DEVELOPMENT OF BUBA DRESS PATTERNS FOR WOMEN WITH FIGURE FLAWS LIVING IN RURAL AREAS OF ANYIGBA IN KOGI STATE

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Abstract
The main purpose of this study was to develop buba dress pattern for women with figure flaws living in rural areas of Anyigba in Kogi state. Four specific objectives guided the study. The area of the study was Anyigba in Kogi State. A sample of ninety teaching and non -teaching women with obvious figure flaws falling into 3- size categories was purposively selected for the study. Experimental procedures were carried out which involved taking body measurements, drafting, adapting or altering, cutting out and assembling the garment pieces. The garments were modeled, judges assessed the clothing fit and comfort. The obtained data from the assessment instruments were analyzed using mean. The study was carried out in two phases: development of buba dress patterns for Six (6) styles using body measurement, established from women with figure flaws. The findings from the study showed that the widest distribution of values indicative of figure flaws were found in the bust, necklines and sleeves. The widest alterations to the drafted patterns related to the necklines, sleeves and bust. The average rating of the clothing fit and comfort by the judges and models were satisfactory. The buba block pattern developed were rated very satisfactory and were recommended for tailors and fashion designers for promoting sustainable workforce.

Keywords: Development, Buba, Pattern, Women, Figure flaws

Introduction

The garments or dresses people generally put on may be called clothes. They include gowns, skirts, blouses, trousers, coats, buba and so on. Buba is a Yoruba word that means blouse and can be worn informally with a fancy printed wrapper. When worn formally, the buba is paired with skirt or wrapper set which is the national costume of many West African countries (Reune1995). Some of the materials used for buba dress styles are lace, adire, tie-dye, ankara and others. The buba is most commonly called anIro in the Yoruba language pronounced Ee-roe and the wrapper is usually worn with a matching headscarf or head tie that is called agalle in Yoruba. The formality of the dress depends on the fabric used to create fashions (Zendesk, 2023). Fashion is defined as the prevailing style accepted and used by the majority of a group at any given time (Omotunde, & Adeboye 2023). Fashion is that powerful force that touches every facet of lives especially women clothing behavior through history.

Most Nigeria women especially in Kogi state like to possess a variety of clothes but those that really appear fashionable endeavor to select only the clothes that match their figure types which is a representation of a person. (Okeakwa, 2011) stated that seven figure types easily recognized among women as proportionate are tall and slender, short and plump, flat chest, large chest, large bust, short neck, long neck, and large hips. The author stated that any individual who does not fall into the proportionate figure type has a figure flaw. Anikweze, 2008 stated that figure flaws refer to body features that are not balanced or regularly arranged either on opposite sides of a line or around a central point unequal appearance or disarming in person's figure. These figure flaws can cause difficulties in wearing and removing of garments except where appropriate adjustment have been made to obliterate the figure problems (Igbo, & Iloeje 2013). Studying an individual's figure types and figure flaws help one to choose suitable and flattering buba dress (Okeakwa, 2011). The styles to be chosen and to avoid have also been suggested and unless women with figure flaws adhere to such suggestions might find it very difficult to obtain fitting buba from boutiques (Mayo, 2022). The buba, based on standard patterns designed can

suit any category of women according to their highest and the sizes of their bust, waist, hips, shoulder, neck and other vital statistics (Ajayi, 2023). This study focused on Development of Buba Dress Patterns for Women with Figure Flaws Living in Rural Areas of Anyigba in Kogi State.

Although, figure and style are part of the principles considered by designers, some women in Kogi state still find it difficult to select garments like buba dress style from the market due to their particular figure problems. These women therefore prefer to go to custom-made or made-to-measure dresses. The customer may attempt to draft modern buba patterns for the women according to their peculiar needs. Unfortunately, some of our dress-makers and tailors in Kogi State do not have adequate knowledge of figure types, proportion, rhythm, balance and other elements and principles of design (Nwadi, 2012). Consequently, they cannot provide the necessary adjustment to take care of figure flaws hence there is the need to develop buba dress patterns for women with figure flaws in rural areas of Kogi State.

