



A Case Study on Development of Comfortable and Functional Clothing for Lactation Period in Muzaffarnagar City

*Motherhood is a joy which is accompanied by a special bond between the mother and her child, particularly strengthened in the process of breastfeeding. There is also a need for the mother to be comfortable in the clothes that she can wear during lactation period. Lactating women's clothing should have an easy access for nursing, especially while in front of public. Breastfeeding clothes are cleverly designed with hidden panels, bias cuts and layering that allow quick access to cover the breasts and enable lactating women to feed on the go discreetly and with ease. This study was divided into two parts: Survey work and Experimental work. This study was conducted in Muzaffarnagar city. In survey work, data was collected from the shopkeepers of both Tarachand Market & Molahedi Markets, and data was also collected from lactating women. The main area of data collection through lactating women was Gandhi Colony, Muzaffarnagar which was taken from Government Hospital. Observation cum questionnaire method was used to collect the data & to understand the awareness of lactating women towards lactating clothing. In experimental work, five dresses were developed for lactation Period. After this, acceptances clothing for lactation were assessed by five lactating women with the help of Ranking Performa. **Key Words** : Lactating Clothing.*

SHIKHA TYAGI*, RITU GARG** & DEEPA SAINI*

Introduction :

During the precious time of lactation in a women's life is usually so much that is going on in and around her and there are lots of things to consider. One thing that may cross a soon-to-be mother's mind is what she will be able to wear particularly as the baby inside continues to grow. During this time it may not be enough to simply find clothing but for the fashion conscious woman she may wish to purchase something that is also trendy and currently in style. Functional and Fashionable nursing dresses as well as breastfeeding clothes for the birth is an essential necessity for lactating women. With a broad range of dress available it can just as important for a women to look and feel fantastic during this exciting time.

Objectives :

- (1) To find out Lactating clothing in market of Muzaffarnagar City.
- (2) To find out availability of functional clothing in market for lactating women.
- (3) To find out awareness about special clothing for lactation among lactating women.
- (4) To develop trendy & functional clothing for lactating women.

- (5) To assess the acceptance of lactating women towards developed clothing.

Purpose of The Study :

Breastfeeding in public can be a challenge, especially for new lactating women. But the right breastfeeding clothes can make the experience easy, comfortable and pleasant. Functional and comfortable lactating clothes provide the option to nurse their babies' front of public with strategically designed opening. Lactating women feel comfortable in the period of nursing if she used the lactating clothes. Because when the lactating women wear the lactating clothes and feed the milk to her baby. They feel comfortable & support the burst and them their babies in the public place easily. So wear the lactating clothes in lactation period is good option for lactating women.

Review of Literature :

Nicole Bousson stated that, Lactating women can purchase nursing tops that have short or long sleeves, depending on the season. Comfortable tops that have puffed sleeves and scooped necks are great for nursing mothers, whether they have a small or big frame. Tops and dresses have discreet opening at the front or at the side fuss-free and discreet breastfeeding.

*Assistant Professor (Department of Home Science), Shri Ram Girls College, Muzaffarnagar (Uttar Pradesh)

**Head (Department of Home Science), Shri Ram Girls College, Muzaffarnagar (Uttar Pradesh)

Table 1 : Assessment of Developed Clothing Towards Lactating Women

S. No.	Aspects (Each aspect carries 5 marks) Total= 25 marks	Dress Name & Dress Code																								
		Blouse (Code No. I)					Kurti with Jacket (Code No. II)					Top (Code No. III)					Gown (Code No. IV)					Cover Sheet (Code No. V)				
		Response of 5 Lactating women																								
		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
1.	Comfortable	3	2	3	3	2	5	5	5	5	4	4	3	4	4	5	4	5	5	5	5	4	4	5	4	4
2.	Functional	2	2	2	3	2	5	5	5	5	5	4	3	4	3	4	4	4	4	4	5	4	4	4	3	3
3.	Wearable	3	2	3	2	1	4	5	4	5	5	4	2	3	3	4	4	4	5	5	5	3	4	4	4	3
4.	Suitable	2	2	2	3	2	5	5	5	5	4	4	3	3	2	4	4	5	4	5	5	4	4	4	4	3
5.	Fashionable	3	3	3	2	3	5	5	4	5	4	4	3	3	3	3	4	5	4	4	5	4	4	4	3	
	Total	13	11	13	13	10	24	25	23	25	22	20	14	17	15	20	20	23	22	23	25	19	20	21	19	16
	Average	12 (V th Rank)					23.8 (I st Rank)					17.2 (III rd Rank)					22.6 (II nd Rank)					19 (IV th Rank)				

Bullock, Adeline stated that, the nursing brassiere is designed to give adequate support to the breast and facilitate feeding the baby.

