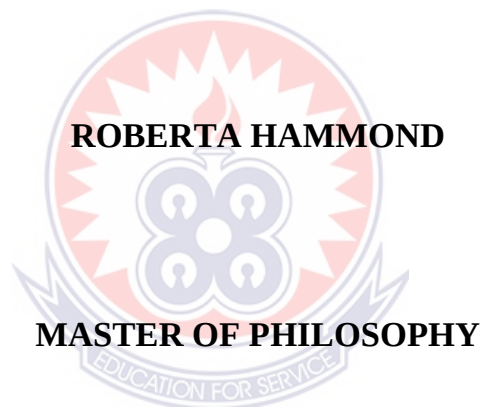


**UNIVERSITY OF EDUCATION, WINNEBA**

**Management of dormant wardrobe among Female Youth of Winneba  
(Age 20-40)**



**2023**



**UNIVERSITY OF EDUCATION, WINNEBA**

**MANAGEMENT OF DORMANT WARDROBE AMONG FEMALE YOUTH  
OF WINNEBA (AGE 20-40)**

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**ROBERTA HAMMOND**  
**(202150852)**

**A thesis in the Department of Clothing and Textiles Education, Faculty of  
Health, Allied Sciences and Home Economics Education, submitted to the School  
of Graduate Studies in partial fulfilment  
of the requirements for the award of the degree of  
Master of Philosophy  
(Clothing and Textiles)  
in the University of Education, Winneba**

**FEBRUARY, 2024**



## DECLARATION

### **Student's Declaration**

I, Roberta Hammond, hereby declare that this dissertation, except for the quotations and references contained in published works that have been identified and duly acknowledged, is entirely my own original work. Furthermore, I confirm that it has not been submitted, either in part or in whole, for another degree elsewhere.

**Signature:** .....

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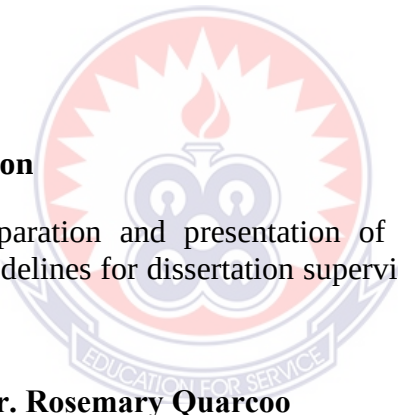
### **Supervisor's Declaration**

I declare that the preparation and presentation of this work was supervised in accordance with the guidelines for dissertation supervision set forth by the University of Education, Winneba.

**Supervisor's Name: Dr. Rosemary Quarcoo**

**Signature:** .....

**Date:** .....



## DEDICATION

I specially dedicate this Master's thesis to my lovely husband Michael Anderson, my adorable children Augustus, Stella Roberta and Michelle.



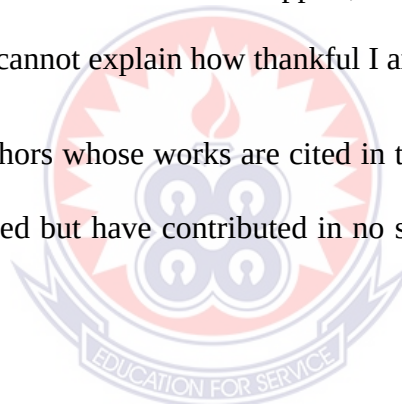
#### ACKNOWLEDGEMENTS

I wish to acknowledge with unreserved appreciation the guidance of my Supervisor, Dr. Rosemary Quarcoo of the faculty of Home Economics University of Education, Winneba for her unrelenting effort, correction and suggestions.

I must appreciate the massive support, patience and understanding of my loving husband and children for their understanding especially, days I have to be away for lectures.

My appreciation would not be complete without acknowledging Prof Samuel Asiedu-Addo and Dr Mrs Adelina Arkhurst and Madam Priscilla Arkah, Dr Jacqueline Ogoe and Miss Linda Cobbah for their immense support, and encouragement throughout the course. In fact, words cannot explain how thankful I am.

Finally, I thank the authors whose works are cited in this work and all persons whose names are not mentioned but have contributed in no small way to the success of this dissertation.



## TABLE OF CONTENT

| <b>Contents</b>                           | <b>Page</b> |
|-------------------------------------------|-------------|
| DECLARATION                               | iii         |
| DEDICATION                                | iv          |
| ACKNOWLEDGEMENTS                          | v           |
| TABLE OF CONTENT                          | vi          |
| LIST OF TABLES                            | ix          |
| LIST OF FIGURES                           | x           |
| ABSTRACT                                  | xi          |
| <br><b>CHAPTER ONE: INTRODUCTION</b>      | <br>1       |
| 1.0 Overview                              | 1           |
| 1.1 Background to the Study               | 1           |
| 1.2 Statement of the Problem              | 5           |
| 1.3 Purpose of the Study                  | 6           |
| 1.4 Objectives of the Study               | 6           |
| 1.5 Research Questions                    | 6           |
| 1.6 Significance of the Study             | 6           |
| 1.7 Delimitation                          | 7           |
| 1.8 Limitation                            | 7           |
| 1.9 Operational Definition of Terms       | 7           |
| 1.10 Organization of the Study            | 8           |
| <br><b>CHAPTER TWO: LITERATURE REVIEW</b> | <br>9       |
| 2.0 Overview                              | 9           |
| 2.1 Theoretical Framework                 | 9           |
| 2.2 Conceptual Framework                  | 13          |
| 2.3 Empirical Review                      | 13          |

