

MODERN TECHNOLOGIES OF MAKING SCHOOL CLOTHES

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ABSTRACT:

This article describes an improvement in the technology of manufacturing school clothes, restoring and modeling the normal posture of the student. A school vest is proposed as such clothing. The creation of school clothes, especially for students of primary school age, requires an integrated approach that takes into account the specifics of the operation of this type of clothing.

KEYWORDS: clothes, children, posture, back, vest, health, age, school, silhouette, person.

INTRODUCTION:

For millennia, children have been dressed the same way as adults. Children's costume was a small copy of an adult. The main purpose of children's clothing is to provide utilitarian and aesthetic comfort for the normal functioning of the child. The basic law applicable in the modeling of all types of children's clothes proper is the dependence of the shape and silhouette of clothes on age-specific features of the physique. As you know, the creation of school clothes, especially for younger students, requires an integrated approach that takes into account primarily the anatomical, physiological and hygienic characteristics of the child's body.

In elementary grades, students spend more than 20 hours per week at their desks. Schooling with a strictly regulated educational process algorithm, prolonged and monotonous working postures (sitting position) leads to impaired posture - the formation of a reflex of incorrect holding of the body (body, head), turning into a static-dynamic stereotype. As a result of prolonged disturbances in posture,

persistent curvature of the spine develops. Posture is a habitual pose of a person, his manner of holding himself. Posture is determined by the position of all parts of the human body, but, above all, the spine forms the posture.

A healthy spine makes a person attractive externally and provides favorable conditions for the normal functioning of all his internal organs. A healthy back is the key to a high vitality and an optimistic outlook on the world.

The most important period in the physiological development of the spine is the school years. At school, children are forced to carry heavy textbook bags and sit at their desks for a long time. If the child is not immediately taught the correct fit, then he will form fatal habits that cause irreparable harm to the spine.

From very young age, it is very important to teach children to keep their back straight, sit at the desk correctly, carry school supplies in a briefcase and not in a bag over their shoulders, do a small warm-up every 30-40 minutes of training, do physical exercises and wear comfortable clothes for fixing normal posture.

Modern technology penetrates our lives everywhere. Not ignored the process of making clothes. A major breakthrough in the creation of innovative clothing occurs in the production of special and medical clothing.

A variety of devices and techniques allow clothes to perform additional functions: automatically expose and cool, helping the body maintain the right temperature in the most extreme climatic conditions, treat wounds and infections, relieve fatigue or allergies, regulate blood pressure and control the most important vital functions. All this makes clothes

more ergonomic and capable of quickly adapting a person to changes in the environment and becoming an active intermediary between a person and the environment.

The beginning of schooling is associated with the transition of children from one age situation to another stage of their development.

In primary school, there is an acute problem of a high degree of disturbances in the posture of young children, especially since schooling falls on a very important age period, characterized by accelerated morphological and functional transformations in the child's body. The progression of any back problems can be expected during the period of active growth, that is, in preschool and primary school age, and then in the puberty. The period of the most active posture formation is up to 7-8 years, however, it is finally formed by 17-20 years. Therefore, in primary schoolchildren, most often it is not about the curvature of the spine as such, called scoliosis, but about the so-called scoliotic posture, when the bone structures are not touched, there is no pathological reconstruction of the vertebrae themselves, the violation exists at the level of the muscular corset.

This is due to a change in the motor activity of children and the appearance of prolonged static and uniform postures during training. Treatment of posture disorders is a multifunctional process, and depends on the properly organized subject-spatial environment of the student.

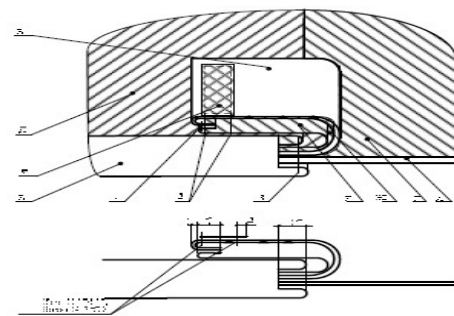
Considering that children experience maximum static loads during school hours and the tradition of the mandatory use of uniforms in schools is reviving, there is a need to make everyday school clothes that restore posture in primary school children.

