

# Fashion Trends that Look Good but Not Suit Good

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**ABSTRACT** - As we all know clothes are second most important thing we need to survive after food and Fashion has made that thing very attractive. But fashion keeps changing from time to time and we call it Trend. We all are always attracted to the fashion trend to look good, presentable, trendy, shaped, updated etc. But some fashion trends can harm us too. Some fashion trends affect our pocket and some to our health. Trends affecting our pocket can be corrected by self-control but what about the trends which are attracting us but actually affecting our health? So, the study is about the trends which are not doing well to our health and how to minimize the effects.

**Keywords** – Fashion, Trends, Suit Good.

## I. INTRODUCTION

Fashion is something, when a person is self-expressing his or herself at a particular period and place in a certain condition of clothing, lifestyle, accessories, makeup body pose and hairstyle. (kaiser, 2019) The fashion trends are the popular styles of clothing and accessories at a particular moment in time. (Staff, 2020) .Now days fashion has crossed all the boundary's and due to this people just want to look good and stylish, they have stopped thinking about the fashion stuff which they are choosing for themselves and this is not happening these days if we will see the history of fashion we will find the multiple examples of it, like Corsets,(In 1903, Mary Halliday's autopsy revealed that she had two pieces of corset steel in her heart. As strange as this may sound, she was not the only woman to fall victim to this extreme fashion trend that dominated the Victorian era),, High and Tight Collar (The high and tight collar was popular amongst the nineteenth-century in high society. This was a trend for the fashionable men. The high and tight collar was also known as the "father killer" as it was a fitted collar that often cut off blood supply to the brain). (annet, 2020), Crinoline fires (The structured petticoat did more than just enhance a silhouette. During the 19th Century, at the peak of the crinoline's popularity, there were several high-profile deaths by skirt fire. In July 1861, the poet Henry Wadsworth Longfellow rushed to help his wife after her dress caught fire. According to the Boston Daily Advertiser, "While seated at her library table, making seals for the entertainment of her two youngest children, a match or piece of lighted paper caught her dress, and she was in a moment enveloped in flames." She died the following day). (Macdonald, n.d.)This research is totally focused on unawareness of the consumers, one who love to do fashionable shopping but with lack of awareness of their fit and fabric content.

## II. LITERATURE REVIEW

I have analyzed and studied some of the related works based on the fashion garments and accessory which are not good for body. The survey of all the papers that have been studied are describe below.

Dr Amit Saraswat, a physiotherapist lists down some common fashion trends that is harming us slowly. Wavering on high heels, squeezing leg muscles into skinny jeans, fitting your body through slimming underwear, carrying huge and heavy purses as a fashion statement can definitely make you a style diva but it can also create painful maladies that may lead to chronic health problems over time. (Tnn, 2016) Jaimie Dalessio Clayton had written about Tight clothing that pushes into the abdomen, everything from jeans to belts and compression undergarments, can be problematic, "particularly and especially when somebody overeats, Pressure on the stomach, known as intragastric pressure or intra-abdominal pressure, can trigger acid reflux — pushing stomach acid back up through the lower oesophageal junction, where the oesophagus and the stomach meet, causing heartburn. (Clayton, 2014) Jessica Teas has written about the workout clothing that sportswear from major brands contained known hazardous chemicals, like Phthalates, PFCs, Dimethylformamide (DMF), Nonylphenol ethoxylates (NPEs), and Nonylphenols (NPs). And a Swedish study estimates that ten percent of all textile-related substances are "considered to be of potential risk to human health. (Teas, 2015) M.stirpe has written in an article that here are thousands of potentially hazardous chemicals used when making clothes, including:

- Dimethylformamide found in acrylic fabrics
- Azo dyes used to colour clothes

- Phthalates found in plastic raincoats, fake leather and waterproof clothing
- Nanosilver used in clothes marketed as antimicrobial