Purpose of the Study

The general purpose of the study was to develop buba dress pattern for women with figure flaws living in rural areas of Anyigba, Kogi State. Specifically, the study sought to determine:

1. Average mean body measurement of women with figure flaws and find average measurement of women grouped under the following categories: small, medium and large requirement for buba dress pattern by
- Drafting basic blocks by flat pattern method to fit problem areas of the women, that can be used to improve buba dress style.
- Adapting the basic blocks to fit the problem areas of the women
- Constructing six dresses with the patterns to fit women with the flaws identified for six models in three size categories, two models from each size categories: small 8-9, medium 12-16 and large sizes 18-22 (Ezike, & Eze, 2019) and
- the appropriateness of the buba in the different sizes as assessed by the judges.

2. components of new buba dress pattern for women with figure flaws.
3. design criteria for new buba pattern
4. pattern drafting skills needed in buba.

Methodology

Design of the Study

The design of study was quasi-experimental and developmental. Specifically, a prettest- posttest non-equivalent group design was used. Quasi experimental design was used in this study because full randomization of subjects to experimental groups was not possible.

Area of Study

The area of the study was Anyigba in kogi state made up of three senatorial zones namely east, west and central Kogi having 21 local government areas each. There are several communities with 21 local government areas of kogi state (Federal Office of Statistics, 2018).

In each of these, local government area, there are towns, semi urban towns and rural areas. The study focused on Anyigba rural areas. The population for the study consisted of all women living in the rural areas of Anyigba, in Kogi State. According to the Federal Office of Statistics (2018), the population of women in Kogi State communities designated to be rural was 1311,121. The women were met at homes, farms and in schools. The area was chosen for the study because they have reasonable number of women with figure flaws allowed for effective comparison and adaptation or alteration of patterns for effective process skill acquisition (Nwadi, 2016). Also, the processes followed in the application were suitable for the developmental skills required for effective learning of adaptation in psychomotor domain of education.

Sample and Sampling Techniques

The sampling technique used for the study was multipurpose sampling technique. In the first stage one zone out of the three zones which had reasonable number of women with figure flaws was selected. This first stage involved purposive sampling of 90 women. The second stage involved the selection of four Rural Local Governments. The third stage involved the selection of rural communities. The body measurements of these women were taken and used to obtain average body measurement for women with figure flaws in three size categories of small, medium and large. The second stage of sampling involved purposive selection of a sample of 6 women who modeled the prototyped garments. In selecting the sample of 6 women, care was taken to insure the inclusion of the 3 categories of sizes (small size 6-10), medium (12-16) and large (18-22). The selected women manifested figure variables particularly in the size of bust, shape of the shoulder, shape of tummy,

hips, waist, thigh, and size of upper arm. The selection of the judges was based on their expertise.

Instruments for Data Collection

Four types of data collection instruments were developed for the study. These are:

Personal measurement chart for drafting buba patterns: the researcher established mean body measurement that was used for women with figure flaws (Aldrich 2015). First, the body measurement of these women was taken and used to obtain average body measurement for women with figure flaws in three size categories of small, medium and large. With the standard body measurement table, the data for measurement of women with figure flaws were collected (Aldrich, 2015).

Buba patterns: the researcher first developed buba basic patterns by drafting. Secondly, the basic pattern was adapted/ altered which was later constructed and assembled / cut and sewn. The data were meant for the appropriateness of the buba in the different sizes (Ezike, & Eze, 2019). Assessment criteria chart for judges: An assessment criteria chart for judges was drawn and the women modeled the buba dresses to assess the fittings and other needed skills. A rating scale was used also, Observation is the actual rating with rating scale while the women are performing the task of modeling. A Basic Instructional step by step guide for pattern Drafting was also used (Igbo, 2013).

Validation of the Instruments

In order to ensure that the instrument measured what they are supposed to measure, the face and content validity of the instruments were established. To ensure the face Validity of the instrument, the researcher presented a copy of the instruments, purpose of the study, research questions to three experts (lecturers) from the University of Nigeria Nsukka from the Department of Home Economics and Hospitality Management Education, clothing and textiles unit. These experts were requested to check the items in terms of clarity of questions oral or written and its appropriateness to the women level of understanding. For content validity of the skill tests, a test blue print was prepared by the researcher based on Simpson Taxonomy of Psychomotor domain of Educational objectives which were also presented to the experts. Same experts were also requested to check the items in terms of contents coverage and levels of objectives that were covered by the concepts.

Reliability of the Instruments

To ascertain the reliability of the assessment criteria charts, a pilot test was carried out involving the researchers making 2 buba for three sizes. This was modeled by 2 women in Enugu State who did not form part of the study. The clothing fit was assessed with the assessment criteria charts by the research assistants. The data collected were used to test the internal consistency of the items. Coefficient of 0.76 as obtained using Sperm –Brown Formula and with this, the instrument was proved reliable.