|                                                               |                                                                               |           |
|---------------------------------------------------------------|-------------------------------------------------------------------------------|-----------|
| 2.4                                                           | Dormant Wardrobe                                                              | 13        |
| 2.5                                                           | Reasons for Keeping Dormant Clothing                                          | 15        |
| 2.6                                                           | Ways of Managing Dormant Wardrobe                                             | 18        |
| 2.7                                                           | Effect of Keeping Dormant Wardrobe                                            | 39        |
| 2.8                                                           | Wardrobe Planning                                                             | 46        |
| <b>CHAPTER THREE: RESEARCH METHODOLOGY</b>                    |                                                                               | <b>50</b> |
| 3.0                                                           | Overview                                                                      | 50        |
| 3.1                                                           | Research Approach                                                             | 50        |
| 3.2                                                           | Research Design                                                               | 50        |
| 3.3                                                           | Area of Study                                                                 | 51        |
| 3.4                                                           | Population                                                                    | 52        |
| 3.5                                                           | Sample Size                                                                   | 53        |
| 3.6                                                           | Sampling Techniques                                                           | 54        |
| 3.7                                                           | Instruments for Data Collection                                               | 55        |
| 3.8                                                           | Data Collection Procedure                                                     | 57        |
| 3.9                                                           | Data Analysis Procedure                                                       | 57        |
| 3.10                                                          | Ethical Consideration                                                         | 57        |
| <b>CHAPTER FOUR: DATA ANALYSIS AND DISCUSSION OF FINDINGS</b> |                                                                               | <b>59</b> |
| 4.0                                                           | Overview                                                                      | 59        |
| 4.1                                                           | Demographic Characteristics of Respondents                                    | 59        |
| 4.2                                                           | Presentation of Findings and Discussion in Relation to the Research Questions | 62        |
| 4.3                                                           | Discussion of Findings in Relation to Research Questions                      | 88        |

|                                                               |            |
|---------------------------------------------------------------|------------|
| <b>CHAPTER FIVE: SUMMARY, CONCLUSIONS AND RECOMMENDATIONS</b> | <b>100</b> |
| 5.0 Overview                                                  | 100        |
| 5.1 Summary of the Findings                                   | 100        |
| 5.2 Main Findings                                             |            |
| <b>Error! Bookmark not defined.</b>                           |            |
| 5.2 Conclusions of the Study                                  | 103        |
| 5.3 Recommendation                                            | 105        |
| 5.4 Suggestion for Further Studies                            | 106        |
| <b>REFERENCES</b>                                             | <b>107</b> |
| <b>APPENDIX</b>                                               | <b>118</b> |



## LIST OF TABLES

| <b>Table</b>                                                         | <b>Pages</b> |
|----------------------------------------------------------------------|--------------|
| 3.1: How the population for the study was calculated                 | 53           |
| 4.1: Background data of respondents                                  | 60           |
| 4.2: The Extent to which Female Youth of Winneba Keep Dormant        | 81           |
| 4.3: Reasons why female youth of Winneba keep dormant clothing       | 84           |
| 4.4: Effects of keeping dormant wardrobe by female youth of Winneba. | 86           |
| 4.5: How female Youth of Winneba manage their dormant wardrobe       | 87           |



## LIST OF FIGURES

| <b>Figure</b>                                                                                                  | <b>Page</b> |
|----------------------------------------------------------------------------------------------------------------|-------------|
| 1: Maslow's Hierarchy of Needs and Clothes                                                                     | 14          |
| 2: Reasons and effect of Dormant Wardrobe                                                                      | 13          |
| 3: A remodeled articles made from a long sleeve shirt into a skirt and blouse.<br>(Mattern 2017)               | 33          |
| 4: A wedding dress remodeled into a simple dress                                                               | 33          |
| 5: The Average Amount of Time it Takes for Clothing to Decompose in<br>Landfills. (Infographic by Daily Sabah) | 42          |
| 6: Messy Closets                                                                                               | 46          |
| 7: Map of Winneba                                                                                              | 52          |



