTIMIZE THE DESIGN CRITERIA OF BEGINNER'S BRA.

Priyanka Gupta*, Amrita Roy*

a Knitwear Design Department, National Institute of Fashion Technology Delhi, India
priyanka.gupta@nift.ac.in

P/REFERENCES
OF
DESIGN

THE
FUTURE OF
WELL-BEING

ABSTRACT

This research paper aims to assess the unique needs and preferences of adolescent girls during physiological changes to optimize the design criteria of beginner's bras. A survey was conducted to understand the preferences of adolescent girls for beginner's bras. The results of the survey indicate that most girls preferred beginner's bras made of soft and comfortable fabric, with adjustable straps, a wide underband, and providing light support and coverage. These design criteria were used to enhance the design of beginner's bras for adolescent girls, ensuring comfort and support during breast growth. However, it is important to note that every adolescent girl is unique, and personal preferences can vary. Therefore, it is recommended to try on different styles and brands to find the one that feels the most comfortable and suits individual needs. This research provides valuable insights into designing beginner's bras that meet the unique requirements of adolescent girls during physiological changes.

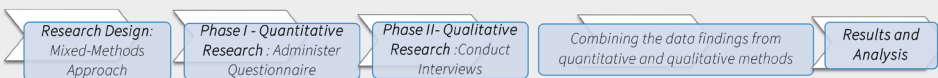
Key words: adolescence, physiological changes, comfort, support, beginner's bra



OBJECTIVES

1. To study the physiological changes experienced by adolescent girls during puberty, focusing specifically on discomfort or challenges related to bra usage.
2. Investigate the unique needs and preferences of adolescent girls regarding beginner's bras to understand factors such as comfort, support, aesthetics, and functionality.
3. To study the current design criteria of beginner's bras available in the market, evaluating their effectiveness in addressing the identified needs and preferences of adolescent girls during puberty.

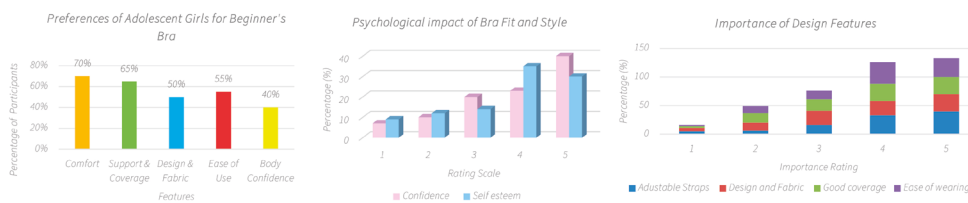
METHODOLOGY



To assess the user needs of adolescent girls, a survey was conducted among a sample of 100 girls aged between 8 to 13 years. The survey included questions about various aspects related to understanding their requirements, emotional aspects of the girl's experiences, correlations between breast development and changes in activity levels

RESULTS

The survey findings provide valuable insights into the preferences of girls regarding beginner's bras.



CONCLUSION

Designing a beginner's bra that meets the needs and preferences of adolescent girls requires understanding their unique requirements. The survey conducted revealed that most girls preferred a beginner's bra that provided light support and coverage, made of soft and comfortable fabric, with adjustable straps and a wide under band. Understanding user needs in bra design for adolescent girls goes beyond providing physical support. It also involves addressing their psychological well-being and promoting a positive body image during a time of significant change and self-discovery. By offering bras that cater to their evolving bodies and lifestyles, designers can empower adolescent girls to embrace their uniqueness and feel comfortable and confident in their skin.

REFERENCES

1. Bonnie, R. J., Backes, E. P., Alegria, M., Diaz, A., & Brindis, C. D. (2019, October). Fulfilling the Promise of Adolescence: Realizing Opportunity for All Youth. *Journal of Adolescent Health*, 65(4), 440-442. <https://doi.org/10.1016/j.jadohealth.2019.07.018>
2. Brock, M. K., Ulrich, P. V., & Connell, L. J. (2008, December 27). Exploring the Apparel Needs and Preferences of Tween Girls and Their Mothers. *Clothing and Textiles Research Journal*, 28(2), 95-111. <https://doi.org/10.1177/0887330209357930>
3. Dalas, U., Zola, A., & Naik, S. (2022, August 23). The Current Approach Related to Eating Disorders by Improved Health Psychology in Adolescents. *International Journal of Health Sciences and Research*, 12(8), 194-201. <https://doi.org/10.52403/ijhsr.20220826>
4. <https://doi.org/10.18502/keg.v2i2.679>
5. Gehlsen, G., & Albohm, M. (1980, October). Evaluation of Sports Bras. *The Physician and Sportsmedicine*, 8(10), 88-97. <https://doi.org/10.1080/00913847.1980.11948653>
6. Gao, N., Li, Z., Chen, N., Dai, H., Liu, K., Xue, W., & Zhang, P. (2023, October 14). Optimized design of sports bras with pressure comfort, thermal comfort, and shaping support. *Textile Research Journal*, 94(1-2), 180-191. <https://doi.org/10.1177/00405175231200649>
7. Johnson, K., Lennon, S. J., & Rudd, N. (2014, November 22). Dress, body and self: research in the social psychology of dress. *Fashion and Textiles*, 1(1). <https://doi.org/10.1186/14691-014-0020-7>
8. Kaiser, S. B. (1983, March). Toward a Contextual Social Psychology of Clothing: A Synthesis of Symbolic Interactionist and Cognitive Theoretical Perspectives. *Clothing and Textiles Research Journal*, 2(1), 1-9. <https://doi.org/10.1177/0887330209000101>
9. KAVE, B. L. (1972, February). Neurologic Changes with Excessively Large Breasts. *Southern Medical Journal*, 65(2), 177-180. <https://doi.org/10.1097/00007611-197202000-00010>
10. Lawson, L., & Lorentzen, D. (1990, June). Selected Sports Bras: Comparisons of Comfort and Support. *Clothing and Textiles Research Journal*, 8(4), 55-60. <https://doi.org/10.1177/08873302900800409>
11. Thompson, A. M., & Chad, K. E. (2000, May). The Relationship of Pubertal Status to Body Image, Social Physique Anxiety, Preoccupation with Weight and Nutritional Status in Young Females. *Canadian Journal of Public Health*, 91(3), 207-211. <https://doi.org/10.1007/bf03404273>
12. Picture Credit: The picture used in the research is clicked by the author



P/REFERENCES OF DESIGN

This contribution was presented at Cumulus Budapest 2024: P/References of Design conference, hosted by the Moholy-Nagy University of Art and Design Budapest, Hungary between May 15-17, 2024.

Conference Website

cumulusbudapest2024.mome.hu

Conference Tracks

Centres and Peripheries
Converging Bodies of Knowledge
Redefining Data Boundaries
Bridging Design and Economics
Speculative Perspectives
The Power of Immersion
The Future of Well-being
Taming Entropy: Systems Design for Climate and Change
Ways of Living Together
Cumulus PhD Network

Full Conference Proceedings

<https://cumulusbudapest2024.mome.hu/proceedings>

ISBN Volume 1: 978-952-7549-02-5 (PDF)

ISBN Volume 2: 978-952-7549-03-2 (PDF)

DOI Volume 1: <https://doi.org/10.63442/IZUP8898>

DOI Volume 2: <https://doi.org/10.63442/TADX4016>

Conference Organisers

Moholy-Nagy University of Art and Design Budapest (MOME)

mome.hu

Cumulus Association

cumulusassociation.org