Method of Data Collection

Method of data collection in this study involved taking body measurement, drafting, adapting, constructing and assembling the garment piece, evaluating for fit and comfort, correcting and developing the final buba pattern pieces for women with figure flaw.

As a quasi experimental design was involved, four experimental procedures were carried out in stages with the help of eight research assistants (clothing and textile teachers) that were briefed on the use of flat pattern method. The women met at homes or farms were assembled with those in schools. In the first stage, before the commencement of treatment, the researcher officially informed the Deans of the schools involved in the experiment so as to get their cooperation, which was of immense help in achieving the aim of the study in their schools without disrupting their own academic programme. The researcher enlightened the Deans on the purpose of the study and what the clothing and textile students stood to gain, if the study was properly carried out.

The second stage was the pre-briefing of research assistants (Clothing and Textile Teachers) to ensure uniformity of standard. The purpose of this study was made known by the researcher to the research assistants during the briefing exercise so that they could explain to the respondents where necessary. Information for research questions was collected from the women with figure flaws through measurement, drafting, adaptation, and construction. Prior to implementation, the researcher discussed the instructional step by step basic pattern (guide book) with the clothing and textile teachers/ seamstress who were also taught in the different experimental groups. In order to be sure that the research assistants had mastered the skills, at the end of the exercise, the researcher organized a mock session where the research assistants were involved in the use of flat pattern method of drafting new buba pattern for

women with figure flaws to participate effectively in the programme.

The third stage was the administering of the pre-test of pattern drafting skill test before the commencement of the experiment. This pre-testing was used as a covariate in the study. Another reason for administering the pre-test was to ascertain the pretreatment entry points of the taught, In the same manner, the researcher collected the instrument after one hour. The Fourth stage was the commencement of the actual work of the research assistants (Clothing and Textile teachers). These involve, taking measurement of the women with observable figure flaws problem to find average measurements, drafting basic blocks by flat pattern methods, constructing buba dress patterns for six (6) styles using body measurement established from the women to fit the figure flaws problem areas. and determining the appropriateness of the buba dresses pattern from different sizes by the judges and its models. The research assistants formed ninety teaching and non - teaching women with obvious figure flaws falling into 3- size categories (small, medium and large sizes) purposively selected for the study. After the experimental procedures, the garments were modeled and judges assessed the clothing fit and comfort. One school was assigned to experimental group of drafting patterns for women with figure flaws while the other did not draft specially for them. The regular classroom (clothing and textile) teachers in the two schools instructed the experimental groups. After the start of the implementations, the researcher held subsequent meetings with the teachers to ensure that they would be conducting the treatment appropriately for the groups. The researcher contacted the teachers weekly to address practical or implementation difficulties and to review treatment procedures. In addition, the researcher in some occasions observed in the class to document fidelity of the treatment. The draft buba pattern for women with figure flaws was used as posttest in the fourth stage. These women were exposed to the same testing conditions. The researcher at this juncture compared the first and second administration of test on the buba dress styles with or without pattern drafting for women with figure flaws.

Method of Data Analysis

The data was analyzed using mean and Duncan's new multiple range test (MRT) showing the result of the judges on the patterns and styles of buba dress pattern. Any mean value less than 4.50 were regarded as not agreed to the design criteria.

Results

Research Question 1: What are the average mean body measurements of women with figure flaws grouped under the following categories: small, medium and large requirement for buba dress pattern?

Table 1: Mean body measurement for three sizes of women with figure flaws of buba dress

S/N	Variables	Mean for small size	Mean for medium size	Mean for large size
1	Bust	83.3	95	116.7
2	Waist	73	80.7	115
3	Hips	92.3	105	134.5
4	Nape/ Back Waist Length (HL)	38.5	43.3	42.8
5	Shoulder	36.5	38	43.3
6	Front Full Length (FL)	66.3	68.5	74
7	Skirt Waist	69	80.7	112.5
8	Skirt Hips	92.7	105	134.5
9	Skirt Length (SKL)	98.3	100	106
10	Neck Circumference (NC)	37.7	39.2	40
11	Overarm/ Sleeve Length (SL)	18.3	26.8	30.5
12	Scye Circumference	48.7	50	56.5
13	Biceps (BS)	32.2	34.5	45

Table 1 showed the average mean body measurements for the subjects who are women with figure flaws. Bust measurements ranged from a mean of 83.3cm for small sized women to a mean of 116.7cm for the large sized women. For the waist, the range was from 73cm to 115cm for small size and large size respectively. The hips measured 92.3cm, for small size; 105cm, for medium size and 134.5, for large size.