## ABSTRACT

This study sought to investigate the management of dormant wardrobe among the female youth of Winneba. Responses from three hundred and sixty female youth, 20-40 years of age, who were members of the six congregations of the Methodist church in Winneba, were collected using a close ended questionnaire. They were all female youth of the six Methodist churches in Winneba and were selected based on their interest in changing clothes for almost every occasion which made the researcher wonder where they will keep all the clothes after some years and also to know if the respondents keep dormant wardrobe. The first objective was to examine the extent to which they keep dormant wardrobe, then to also find out the reasons for keeping dormant wardrobe, the effect of keeping these dormant wardrobes and finally to find out ways they manage their dormant wardrobe. The research instrument underwent pilot testing with female educators of Winneba Secondary School aged between 20 and 40 years in order to verify its validity and reliability. Data analysis employed descriptive statistics, including mean and percentage usage. The investigation revealed that a significant proportion of young women in Winneba strongly endorse the practice of keeping items for specific events or occasions, such as dinner parties, while also acknowledging possession of clothing not worn for over a year. To find out why the female youth keep dormant clothes it was established that most of the respondents agreed to the fact that the nature of work demands more clothes. Always want to keep a “just in case” or as a back-up clothes and Sentimental reason (clothes that reminds you of past activities or ceremonies). The respondents again established by strongly agreeing that the effect of keeping dormant wardrobe was untidy room, and further agreed on difficulty in selecting clothes because of the number and time consuming (searching for clothes to wear). For ways by which the female youth manage their dormant wardrobe most of the respondents agreed on throwing away their wardrobe but least agreed on donation as a way of managing their dormant wardrobe. The researcher recommends that the female youth should be educated on the different ways of managing their dormant clothes in order not to experience the associated effects. Example having loads of out of fashion, unfitting or clothes that needs renovation in your room coursing untidy rooms which may lead to hoarding disorder. Throwing away of clothes should be discouraged because it adds to the landfill but rather renovated/remodelled to give them a renewed life. Renovation and remodelling centres should be established by the Ghana dressmaker’s association because most dressmakers do not want to waste time on old articles. This will go a long way to prevent the keeping of dormant clothes.

## CHAPTER ONE

### INTRODUCTION

#### 1.0 Overview

This chapter provides a comprehensive overview of the work and contextualizes the problem under investigation. It articulates the study's purpose, objectives, research questions, significance, limitations, delimitations, and elucidates on the structure of this dissertation.

#### 1.1 Background to the Study

All individuals across the globe wear an attire, commonly referred to as clothing, dress, apparel or garment. Foster (2014) defines clothing as articles of clothing worn on the body such as suits, dresses, pants, shawls, socks, footwear accessories like gloves and jewellery; handbags and head coverings including scarves. According to Sontag and Lee (2004), clothing not only modifies but also creates or influences an individual's body image or cathexis while simultaneously affecting self-perception. Consequently, body image or cathexis may impact one's choice of clothing.

People have different reasons why they buy clothing and have reasons for keeping them in their closets despite all odds. One of such reasons is their general interest in clothing. Clothing interest is defined as an individual's "attitude and beliefs about clothing, the knowledge of and attention paid to their clothing, and the concern and curiosity a person has about his/her clothing and that of others" (Gurel 1974) as cited in Tat Huei C, (2018).

The level of interest that individuals have in clothing can be demonstrated through their practices, such as the extent to which they utilize clothing and the resources including time, energy, and money they are willing to dedicate towards it. Additionally, their awareness of new fashion trends is a significant factor (Gurel 1974; Kaiser 1997; Lukavsky, Butler & Harden 1995), as cited by Tat Huei (2018). In essence, an individual's degree of interest in clothing primarily depends on factors such as their beliefs, attitudes, knowledge levels and curiosity about apparel. This aspect of consumers' behavior holds considerable significance for both producers and retailers within the fashion industry (Gurel 1974) as noted by Tat Huei (2018). Typically these industry players strive to understand what motivates consumers' interest in purchasing specific types of garments (Zeb, Rashid & Javeed, 2011).

As an individual's interest in apparel increases, it has a profound impact on one's personal appearance. According to Rasband (1996) cited by C. Tat Huei (2018), an individual's

personal appearance conveys significant information about their identity and nature. While clothing is only one of several components that make up an individual's personal appearance, it can convey more about them than all other factors combined. Clothing is regarded as an extension of oneself; through the clothing we wear, we communicate who we are and what our preferences entail. It is imperative to choose clothing that accurately reflects our true selves and presents us favorably to others.

Furthermore, Rasband (1996) cited by Tat Huei (2018) asserts that attire and personality are closely intertwined - external appearances often mirror internal characteristics. An individual's attire can be indicative of various aspects such as inner thoughts, habits, values, personal memories and personality traits just like emotions do. Much speculation regarding a person stems from their choice of clothes or fashion style - even before any interaction takes place with them, one can somewhat predict what they might be like based on their apparel choices alone.

With this in mind, individuals always want to acquire enough clothing items in their wardrobes so as to always improve their personal appearances at every point in time.

In an attempt to improve appearance, people most especially the youth buy more than enough that they lose count of the number of attires they have or own in their closets.

According to Barquet and Balam (2015) findings, the global expenditure on clothing reached approximately US\$1 trillion in 2000. Presently, textile and apparel sales account for roughly seven percent of worldwide exports. The authors further noted that the workforce engaged in textiles and apparel production was around 26.5 million globally during the same year. China holds over a quarter of the world's clothing production, owing to its rapidly expanding domestic market and dominant position in international trade. While Germany and Italy remain significant exporters of garments, particularly high-end fashion items, the United States retains its status as a leading textiles exporter among Western nations (Barquet & Balam, 2015).