Again, chemicals in clothing have not yet been determined to cause human health concerns more serious than allergic reactions and irritations, but the fact of the matter is that there are safer alternatives, and using these chemicals isn't necessary. (M.Stirpe, 2018) Naomi Braithwaite has written about corset That corset has been worn by women since the Renaissance. The desire for achieving a tiny waist was offset by the pain that this perceived "instrument of torture" most certainly inflicted upon its wearer. The trend is exemplified perfectly by Scarlett O'Hara in *Gone with The Wind*, who desperately clung to a bed frame as the laces of her corset were pulled tighter and tighter. Steele's study with medical researchers found that wearing tight corsets decreased lung capacity, caused damage to internal organs and even deformities of the skeleton. Yet myths have also plagued the corset's reputation: there's no evidence that women achieved staggering small waists of sixteen or even thirteen inches, or had ribs removed to better fit the garment. Today's version of the corset is control underwear, best known as "Spanx", and the modern trend for wearing a size too small may cause abdominal problems. (Braithwaite, 2015)

### III. PROPOSED WORK

After reviewing all the research done earlier, I have observed that there is a need of update, because the fashion is updating itself everyday new fabrics new designs and new silhouette are coming every time and when new things are coming in the market they come with the problems and solutions also, so in this proposed research I have mentioned the problems which people can face due to their lack of awareness and the solutions also which is described below.

#### Skinny Jeans

Skinny jeans look good and trendy too as to helps us to look slimmer and shaped. But if you feel tightened when you take a seat, it means you are carrying a tight pants. Tight pants not only make you uncomfortable but they effect on your health too. They can cause skin irritation, yeast infection, abdominal discomfort and reduction in the flow of blood in lower legs which can lead to worsening of reproductive health, especially in the case of men.

So, you should always make sure that the jeans/ pants are comfortable. You can pick jeans which are mid- rise or the jeans which has enough margin or stretchy jeans that would not put excess weight on the stomach area. It's better to pick the jeans with breathable material such as cotton.

#### Undergarments

Nowadays we have multiple options in clothes, even in undergarments. There are so fashionable undergarments in

the market which look good but they really do good to you? May be not. Undergarments made up of unnatural material my cause skin infections, rashes, redness etc. While tight undergarments can make you uncomfortable by reducing air circulation in your lower body. If undergarments are not dyed properly or the colour bleeds from your undergarment then you can have serious skin injuries or even infection.

Try to pick the undergarments which are good in quality and comfortable to you. Undergarments made up of natural fibre like cotton or bamboo are the best to wear.

#### High Heels

Footwear is as important as the clothes to keep your feet safe. Now a days high heels have become fashion statement as they help you to look smart, confident, tall and shaped. But wearing heel for long time can give you pain too. They can injure your ankle and end up with stress fractures. Your toe nails can be affected and you might have waist pain or may suffer from arthritis after its long and regular use.

So, try to avoid the heels for long time and always go for comfortable shoes.

#### Shapewear

If you want a perfect body shape then you can go for shapewears. They can help you to achieve the curvy shape you want. Of course, being in shape makes you confident and also ill. As they could give you acid reflux, compress your organs, affect your blood circulation etc.

Always avoid the shapewears for regular use. You can use them when it actually needed like you are wearing some bodycon dresses, that too for short term. Please don't make it your habit. Make sure you are not wearing them for long time or daily.

#### Neck Tie

Everybody wants to look good and formal too in his/her office. So, wearing coat and tie makes you look cool, professional and formal. So, most of the men prefer neck ties in their office. But ties can give you the pain along with the look. Tight neck ties can be uncomfortable for short time and hazardous to your health. It can choke you and give you neck pain for long term.

So, make sure your neck tie is not tight and you are comfortable with it.

### IV. CONCLUSION

Being trendy and fashionable is not bad at all. In fact, they make you confident and look updated. But choosing any fashion thing or trend, make sure it suits you as well as your health and of course wealth too. Think about the side effects, comforts and your pocket before picking anything and wearing them.

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