

# Skills for Living

Frances Baynor Parnell



by  
Yvonne Gentzler, Ph.D  
Liz Romero, Ph.D.



Goodheart-Willcox Co., Inc.  
Tinley Park, Illinois

# Chapter 20

## Choosing and Caring for Clothes

- In this chapter, you will learn about



# Topic 20-1

## Clothes That Meet Your Needs

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- In this topic, you will learn about choosing clothes that will meet your needs, as well as
  - ❖ **Factors that influence clothing decisions**
  - ❖ **Choosing clothes for specific occasions**



# Clothes That Meet Your Needs

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## **Objectives for Topic 20-1**

After studying this topic, you will be able to

- list ways in which clothing meets physical needs
- explain how clothing satisfies psychological and social needs
- choose clothing that would be appropriate for specific occasions

# Topic 20-1 Terms

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❖ lifestyle

❖ uniform

❖ dress code

❖ modesty

❖ status

❖ conformity

❖ individuality

# Factors That Influence Clothing Decisions

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- Physical needs
- Psychological needs
- Social needs
- Special needs



# Physical Needs

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- Basic physical needs include
  - ❖ protection from weather
  - ❖ safety during strenuous activities
  - ❖ protection from workplace hazards
- Many of your physical needs for clothing are determined by your lifestyle
  - ❖ *Lifestyle* is your way of life or style of living



# Psychological Needs

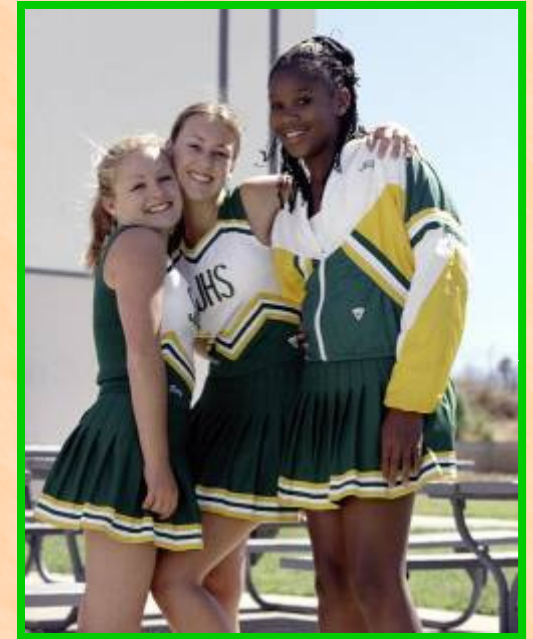
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- Psychological needs include characteristics that make you happy, relaxed, or confident
  - ❖ color
  - ❖ fabric
  - ❖ style



# Social Needs

- Groups may use clothing as a sign of belonging
  - ❖ *Uniforms* are distinctive outfits that identify those who wear them with a specific group
- *Dress codes* are standards of dress that are enforced in a social setting
  - ❖ *Modesty* is the proper way to cover the body in various settings



# Social Needs

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- *Status* is a person's rank within a group
  - ❖ People use clothing as a sign of their status
- *Conformity* in dress is wearing clothes similar to those worn by others
- *Individuality* in dress means choosing clothes that set you apart from others



# Special Needs

- Older adults or people with disabilities may have special clothing needs, such as
  - ❖ comfortable clothes
  - ❖ easy care
  - ❖ easy to get on and off
  - ❖ ease of movement



# Choosing Clothes for Specific Occasions

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- Different types of clothes are needed for different occasions
  - ❖ Wedding or a prom—formal
  - ❖ Job interview—career attire
- Conformity is safer when choosing clothes for specific occasions



# Did You Know...

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- Your attire for a job interview depends on the type of job for which you are interviewing
  - ❖ Wear clothes that are a step more formal than what you will be wearing on the job
  - ❖ Always make sure your clothes are clean and neat

# Summary for Topic 20-1

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- Clothes meet a physical need by protecting your body from weather and safety hazards
- The way a garment makes you feel is a result of clothing's effect on your psychological needs
- Clothes meet social needs by helping you identify with groups and serving as status symbols
- Your clothing is also influenced by the occasion for which it will be worn