The Ghanaian textile industries main concern should not only be on quality of products but how their customers manage their products to prevent it from landing on landfill or becoming dormant, but they are primarily concerned with producing fabrics for both domestic garment production and export markets. While the sub-sector mainly relies on cotton-based products, there is also a small-scale production of synthetic fabrics. The main cotton-based products include African prints (wax print, java, fancy, school uniforms) and household fabrics that are at the core of this sub-sector (Quartey, 2006). The industry imports a significant portion of its raw materials from various countries such as the Netherlands, China, India, the U.S., E.U., Nigeria and Thailand. These raw material inputs consist mainly of dye stuffs and chemicals, calico fabric, khaki fabric as well as finished textiles including new dresses or bed sheets along with used goods like blankets or clothing items; accessories such as zippers or fasteners are also imported (Friedrich et al., 2006). Additionally machinery equipment and spare parts are brought in to support operations within this sub-sector.

While imported raw materials complement local production efforts by providing necessary supplies like cotton fibers to be spun into yarns which can then be woven into cloth domestically; imported African prints from Nigeria Côte d'Ivoire and South-East Asia tend to crowd out local production altogether. This occurs because these finished products often bear patent designs logos trademarks belonging exclusively to local textile industries but they sell them at very low prices on their home market thereby stifling any chance for competition among indigenous producers who cannot afford competing against cheap foreign-made alternatives.

In Maslow's theory of basic needs, human beings have five basic needs; physiological, security, social, esteem and self-actualization. The most fundamental needs are physiological needs, which include food, shelter, and clothing (Aruma & Hanachor, 2017). Clothing has a significant social impact since it determines a person's acceptance in the community based on the clothes they choose to wear. Clothing improves one's performance and gives an impression about an individual which could make one confident and poised. With these roles clothing play, individuals select their clothing items in order to be accepted in the society in which they find themselves.

According to Woodward (2015), dormant clothing refers to articles kept in closets that are not currently in use for various reasons. This phenomenon is part of a larger accumulation of unused items within domestic spaces, which includes both intentionally stored items and those inadvertently pushed to the back of cupboards or forgotten due to their personal or relational significance.

Cwerner (2015) elucidated that during the formative years, garments are stowed away, oftentimes unseen and even forgotten. They occupy designated spaces, either readily accessible or lost within the recesses of one's wardrobe. Woodward (2015) underscored that even most of the items tucked away in drawers and cupboards lack explicit sentimental value. They have simply become an integral part of people's everyday relationships and lives; nevertheless, they endure despite being outgrown or outdated. However, individuals typically hold onto these dormant articles of clothing for a reason.

According to Melisa (2011), some people keep clothing because they always want to have clothes to wear despite their weight change and therefore keep clothes in multiple sizes. Others keep clothes because they feel guilty about wasting money on new or nearly new clothes that did not fit them properly. In an attempt to reduce dormancy, a well-planned wardrobe is necessary.

A wardrobe plan is a meticulously crafted strategy, tactfully designed to meet your personal clothing requirements. It can be as basic or intricate as desired, but it should always cater to your unique needs. A well-curated wardrobe ensures effortless selection of daily attire (Dua, 2017). When planning a wardrobe, the factors to be considered are the needs and wants of

individuals, their lifestyle: jobs, social circle, etc. climate, religion and culture; body type, personality and budget.

In a study conducted by Banim and Guy (2001), it was discovered that certain women retain clothing items for the purpose of preserving memories associated with them. Similarly, Bye and McKinney's (2007) research shows that consumers often hold onto clothing pieces due to their symbolic significance as tangible links to important people, places, emotions or experiences. They also found that individuals tend to resist parting with these items if they feel they have not received sufficient use from them and are therefore unable to justify their initial investment. Brownie's (2013) work asserts that while many people keep clothes out of fear of not being able to replace them in the future, discarding such items is often deemed undesirable rather than keeping them desirable. Both Banim and Guy's (2001) findings as well as those of Bye and McKinney (2007) indicate that over time consumers may become more willing to dispose of items which they initially resisted letting go of.

Fuller (2021) posits that our society is entrenched in materialism, teaching us that the more possessions we accumulate, the greater our happiness. However, this mindset can lead to stagnant energy and heightened stress levels due to an overabundance of clutter. Emotional attachment to items, unbridled consumer impulses, fear of discarding sentimental keepsakes and a desire to hold onto past memories are some reasons why we imbue our belongings with emotional significance. Disposing of objects can be difficult as it may represent relinquishing treasured memories or abandoning hope for the future. Consequently, people tend to retain their possessions despite them adding mental and emotional strain rather than practical value. This results in closets becoming unmanageable and clothing being damaged due to prolonged storage; searching for specific items becomes time-consuming amidst a plethora of clothes within the closet.