According to Melissa Kotlen Nagin, Breastfeeding discreetly in public is a common concern for nursing moms. Having a cover-up ready to go in a diaper bag will make the experience much more comfortable (and even stylish!).

According to Melanie Monroe Rosen, Most of us just want to get back into our pre-baby wardrobe as soon as

possible after birth, but most tops & dresses, let alone bras, aren't super-functional for breastfeeding. So we turned to Amanda Cole, owner of the NYC-based breastfeeding specialty store Yummy Mummy, who's also a lactation educator and mom of two, for some advice on buying a nursing-friendly wardrobe.

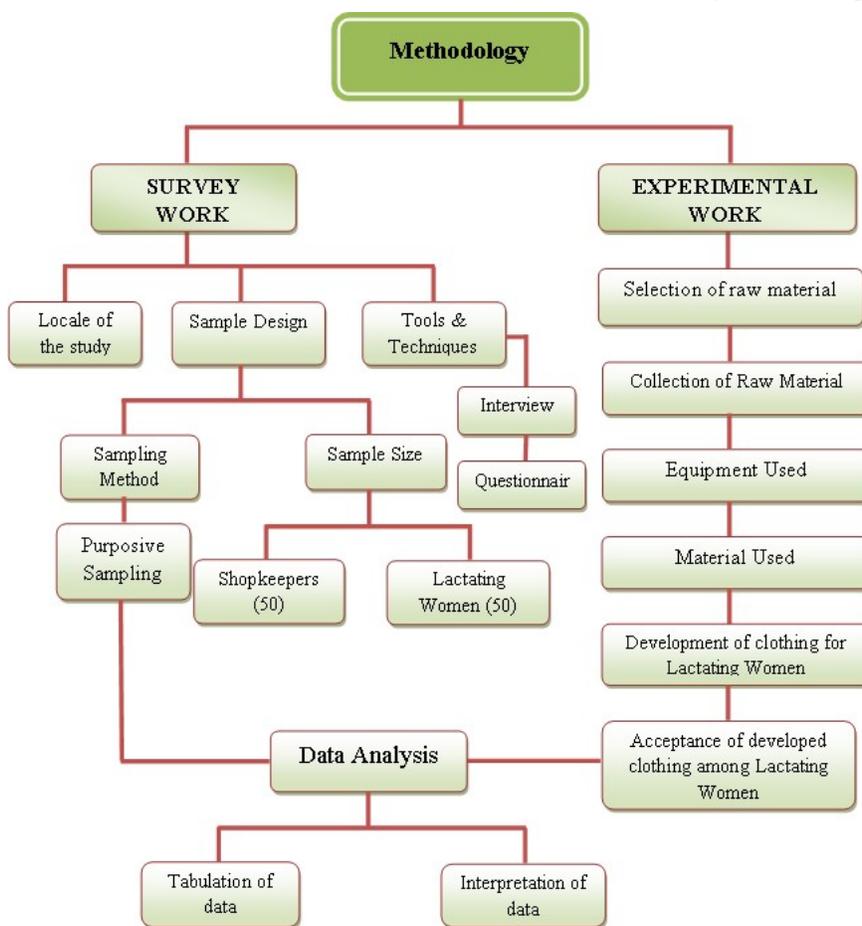
Material & Methods :

This study was done into Various heads (See Chart).

Results & Discussion : The study entitled “A Case Study on Development of Comfortable and Functional

Clothing for Lactation Period in Muzaffarnagar City” was divided into two parts- Survey work and experimental work. In survey work, data was collected from shopkeepers of both Tarachand Market & Molahedi Market. During survey it was found that clothing for lactating women was more available styles of clothing for lactating women in Tarachand Market in comparison to Molahedi Market. It was found that all lactating women's views about clothing which is suitable, functional as well as comfortable and fashionable were that if such clothing is easily available in the markets of Muzaffarnagar, they would like to purchase for their ease and easily breastfeeding.

In experimental work; fashionable and functional clothing was developed for lactating women. After development of clothing for lactating women, assessment developed clothing was done through ranking chart towards lactating women.