Research Question 2: What are the components of new buba dress pattern for women with figure flaws?

Table 2: Responses on new buba dress styles

S/N	Question	Number of Respondent	Frequency	Percentage (%)
1	Scallop neck	50	40	80
2	Shell edging	50	48	96
3	Embriodery	50	38	76
4	Introducing opening with button	50	48	96
5	Decorative button	50	37	74
6	Introducing tucks	50	40	80

Table 2 showed responses on the components of new buba dress style for women with figure flaws. Scallop neck design had 80% in frequency of 40, while shell edging had 96% in the frequency of 48, the design had 76% in the frequency of 38 and open button had 96% in the frequency of 48. Also, decorative button had 74% in frequency of 37 and then introducing tucks 80% in the frequency of 40. Shell edging and opening button were most common and more acceptable type of buba dress style for women with figure flaws living in rural areas of Ayigba in Kogi State.

Research Question 3: What are the design criteria for the new buba dress pattern for women with figure flaws?

Table 3: Design Criteria for Buba Dress pattern for women with figure flaws

S/N	Design Criteria	A	N	D	SD	Mean	SD
1.	Aesthetically pleasing design	192	2	1	-	4.98	0.175
2.	Design sizes and figure types provide a range sizes and figure types	5	5	-	-	4.92	0.351
3.	Provide adjustable closure for easy donning doffing and operation	195	-	-	-	5.00	0.000
4.	Comfortability	-	-	-	-	5.00	0.000
5.	Design should enhance self and professional image	190	5	-	-	4.97	0.158
6.	Affordable	2	-	-	-	4.99	0.1017
7.	Design should adequately	165	20	-	-	4.79	0.517

Note: Design criteria were rated on 5-point liket type scale where A represents agree, *N* represent neutral *D* represent disagree and *SD* represents strongly disagree (SD).

Table 3 indicate the design criteria scale for buba dress style for women with figure flaws living in rural area of Anyigba, Kogi state who responded to seven (7) items, five point likert scale of " agree" "neutral" was presented for assessing the design criteria to be utilized in producing the buba dress patterns and styles for women with figure flaws living in rural areas of Anyigba Kogi State. The mean and standard deviation was calculated for the design criteria statements. In all the statements, the mean value was above 4.50. This showed that all the respondents agreed to the design criteria for new buba dress patterns for women with figure flaws living in rural areas of Anyigba in Kogi State.

Research Question 4: What are the pattern drafting skills needed in buba dress styles for women with figure flaws?

Table 4: Responses on the pattern drafting skills needed in buba dress style for women with figure flaws

S/N	Respondents	Needed	Not needed	% needed	Remarks	
1.	Sketching skill	10	8	2	80	Needed
2.	Tracing	10	6	4	60	Needed
3.	Ruling Straight	10	3	7	3	Not Needed
4.	Cutting	10	5	5·	50	Needed
5.	Laying	10	5	5	50	Needed
6.	Drawing curves	10	4	6	40	Not Needed
7.	Adding Seam allowance	10	7	3	70	Needed
8.	Identify Measurement parts	10	8	2	80	Needed
9.	Taking body measurement correctly	10	9	1	90	Needed
10.	Insert Notches	10	5	5	50	Needed
11.	Insert pattern marks	10	9	1	90	Needed
12.	Pattern Drafting information	10	10	0	100	Needed
13.	Interpreting Information	10	2	8	20	Not Needed
14.	Fitting	10	9	1	90	Needed

% needed = needed/respondent x 100/1

Table 4 shows the drafting skills that were identified· as needed in drafting buba pattern for women with figure flaws. 11 out of 14 skills were rated by respondents as needed, while 3 were regarded as not needed by the respondents. Any item that scored less than 50% were regarded as not needed. The necessary skills identified as needed are sketching, tracing , cutting and laying patterns also adding seam allowance, taking body measurement correctly, ability to insert notches, inserting pattern marks, giving information on pattern, transferring pattern pieces to fabrics and fitting , while skills identified as not needed are interpreting information and drawing curves.

