

The Statistical Analysis of Comprehensive Data on Indian Sarees for Working Women: Balancing Tradition and Professionalism

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Abstract:

For working women in modern India, the saree, a traditional garment with a rich cultural legacy, offers both special opportunities and challenges. This study compiles information on saree usage in work environments, looking at aspects including comfort, practicality, versatility, and public opinion. This research attempts to offer practical suggestions for improving the saree's usefulness for working professionals by investigating contemporary adaptations, ergonomic factors, and workplace conventions. In order to better understand how women's consumer attitudes and preferences regarding body appearance are connected to their perceptions of fashion aesthetics, this paper manipulates the ease at the waistband of professional wear garments to examine the relationship between the aesthetics and fit of women's professional wear designs. For this, the chi-square test in SPSS is used to analyze the link between the respondents' demographic profile (age and marital status) and the primary problems they experience with saree draping.

Keywords: *Indian sarees, working women, comfort, adaptability, workplace culture*

Introduction

The saree, which represents tradition and femininity, is an essential part of Indian culture. For professional events, many working women still wear sarees, even though Western-style business clothing is becoming more and more popular. The many facets of saree wearing among working women are examined in this essay, with particular attention paid to comfort, cultural importance, useful adaptations, and difficulties encountered in the workplace. An important cultural item that expresses a woman's identity, the saree is more than just a piece of clothing. According to Kaur (2016), the saree allows women to express their origin while staying connected to tradition by showcasing a variety of regional identities. What women choose to wear to work is often influenced by this cultural importance.

In order to accommodate professional demands, saree styles and materials change along with working conditions. Working women favor lightweight, breathable textiles, according to a study by Suthar (2020) that examines fabric selections. According to Suthar (2020) and Rathi & Kumar (2018), there is evidence that new fabric technologies, such moisture-wicking mixes, can enhance comfort over extended periods of time. According to studies, for formal occasions, silk sarees might be worn, although cotton, linen, and blended textiles are frequently chosen in the summer. It is important to consider the ergonomic implications of drapery kinds in order to ensure comfort and functionality. Singh and Trivedi (2015) highlight the limited mobility and postural issues associated with traditional saree draping positions. Their study highlights the necessity of ergonomic designs that promote mobility, which is crucial for women performing physically demanding jobs. Pre-stitched sarees are one example of a modern adaption that is becoming more and more popular, allowing ladies to wear traditional clothing without sacrificing functionality. In order to improve usability, the study recommends encouraging training programs that educate women ergonomic draping practices.

Working women's perceptions of their clothing are also influenced by psychological and emotional variables. Rani (2019) investigates the relationship between wardrobe choices, comfort, and self-esteem and finds that women's confidence in professional situations is positively impacted by comfortable apparel. Comfortably wearing a saree can boost one's self-perception and improve interactions at work. In professional settings, women encounter social obstacles when they dress traditionally, according to substantial literature. Joshi (2018) addresses the prejudices brought forth by business clothing requirements, which frequently favor Western fashions. This may cause women to feel uneasy or anxious about their clothing choices, which may hinder their ability to advance in their careers.

Challenges Faced by Working Women

Sarees add cultural diversity, but working women still face a number of obstacles. Women frequently cite discomfort as the main reason they think about forgoing sarees in favor of office clothing. Productivity can be hampered by heavy textiles and elaborate draping (Rani, 2019). Despite their appreciation for cultural expression, women say they frequently find it difficult to balance it with the obligations of the workplace. Biases against traditional clothing are common among working women, which might impede their ability to advance professionally and obtain acceptance in business environments. Women's confidence and self-expression may suffer as a result of some companies' unwillingness to accept various clothing guidelines.

The emphasis on identity development and fashion aesthetics serves as a springboard for a more comprehensive examination of the subject's increasing significance in comprehending consumer behavior. When choosing a clothing, consumers mostly take fit and appearance into account. It is difficult to categorize female fashion customers because different women have different ideals and physical types. In order to look slim and seductive, some women prefer clothing with less ease, while others prefer more ease to highlight comfort; still others try to strike a compromise between fit and style (Jin Lam, Joe Au, 2021). Therefore, it is important to include psychological factors in addition to anthropometric parameters when determining manipulation. Wearing clothes that accentuate your shape and hug your body's natural curves can be a pleasant way for women to flaunt their curves. On the other hand, some clothing styles that fit tightly can really be uncomfortable. In order to better understand how women's consumer attitudes and preferences regarding body appearance are connected to their perceptions of fashion aesthetics, this paper manipulates the ease at the waistband of professional wear garments to examine the relationship between the aesthetics and fit of women's professional wear designs.

Trends are just as important to fashion as individual preferences. Since it makes them feel or look better, many people love wearing tight clothing. However, it's vital to take into account the health risks associated with wearing clothing that fits tightly. For example, wearing clothing that is too tight might strain the stomach and intestines, which may result in digestive problems. Overly tight clothing may cause nerve damage or alter blood flow if it rubs on your skin. In addition, wearing clothing that is excessively tight can lead to fungal infections, skin irritation, and itching. You should not wear clothing that causes pressure marks or red spots on your skin, or that restricts your ability to breathe.