Dormant clothes in our closet can be managed by remodelling to save money and bring variety, selling to add up to your income and by donating to others in need. Moreover, Fuller (2021) recommends that when replacing an old item, it is imperative to dispose of the outdated object in order to create ample space for its successor.

In addition to retaining these clothing items, it is apparent that the longevity of clothing relies on both its technical and social robustness as well as its flexibility. The correlation between the duration of a garment's lifespan and frequency of use is intricate. Possessing a vast array of clothes increases the likelihood that certain pieces will be scarcely worn, potentially resulting in several years passing before they are worn out (Laitala & Klepp, 2015). Brownie (2013) suggests that every woman's wardrobe contains both active and inactive components – some garments are frequently utilized while others remain untouched. These dormant articles lie in wait with hope for an opportunity to adorn our bodies and fulfil their destiny (Brownie 2013). As a general guideline, it may prove beneficial to purge one's wardrobe approximately twice annually (Brooth, 2019). Additionally, Kristel (2023) recommends relocating unused clothes from one's primary closet into a separate storage area or container if there is uncertainty regarding their use.

There are not many studies on this subject, and the majority comes from other nations with different climates, cultures, and values, like Fuller (2021) and Brownie (2013) who

particularly researched into reasons for keeping unused clothes. This study, therefore, seeks to find out why the female youth of Winneba (Ghana) keep dormant clothing as well as find out their knowledge on the ways of managing these dormant wardrobes.

## 1.2 Statement of the Problem

Clothing is an important matter in everyday life situations. Clothing are elements that are used to express one's identity (Piacentini & Mailer, 2004). Rieke, Fowler, Chang, and Velikova (2016) state that female customers are always looking for apparel items that help them identify themselves as individuals and help them feel unique. In addition, ladies utilize their clothes to project confidence (Connell, Alexander & Presley, 2005). Compared to males, women are thought to spend more time and money selecting their wardrobe (Goldsmith et al., 2012). Additionally, women make more deliberate clothing choices to correspond with the social activities they must participate in (Kwon, 1997 in Fasoli, Maass, Volpato, Giuseppina Pacilli, 2018). This is likely due to the fact that wearing an outfit that is thought to be appropriate for the situation makes them feel better (Lee & Choo, 2015). Through observation at the researcher's workplace and place of worship, the researcher found that the majority of female teenagers love switching up their wardrobes. They wear one piece of clothing for a time before getting rid of it in favour of a new one, but they also lament their lack of garments and financial struggles. According to Liddelow (2017), there comes a point when you get so tired of searching that you feel extremely at ease, or you may even come up with an excuse and stay home altogether. The researcher also became aware of her close female colleagues' weekly and sporadic rushes to sew and purchase new clothes for various occasions. Eventually, this mentality causes them to accumulate a tonne of fantastic clothing that they have spent a tonne of money on, all of which are hanging in closets. Some people tend to accumulate a lot of clothes that they only wear on special occasions. However, this can lead to a problem of having to search through a large amount of clothing items in their closet whenever they need to go out. This is because people often want to dress well and look good, which is closely connected to their self-image, self-confidence, and satisfaction with themselves. According to a study by Monika, Schuhmacher, Janda, and Woodside (2013), the frequency of shopping for clothes and the importance of dressing well have a significant impact on these factors. It is also found that on average, British men and women accumulate unworn clothing worth 32,951 British pounds over their lifetime, as of 2019. Though women made up the majority of the total, with an average of 22,140 British pounds in unworn apparel, men were estimated to own 11,811 pounds worth of unworn clothing Blázquez, (2021). It is interesting to note that women are more conscious of dressing issues than men are, and unlike men, they rarely get the opportunity to wear the same item of clothing more than once. For this reason, women must have a suitable number of outfits in their wardrobes. As a result, a large quantity of women's clothes is produced to meet the need of this market segment (Yaqub, 2023).

The clothing industry in Ghana has seen a shift from traditional demand to custom-made apparels to western mass produced clothing. When fashion in the larger Ghanaian society is assessed, people consume pallets of clothing of different types and styles, which in a variety of combinations are facilitated by a thriving second-hand clothing industry (Honu et al 2020).

All through literature, dormant clothing seems to be nonexistence in the Ghanaian contest, scores of research has focused on the local fashion designers competition with other second hand importers and mass produced items, which can undermine their market shares as well as consumer growing demand and preference for second hand clothing (Gyampong et al., 2023; Amakwah et al., 2022 & Essel & Amissah, 2014). It can be implied that this phenomenon may contribute to clothing dormancy since these clothes are made to fit, they do not have seam allowances for alterations when the need arises. Consequently, due to the fact that they are relatively inexpensive, costumers tend to buy more which may increase wardrobe dormancy.

Besides, Fuller (2021) states categorically that if you possess clothes which do not fit, shoes you never wear, or anything else that does not bring you value but could be used by others, donate it, sell it or pawn it. When it comes to clothing, a good rule of thumb is to donate anything you have not worn or used in a year. Hence, the researcher wishes to investigate the management of these dormant garments in the closets of female youth of Winneba.