The relevance of the manufacture of such clothing is also due to the fact that

prevention and timely rehabilitation measures lead to a complete recovery.

In addition, the development and production of school clothes intended for the prevention and correction of posture disorders in primary school children is a new offer in the market of goods and services. The aim of the work is to improve the technology of manufacturing school clothes, restoring and modeling the normal posture of the student. A school vest is proposed as such clothing. The creation of school clothes, especially for students of primary school age, requires an integrated approach that takes into account the specifics of the operation of this type of clothing.

Easy fixation of clothes in the correct vertical position is achieved by additional dimensional stability. To give sufficient rigidity to the product, rigiline is used, which is inserted into the seams of the vertical reliefs of the back of the vest. Distinctive features of the manufacture of a vest from standard technology are: stitching allowances for embossed seams of the central part of the back and central reliefs of the back. Rigilin is inserted into the seam allowances in the vertical reliefs of the central part of the back along the entire length, and in the central reliefs of the back into the most problematic zones.



A-back , B-side of the back

E-lining half-belt B-half-belt G-adhesive strip in the half-belt D-lining of a shelf 3-textile fastener "velcro" Fig. 1. shelf half-belt processing.

Another feature is the processing of the bottom of the back of the vest with a stitched belt, inside of which an elastic tape is inserted. In addition, the vest model has additional half-belts that are embedded in the side seams of the vest and are located under the details of the shelves. The half-belts are fastened with a fastener ("Velcro" Fig. 1.). For details of the waistband belt, knitted materials are used that give elasticity and sufficient mobility, while at the waist line section while simultaneously achieving a snug fit in the waist area.

Additional vest half-belts help maintain the baby's abdominal muscles and regulate the waist, creating optimal pressure on the abdominal muscles.

In combination with half-belts, a knitted belt creates the ergonomics and practicality of the whole model. The materials used to make the vest for primary school children have a certain set of optimal properties. Such a set was provided by studies of tissue samples by experimental and laboratory methods using standard methods on certified equipment. Quantitative indicators of the most important properties of materials for this type of product were determined: surface density, thickness, breathability, hygroscopicity, fibrous composition and aesthetic properties.

The manufacture of the vest selected materials with a content of natural wool fibers of at least 60%. The designed school clothes perform all the functions based on the appearance requirements of the student of the educational institution: they are a sign indicating the child's position in society: they reveal the characteristics of their personality in the socio-psychological sense: they smooth out social contrasts in the class and create a favorable psychological climate in the student collective; serves as a means of social adaptation to school life. In addition to the main functions, the designed uniform also has a therapeutic and prophylactic function. Clothing contributes to the rapid physiological and psychological adaptation of the child to a new

mode of work, promotes the redistribution of the static load that occurs during classes, imperceptibly for the child himself maintains a harmonious posture and forms a stable statistical-dynamic stereotype.

CONCLUSION:

Thus, the importance of posture is especially great in children during the period of growth and formation of the skeleton. Improper habitual body positions quickly lead to deformities of the spine, chest, pelvis, lower limbs, including the feet.

Posture performs a utilitarian task.

With proper alignment of body segments, performing simple and complex movements does not cause any special problems, since the amplitude of movements of all joints is maximum.

Posture is not only a somatic indicator. It is also an indicator of the mental characteristics of a person. The influence of posture on the process of becoming a person is scientifically proven. A person with good posture is more confident in himself, he attracts the attention of others.

Correct posture is important not only in terms of aesthetics. The optimal balance of all body segments, which it provides, protects the human musculoskeletal system from overloads and injuries.

Violation of this balance negatively affects the functioning of internal organs. Muscular imbalance resulting from the habit of sitting incorrectly can cause reflex pain in the child's back. If the wrong static position is fixed, this can affect vision. In addition, the improper position of any joint in our body inevitably leads to a redistribution of pressure. As a result, even at a young age, a person may develop joint diseases such as arthrosis and osteochondrosis.

The result of this work is the development of improved methods for

processing a children's vest designed for the prevention of posture disorders in children of a primary school group.

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