Some of the most common effects include:

1. **Chafing and discomfort:** Tight garments can cause chafing and irritation by rubbing against the skin, particularly in places like the inner thighs and underarms where the skin rubs against one another.
2. **Fungal infections:** Clothing made of synthetic fibers that is too tight and prevents skin from breathing might encourage the growth of fungi by creating a warm, humid environment. Infections like athlete's foot or jock itch may result from this.
3. **Acne:** Wearing tight clothes can draw perspiration and oil to the skin, clogging pores and leading to acne, particularly on the upper back.
4. **Poor blood circulation:** Wearing tight belted skirts or pants can create a mark around the waist over time, impede blood flow, and cause skin sensitivity and redness. Other tight apparel, such as blouses and corsets, also impairs blood circulation.
5. **Irritation of the Skin:** Overly tight clothing can irritate your skin, especially in places like under your arms, beneath your breasts, and around your bikini line where your skin is more sensitive. Chafing, redness, and irritation can result from wearing tight underwear, bras, and even tops and pants that press against your skin. Infections may result from persistent skin irritation. Lack of breathability might also cause skin

irritation. For instance, if your tight clothing is blocking airflow, dampness may be more common around your feminine parts, which can lead to infections.

6. Interruptions to circulation: There may be less blood flow to other parts of your body if your clothes are excessively tight in some places. For example, wearing jeans that are excessively tight around the waist can cause your lower extremities to receive less blood flow. Although this issue wouldn't pose a serious health risk or concern in the short term, it could become dangerous over time and is undoubtedly unhealthy.

7. Issues with the stomach: A certain amount of gastrointestinal distress might result from wearing clothing that is too tight against your stomach. For instance, wearing jeans that are excessively tight might produce painful symptoms of acid reflux by forcing stomach acid back up into the esophagus.

Additionally, tight pants may result in back strain. The reason behind this is that a squeezed waistband makes it nearly impossible to sit up straight. Back pain may be exacerbated by the resulting slumped sitting posture. Another reason why tight clothing may have unfavorable side effects is that it prevents air from moving freely, which causes heat to build up beneath the material. After a workout, this makes it harder for the perspiration to cool the body by evaporating through the skin.

In extreme circumstances, heat buildup may also result in the body overheating, which manifests as circulatory issues. Experts advise removing perspiring clothing as soon as possible after working out, particularly if it is tight-fitting. It may also affect the vaginal area. For both men and women, the genital area may also be impacted by the heat generated by tight clothing. According to Rush University Medical Center neurologist Dr. John Michael Li, that can result in "Meralgia Paresthetica," a condition where tight clothing compresses a nerve that runs from your abdomen to your thigh. "Some people get numbness, tingling," Li explains. Belching, heartburn, and stomach pain can also result from cramming oneself into tight jeans.

Results and Discussions

Chi-square test is a non-parametric test, which uses the categorical variables and compares the frequency of cases found in various categories of one variable across the categories of another variable. To be significant, either the calculated value should be more than the table value or the significant value needs to be 0.05 or smaller at 95 percent confidence level.

In this study, this test has been applied to test the hypothesis that there is significant association between demographic variables (age and marital status) and problems encountered while draping saree. From the responses given by the women teachers, it has been observed that three major problems are faced: Skin soreness, skin allergy at waist and skin looseness.

For this purpose, null hypothesis and alternate hypothesis are set to examine the association of age and marital status with problems faced concerning saree draping.

Age and Problems faced

Null hypothesis states that there is no significant association between age and problems faced by the respondents.

Alternate hypothesis states that there is significant association between age and problems faced by the respondents.

To run the chi-square test, continuous variable age has been binned into categorical variable with class intervals: up to 20, 21-30, 31-40, 41-50 and 50 & above. Such class intervals are respectively coded as: 1, 2, 3, 4, 5. The other variable, Problems are also coded as 0: Skin soreness, 1: skin allergy at waist and 2: skin looseness. Analysis has been done using SPSS Software by making cross tabulation.

Age (Binned) * How skin dermatosis affects you due to wearing saree? Cross tabulation