### 1.3 Purpose of the Study

The purpose of the study was to investigate management of dormant wardrobe among the female youth of Winneba.

### 1.4 Objectives of the Study

The study was guided by the following objectives; to:

1. ascertain if female youth of Winneba keep dormant wardrobe.
2. find out the reasons why the youth keep dormant clothing.
3. investigate the effects of dormant wardrobe on the female youth of Winneba.
4. examine how dormant wardrobe could be managed among the female youth of Winneba.

### 1.5 Research Questions

1. To what extent do female youth of Winneba keep dormant wardrobe?
2. Why do the female youth of Winneba keep dormant clothing?
3. What are the effects of keeping dormant wardrobe by female youth of Winneba?
4. How can the female youth of Winneba manage their dormant wardrobe?

### 1.6 Significance of the Study

The study will contribute to existing literature on managing female youth's dormant wardrobes. It will also be useful to workers or individuals who keep dormant clothing items, complain of financial difficulties yet spend more money changing their wardrobe. The study also seeks to be of benefit to anyone who keep dormant wardrobe to prevent any later effects. Additionally, the study will also be useful to anyone who wants to get information on dormant wardrobe and how they are managed by female youth. The study will also assist young consumers in comprehending the reasons behind their excessive clothing consumption, which may inspire them to be more deliberate when making new purchases or thinking through ways to manage their current wardrobes.

#### 1.7 Delimitation

The study was delimited to female youth of Winneba between the ages of 20-40. It did not cover all clothing items but only attire owned by the female youth between the age brackets.

#### 1.8 Limitation

The limitation was the retrieving of the questionnaires from respondents. The initial plan of collecting the questionnaires that very day of submission did not work as most of them requested to fill it and submit the following week of which some submitted a week or two. This did not affect the results but time for data collection.

#### 1.9 Operational Definition of Terms

**Wardrobe:** For the purpose of this work, wardrobe which is a collection of clothes means an attire or garment worn by female youth.

**Youth:** For the purpose of this work youth were females of 20- 40 years old who at that age can make decisions about clothing.

Dormant: inactive clothes in the closet of female youth.

#### 1.10 Organization of the Study

There were five chapters in this study. The first chapter provided background information about the project and contextualised the study's problem. It outlined the goals of the research and provided an explanation of the thesis' format. The literature on the subject and current theories were reviewed in Chapter 2. In Chapter Three, the research technique was also covered, with an emphasis on the approach taken to meet the study's goals. The selection of methodologies to be utilised in data analysis was explained and justified, with a focus on their validity, reliability, and efficacy in achieving the study's objectives. The study results and a discussion of the findings in light of the literature examined in Chapter 2 formed the basis of Chapter 4. Important and original discoveries would also be found, evaluated, and debated. The main conclusions of the study and the conclusions drawn from them in light of those of comparable earlier studies will be covered in detail during the discussion. The summary of facts, conclusions, and suggestions formed the basis of the fifth and final chapter. This chapter will list the main research findings and explain how the effort will advance understanding. There will be recommendations for more research in this chapter as well.

## CHAPTER TWO

### LITERATURE REVIEW

#### 2.0 Overview

This chapter constitutes the review of both theoretical and empirical data on the topic under investigation. The chapter provides an extensive review of current and relevant literature in this particular field of study. To attain this feat, the researcher reviewed books, journals, articles and conducted web - based searches of scholarly materials. The theoretical review takes a critical look at scholarly works on the topic while the empirical review constitutes theories underpinning the study. The review covers the following: Theoretical framework (Maslow's Hierarchy of Needs), Conceptual framework, dormant wardrobe, wardrobe and wardrobe planning, why people hold onto dormant wardrobe, effect of keeping dormant wardrobe and ways of managing dormant wardrobe.

#### 2.1 Theoretical Framework

In many respects, clothing defines us as individuals and provides a platform for creative expression. It is frequently the first thing that others notice about us. Wearing clothes helps us stay safe in daily life and allows us to operate in the modern world. However, some people overindulge in clothing. This excess encourages individuals keep clothing items they might not use for reasons, but would want to keep them inside their closets. The study will be framed by the following theories, which also offer additional perspectives on how young females manage their dormant wardrobes.



Figure 1: Maslow's Hierarchy of Needs and Clothes

A well-known theory of motivation is Abraham Maslow's Hierarchy of Needs. According to Maslow's theory, our behaviour is determined by a hierarchy of psychological needs, from elementary to complex. This explains why we focus on the basic requirements first before focusing on the next part of the series. K. Cherry (2018). Maslow was a humanist who believed that all people have an innate desire to fulfill their potential and achieve self-actualization. However, to achieve this ultimate goal, several key requirements must be met. These include the needs for food, shelter, love and self-esteem. He believed that these requirements underlie behavioural motivation and are similar to instincts. Maslow's hierarchy of needs consists of five levels: self-actualization, esteem, social or safety needs, physiological needs, and the lowest level known as physiological needs. Different needs are fulfilled by clothing and this diagram (Figure 1) shows the different needs at different levels and how clothing fulfills these needs.