Discussion of the Findings

Results from data analysis in (table1) have shown that the average body measurements for the subjects who were women with figure flaws. It was noted that bust measurements ranged from a mean of 83.3cm for small sized women to a mean of 116.7cm for the large sized women. For the waist, the range is from a mean of 73cm to a mean of 115cm for small size and large size respectively. The hips measured 92.3cm, mean for small size; 105cm, mean for medium size; 134.5, mean for large size. This finding was similar to Ezike and Eze (2019), who pointed out the need for development of average mean body measurement for all sized categories. The study indicated some of the components of new buba dress style for women with figure flaws. Scallop neck design had 80% in frequency of 40, while shell edging had 96% in the frequency of 48, the design had 76% in the frequency of 38 and open button had 96% in the frequency of 48. Also, decorative button had 74% in frequency of 37 and then introducing tucks 80% in the frequency of 40. Shell edging and opening button were most common and more acceptable components of buba dress style for women with figure flaws living in rural areas of Ayigba in Kogi State. The study was similar to Wright (2006) who supported these components by constructing clothing standard guide for students in Mexico.

The design criteria introduced in buba dress style showed that the designs were based on 5-point likert scale of "strongly agree" strongly disagree" and were presented for assessing the design criteria utilized in producing the buba pattern dress style.

The new bodice, neck and sleeve of buba styles had the scallop neck, shell edging, opening with button, decorative buttons and tucks. This was in line with Gbatodemes, Amankwa and Komla (2016) who opined that disguising figure problems in women can be achieved through perceptive garment patterns. It was found that the widest distribution of values indicative of women with figure flaws were associated with the sizes of the bust, waist and hips. The range for bust measurement is from a minimum of 75cm for small size to a maximum of 130cm for the large size. In the case of waist, the range is from 58cm which is the minimum for small size to 116cm which is

maximum for large size. As for the hips, the range is from 81cm minimum for small size to 140cm maximum for large size.

It was also found that the widest alteration to the buba drafted patterns related to the hips, waist and bust. This was expected, judging from the foregoing finding of the variability of dimensions of figure flaws. The needed wide alterations were particularly typical of the women in large size category. The first model in that group was an interesting case of figure flaws. The subject was tall and fat with exaggerated hips but with relatively small bust. Karina (2015) also stated the need to create clothes that fits.

1. The average rating of the clothing fit by the judges was 76.8% with a range of 7.8. The score was interpreted to imply satisfactory. However, the shoulder slope was too short.
2. The models found the buba dresses comfortable to wear based on their mean score of 77.8% although with a wider range of 16.7. The range suggests a wider variability in the satisfactory scale of the individual women with figure flaws.

Conclusion

Women with body proportions that deviate from normal, have figure flaws. Buba sewn on standard measurement placed on average body for their sizes do not normally fit these women. Their dresses require making necessary alterations to take care of the problem of figure flaws Heather (2014). Women with figure flaws need specially adjusted dresses that can fit their figures and provide their comfort when worn. Such dresses can be provided when the dressmaker utilizes drafted patterns or the women with figure flaws. Shutter (2012) pointed out that design figure in women is achieved through perceptive garment pattern.

Women of the same size may have different figure flaws depending on the variety of their stereotype and the type of figure that has been developed whether tall or slim, short and plump, top heavy or bottom heavy, or with flat chest, large hips, long neck, large bust and plump upper arm. Balance and proportion are essential consideration in designing and constructing garments for women with figure problems. This was in agreement with Anikweze (2018) who pointed out that to successfully disguise figure faults, preference should be given to sheer and bulky fabrics that seem to enlarge the size of the wearers with buba dress styles. The clothing fit of dresses sewn for women with figure problems, depends mainly on the accuracy of the measurements used for drafting the basic block for the dresses. There is scarcity of studies that have recorded contrary results to the effectiveness of buba dress for women with figure flaws when patterns are developed.

Recommendations

Based on the findings of the study, the following recommendations were made:

1. The data obtained from this study, particularly on average mean body measurements should be made available to students of clothing and textiles for use in pattern drafting and alteration for women with figure flaws.
2. The block patterns developed are recommended for tailors and fashion designers, particularly those involved in making garments for the public. The developed block patterns should be adopted for teaching pattern alteration to students of clothing and textiles.
3. The buba dress patterns and styles are recommended to Nigeria society in some colorful occasions and ceremonies such as wedding, burial and naming ceremonies etc. It is recommended that the development of buba dress patterns be exposed to women with figure flaws living outside Ayigba for culture revolution in dress patterns and styles.

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