			How skin dermatosis affects you due to wearing saree?				Total
				1	2	0	
Age (Binned)	1	Count	0	17	0	5	22
		Expected Count	.7	16.3	1.3	3.7	22.0
		% within Age (Binned)	.0%	77.3%	.0%	22.7%	100.0%
		% within How skin dermatosis affects you due to wearing saree?	.0%	22.7%	.0%	29.4%	21.8%
		% of Total	.0%	16.8%	.0%	5.0%	21.8%
2		Count	3	33	6	6	48
		Expected Count	1.4	35.6	2.9	8.1	48.0
		% within Age (Binned)	6.3%	68.8%	12.5%	12.5%	100.0%
		% within How skin dermatosis affects you due to wearing saree?	100.0%	44.0%	100.0%	35.3%	47.5%
		% of Total	3.0%	32.7%	5.9%	5.9%	47.5%
3		Count	0	15	0	3	18
		Expected Count	.5	13.4	1.1	3.0	18.0
		% within Age (Binned)	.0%	83.3%	.0%	16.7%	100.0%
		% within How skin dermatosis affects you due to wearing saree?	.0%	20.0%	.0%	17.6%	17.8%
		% of Total	.0%	14.9%	.0%	3.0%	17.8%
4		Count	0	7	0	1	8
		Expected Count	.2	5.9	.5	1.3	8.0
		% within Age (Binned)	.0%	87.5%	.0%	12.5%	100.0%
		% within How skin dermatosis affects you due to wearing saree?	.0%	9.3%	.0%	5.9%	7.9%
		% of Total	.0%	6.9%	.0%	1.0%	7.9%
5		Count	0	3	0	2	5
		Expected Count	.1	3.7	.3	.8	5.0

	% within Age (Binned)	.0%	60.0%	.0%	40.0%	100.0%
	% within How skin dermatosis affects you due to wearing saree?	.0%	4.0%	.0%	11.8%	5.0%
	% of Total	.0%	3.0%	.0%	2.0%	5.0%
Total	Count	3	75	6	17	101
	Expected Count	3.0	75.0	6.0	17.0	101.0
	% within Age (Binned)	3.0%	74.3%	5.9%	16.8%	100.0%
	% within How skin dermatosis affects you due to wearing saree?	100.0%	100.0%	100.0%	100.0%	100.0%
	% of Total	3.0%	74.3%	5.9%	16.8%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	13.359 ^a	12	.343
Likelihood Ratio	16.376	12	.175
N of Valid Cases	101		

From the table, it is clear that no significant association exists between age and problems encountered by women teachers. As significant value is greater than 0.05, which is in this case = 0.343, thus null hypothesis is not rejected, while alternate hypothesis is rejected.

Marital status and problems faced

Null hypothesis states that there is no significant association between marital status and problems faced by the respondents.

Alternate hypothesis states that there is significant association between marital status and problems faced by the respondents.

Marital Status * How skin dermatosis effects you due to wearing saree? Crosstabulation

			How skin dermatosis effects you due to wearing saree?				Total
				1	2	0	
Marital Status	1	Count	1	34	1	8	44
		Expected Count	1.3	32.7	2.6	7.4	44.0
		% within Marital Status	2.3%	77.3%	2.3%	18.2%	100.0%
		% within How skin dermatosis affects you due to wearing saree?	33.3%	45.3%	16.7%	47.1%	43.6%
		% of Total	1.0%	33.7%	1.0%	7.9%	43.6%
2		Count	2	41	5	9	57
		Expected Count	1.7	42.3	3.4	9.6	57.0
		% within Marital Status	3.5%	71.9%	8.8%	15.8%	100.0%
		% within How skin dermatosis affects you due to wearing saree?	66.7%	54.7%	83.3%	52.9%	56.4%
		% of Total	2.0%	40.6%	5.0%	8.9%	56.4%
Total		Count	3	75	6	17	101
		Expected Count	3.0	75.0	6.0	17.0	101.0
		% within Marital Status	3.0%	74.3%	5.9%	16.8%	100.0%
		% within How skin dermatosis affects you due to wearing saree?	100.0%	100.0%	100.0%	100.0%	100.0%
		% of Total	3.0%	74.3%	5.9%	16.8%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	2.073 ^a	3	.557
Likelihood Ratio	2.286	3	.515
N of Valid Cases	101		

From the table, it is clear that no significant association exists between marital status and problems encountered by women teachers. As significant value is greater than 0.05, thus null hypothesis is not rejected, while alternate hypothesis is rejected.

Conclusion

Examining the corpus of existing literature on fashion and dress history helped to understand the increasing interest in the area. While a great deal of research has been done on Indian textiles, very little has been done on Indian clothing for specific work wear, also known as Indian business costume, and the majority of the literature has simply been repetitions of the same information, according to a review of the literature on Indian dress or costume from the past. As a result, there are numerous untapped research potential in this area. However, since this paper's focus was limited to illustrating the examination of Indian sarees as working apparel for teaching professionals, the literature that could provide any insight into the time period and Indian

clothes was reviewed and examined. Despite its cultural significance, the saree needs to change to accommodate working women's requirements in modern India. In order to better understand how women's consumer attitudes and preferences regarding body appearance are connected to their perceptions of fashion aesthetics, this paper manipulates the ease at the waistband of professional wear garments to examine the relationship between the aesthetics and fit of women's professional wear designs. The saree may remain a practical yet stylish option for working women by encouraging creativity in fabric design and offering instruction on draping skills. The statistical test was used in this study to evaluate the hypothesis that issues with draping sarees are significantly correlated with demographic factors (age and marital status). Three main issues have been identified from the female teachers' responses: skin discomfort, skin allergy at the waist, and skin looseness. It is evident from the aforementioned statistics that there is no meaningful correlation between the issues faced by female teachers and marital status.

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