#### 2.1.1 Physiological

Physiological needs are essential for survival. Examples of physiological needs include food and water, as well as shelter and clothing. Maslow's hierarchy of needs indicates that without satisfying our physiological needs, we cannot survive or strive for any other need. Clothing is an important aspect of shelter that helps regulate our body temperature and protect us from the elements (Hugh, 2016). While clothing needs are generally easily met in industrialized cultures with heating and air conditioning, it is still an important part of meeting our physiological needs. For instance, a young woman may buy expensive clothing

to protect herself from the elements while also feeling respected and fulfilling her esteem needs.

#### 2.1.2 Safety

People need to feel protected. A little increase in complexity is seen in the needs at the second level of Maslow's hierarchy. At this point, security and safety concerns take precedence (Cherry, 2018). While clothing can shield us from the weather, other people are typically significantly more harmful. When people leave a room, they think about their attire first. Depending on the sort of work being done, the weather, and other factors, specific clothing selections will be made for safety. Most women have everything they need in their closet, regardless of the weather. These garments accumulate in their homes because they purchase new ones according to shifting fashion trends each season.

#### 2.1.3 Love/Belonging

Maslow's hierarchy of needs also refers to the requirements for affection and a sense of belonging as social needs. These include belonging, acceptance, and affection. Human behaviour is driven by the demand for emotional relationships at this level (Cherry, 2022). Among the items that fulfil this demand are:

- Friendships
- Romantic attachments
- Family relationships
- Social groups
- Community groups
- Churches and religious organizations

To avoid loneliness, depression, and anxiety, it is crucial for individuals to feel loved and accepted by others. Personal relationships with friends, family, and romantic partners play a significant role in achieving this, as well as involvement in groups such as religious organizations, sports teams, book clubs, and other group activities. Clothing can convey affection and wearing certain types of clothes can reflect this emotion. Uniforms for instance indicate a sense of belonging within a group. Socially, clothing holds significance as it determines acceptance within a community. Sometimes, individuals may accumulate excess clothing unintentionally, leading to cluttered closets

#### 2.1.4 Esteem

Clothing is a single of the most widely used objects that individuals use to meet their psychodynamic and psychographic wants, such as appearance, social status, and self-esteem, according to Stanforth (2009), referenced in Tat Huei (2018). The ability of clothes to satisfy these criteria is what would pique a person's interest in clothing items.

According to Tat Huei (2018), the individual would aim to buy clothes and would expend a considerable amount of time and energy in locating the suitable clothing goods to meet the expectations outlined above (Kaiser 1997; Stanforth 2009). It is possible to entirely remove clothes from their intended physiological function and use it as a tactic to get acceptance. Clothing has the potential to become a conspicuous form of luxury that gives its wearer status and esteem. Sontag, M. S., & Lee, J. (2004) make it quite clear that an individual's view of themselves or physique cathexis may have an effect on their sense of self-worth and satisfaction with their wardrobe. Clothes can either reflect or improve one's body pleasure or function as a buffer against it.

One's status in society also affects the way of dressing. Example kings and queens are expected to be in expensive presentable attires during informal and most especially special occasions. The rich in society is identified by the choice of clothing. When individuals attain higher positions example at work, it affects the type of clothes they wear. Women will always prefer numerous high fashion clothes to match with their current positions. These clothes when not managed well will be considered as dormant in their closets.

#### 2.1.5 Self-Actualization

Maslow's hierarchy places self-actualization needs at the top. Self-actualizing people are self-aware, focus on their own development, are indifferent to the opinions of others, and strive to realize their full potential (Sherry, K. 2022). "Whatever a person is, he must exist," said Maslow, referring to the desires that drive people to realize their highest potential as human beings. Maslow said that self-actualization is "the recognition of talents, abilities, potential, etc." It can be loosely defined as use and full use. Such people seem to figure it out and do the best they can. They are people who have developed or are developing their full potential" (Sherry, 2022) As people strive to reach their full potential, they find ways to pay less attention to fashion. Many successful people wear the same clothes every day to increase their productivity. A good example is that Steve Jobs always wore his black jeans, pants and shoes. One way to spend less time on clothes and more time on other important tasks is to use a clothing formula (Hugh, 2016). On the other hand, women who have been

able to realized their potential will want to dress to satisfy her inner being and also communicate her achievements through the collection of clothes they wear.