Summary and Conclusion :

Clothing is primary need of mankind through the word. Clothes help to make impression on others. Uncomfortable clothes can take away the joy of living. This is equally true for special groups, whose needs are greater because they need more comfort and convenience as compared to normal people to become independent. Maternity clothes have very significant role during lactating period also because breastfeeding in regular clothes become awkward and embarrassing. Thus, there is a great need to design clothing for lactating women.

This study was done in two parts, Survey work and Experimental work. In survey work, data was collected from the shopkeepers of both Tarachand Market & Molahedi Markets, and data was also collected from lactating women. A well structured questionnaire was developed keeping all the details separately for both respondents (shopkeepers & lactating women). Questionnaire was divided into two parts namely general information of the respondents and specific information of his / her views about functional and comfortable clothing for lactation Period. In experimental work, five different types of dresses were developed for lactating women in which Blouse, Kurti with Jacket, Top, Gown, and Cover Sheet were prepared with the keeping in mind their feeding problems in front of public. Each dress was given to five lactating women for trial at the time of breastfeeding for some days. After this, acceptances clothing for lactation were assessed by five lactating women with the help of Ranking Performa.

During assessment of five developed dresses, comfortable & functional maternity Kurti with Jacket got highest marks on the basis of comfortable, functional, wearable, suitable as well as fashionable. It was selected as in this dress; vertical zipper pattern at bust level was used for opening from which lactating women can easily feed their babies. Thus, it can be concluded from this study "A Case Study on Development of Comfortable and Functional Clothing for Lactation Period in Muzaffarnagar City" that if special clothing for lactating women is easily available in markets of Muzaffarnagar then they would like to prefer such clothing. They will feel comfortable at the time of breastfeeding and they can also feed their babies in front of others/ public.

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The screenshot shows the UGC Approved List of Journals website. The search results table is as follows:

View	Sl.No.	Journal No	Title	Publisher	ISSN	E-ISSN
View	1	48965	Research Link	Research Link	09731628	

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Name of the Journal : Research Link

ISSN Number : 09731628

e-ISSN Number :

Source: UNIV

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Country of Publication: India

Broad Subject Category: Arts & Humanities;Multidisciplinary;Social Science

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‘रिसर्च लिंक’ की सदस्यता का शुल्क भुगतान राष्ट्रीयकृत बैंकों द्वारा सीधे ट्रांसफर या जमा किया जा सकता है। बैंक का विवरण निम्नानुसार है-

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भुगतान की मूल रसीद, शोध-पत्र एवं सीडी के साथ कार्यालयीन पते पर भेजना अनिवार्य है।



A Study on Stress Affecting Menstrual Cycle

The purpose of this study was to observe the effect of stress on menstrual cycle. The locale was confined to Meerut city. The sample consisted of 25 subjects. So after this research the result showed that stress directly or indirectly affects the menstruation. And this overview of stress describes the negative impact on menstrual cycle. It was found that stress affects the menstrual cycle by making the cycle irregular.

DR. SHWETA TYAGI

Introduction :

Stress may play a role in causing irregular or missed periods. As stress levels rise, there's a chance that your menstrual period will temporarily stop, a condition known as secondary amenorrhea.

How Stress May Affect Menstruation :

Not much is known about the relationship between stress and periods. However, stress certainly plays a role in suppressing the functioning of the hypothalamus, which controls the pituitary gland the body's master gland which, in turn, controls the thyroid and adrenal glands and the ovaries; they all work together to manage hormones.

Ovarian dysfunction may lead to problems with estrogen production, ovulation, or other reproductive processes. Estrogen is an important hormone that helps build the uterine lining and prepares the body for pregnancy. If the ovaries aren't working properly, side effects may involve the menstrual cycle, including missed periods or irregular periods.

The following factors can trigger irregular or missed periods :

(1) Extreme exercise or dieting : Exercising too much can throw off the timing of menstrual bleeding and sometimes stop it. "It's common for endurance athletes to have missed periods," says Autry. Being underweight, whether from extreme exercise, dieting, an eating disorder, or illness, can have the same effect.

(2) Stress : Chronic stress or even short-term anxiety about a specific problem can wreak havoc with your hormone balance, causing a missed period and irregular cycle.

(3) The pill : Birth control pills can make your periods lighter, or cause you to miss periods or have less or more frequent periods or even no periods at all.

(4) Polycystic ovary syndrome (PCOS) : This medical condition causes tiny cysts to form on ovaries, interfering with regular ovulation. Women with PCOS usually have a history of irregular periods. In addition to causing infertility, PCOS can increase the risk of diabetes and heart disease.

(5) Other illnesses : Thyroid disorders can cause irregular periods if blood levels of the thyroid hormone go too low or too high. Other health conditions that may cause an irregular cycle include sexually transmitted diseases, diabetes, fibroids, eating disorders, and endometriosis.

Hypothesis :

(1) There is significant difference between the stress and the menstrual cycle.

(2) There is significant difference between stress and irregularity during menstruation.

Method :

Sample :

Sample was selected from territorial boundaries of Meerut city. The sample consisted of 25 subjects.

Tools of the study :

The following tests are used for the study. For the purpose of present study, one tool will be used as given below: The questionnaire on the effect of stress and painkiller on working women.

Procedure :

To collect the real facts, contact was established with them. After making instructions clear to them they were

Assistant Professor, R.G.P.G College, Meerut (Uttar Pradesh)

asked to fill the questionnaire. For the purpose of data collection there are total 50 questions in questionnaire researcher figure out some questions related to the effect of stress and painkiller on working women. Data has been analysed by chi-square.

On the basis of that questions, researcher scored them to count total number of 'yes' response and 'no' response. It is ensured that each subject has responded to each of the item.

Result and Discussion :

Table 1 : Total percentage of stress making menstrual cycle length more irregular

Variable	Yes	No
Stress making menstrual cycle length more irregular	52%	48%

In table 1 we find that 52% of women find that stress makes their menstrual cycle length more irregular. So we find that the percentage of women finding stress making their menstrual cycle length more irregular is higher.

The result suggests that stress is independently associated with the experience of irregular menstrual cycle among women implying that changes in the functional potentially of women as a result of stress are related with changes in their menstrual function.

Conclusion :

After this study it is found that stress has a negative impact on menstrual cycle. It is found that stress can make menstrual cycle length more irregular.

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- (10) <https://www.quora.com>



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UGC Journal Details

Name of the Journal :	Research Link
ISSN Number :	09731628
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Source :	UNIV
Subject :	Accounting, Anthropology, Business and International Management, Economics, Econometrics and Finance (all), Education, Environmental Science (all), Finance, Geography, Planning and Development, Law, Political Science a, Social Sciences (all)
Publisher :	Research Link
Country of Publication :	India
Broad Subject Category :	Arts & Humanities, Multidisciplinary, Social Science

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शोध-पत्र भेजने संबंधी नियम

- (1) शोध-पत्र 1500-1700 शब्दों से अधिक नहीं होना चाहिए।
- (2) हिन्दी एवं मराठी माध्यम के शोधपत्रों को कृतिदेव 10 (Kruti Dev 010) में टाईप करवाकर 'पेजमेकर 6.5' में भेजें।
- (3) पंजाबी माध्यम के शोधपत्रों को अनमोल लिपि (AnmolLipi) या अमृत बोली (Amritboli) या जॉय (Joy) में टाईप करवाकर 'पेजमेकर 6.5' में भेजें।
- (4) अंग्रेजी माध्यम के शोधपत्र टाईम्स न्यू रोमन (Times New Roman), एरियल फॉन्ट (Arial) में टाईप करवाकर 'पेजमेकर 6.5' या 'माइक्रोसाफ्ट वर्ड' में भेजे जा सकते हैं।
- (4) शोधपत्र की विधि - (1) शीर्षक (2) एबस्ट्रेक्ट (3) की-वर्ड्स (5) प्रस्तावना/प्रवेश (5) उद्देश्य (6) शोध परिकल्पना (7) शोध प्रविधि एवं क्षेत्र (8) सांख्यिकीय तकनीक (9) विवेचन या विश्लेषण (10) सुझाव (11) निष्कर्ष एवं (12) संदर्भ ग्रंथ सूची।
- (6) संदर्भ ग्रंथ सूची इस प्रकार दें -

For Books :

- (1) Name of Writer, "Name of Book", Publication, Place of Publication, Year of Publication, Page Number/numbers.

For Journals :

- (2) Name of Writer, "Title of Article", Name of Journal, Volume, Issue, Page Numbers.

Web references :

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 - (8) शोधपत्र की साफ्टकॉपी रिसर्च लिंक के ई-मेल आईडी researchlink@yahoo.co.in पर भेजने के बाद हार्डकॉपी, शोधपत्र के मौलिक होने के घोषणा पत्र के साथ हस्ताक्षर कर 'रिसर्च लिंक' के कार्यालय को प्रेषित करें।