## 2.2 Conceptual Framework

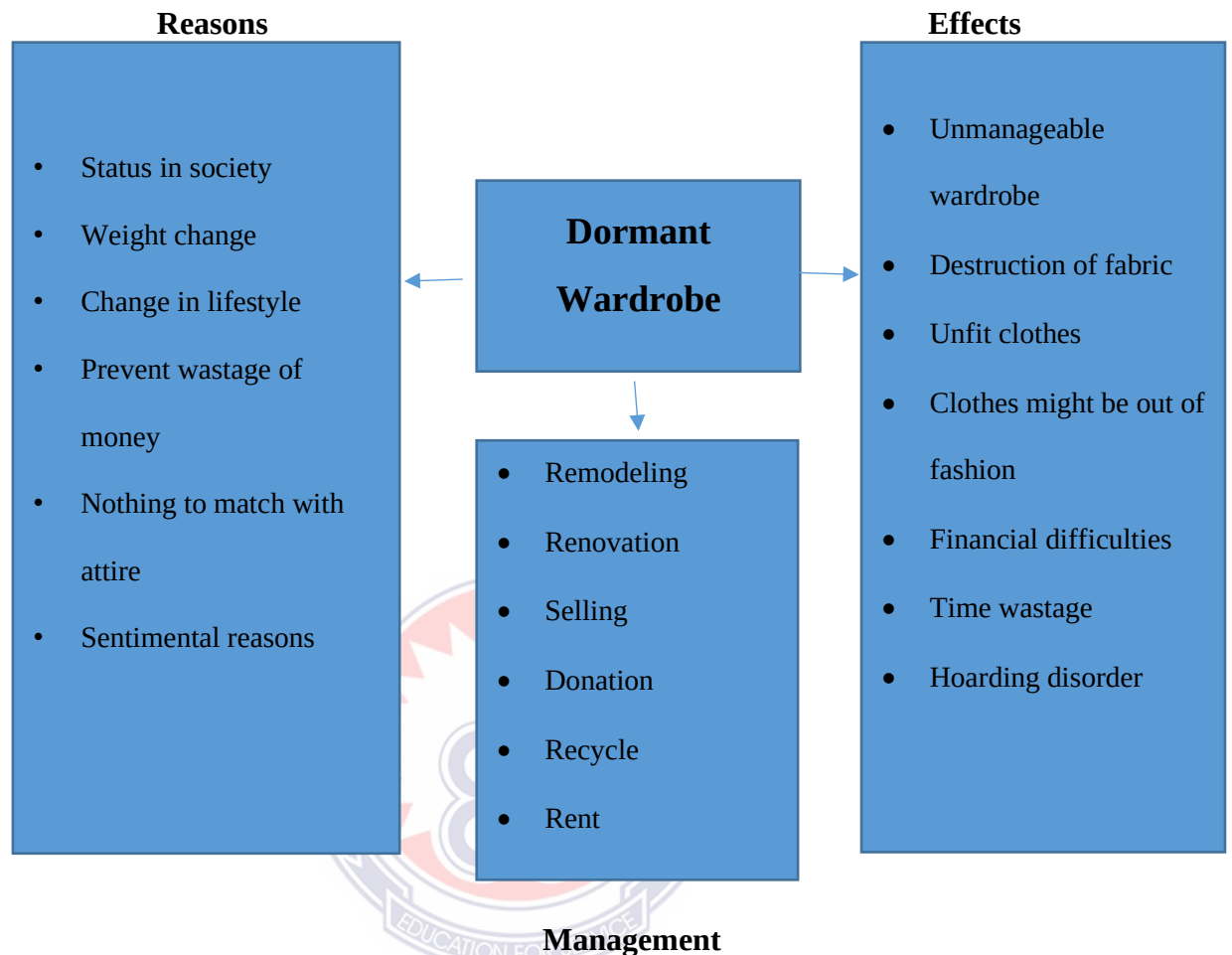


**Figure 2: Reasons, effects and management of Dormant Wardrobe**

## 2.3 Empirical Review

This section of the chapter pre-sets the review and discussion of literature related to the research objectives. It covers thematic areas such as dormant wardrobe, reasons for keeping dormant clothing, Ways of managing dormant wardrobe, ways of making clothes active and long lasting, effects of keeping dormant wardrobe and wardrobe planning.

## 2.4 Dormant Wardrobe

Over the past 30 years, the global fashion industry has undergone significant changes due to changes in retail business models and changes in consumer behavior. In the

1980s, the industry's success was primarily based on the production of basic fashion styles such as Levi's jeans and button-down shirts (Barnes and Lea-Greenwood, 2006). At the time, clothing retailers were anticipating consumer demand and setting fashion trends. The entire industry followed a strict seasonal calendar regarding new fashion styles and when consumers could purchase them. Designer shows provided inspiration and direction for the upcoming season, but were primarily limited to industry insiders such as buyers, fashion executives, and fashion magazine editors (Bhardwaj & Fairhurst, 2010).

Many factors influence consumers when deciding which clothes to buy. These include information provided through fashion, branding and marketing activities, as well as personal, psychological and social factors. In addition, factors such as price, brand, quality, aesthetic value and usability characteristics can also influence purchasing behavior. Each of these factors may have different importance to an individual, which may lead to different clothing purchasing behavior. To be successful in the fashion industry, manufacturers and retailers must understand consumer behavior to understand and capitalize on key marketing opportunities. According to Kotler (2001), the factors that influence consumers' clothing buying behavior can be classified into three categories: personal, psychological and cultural. Personal factors such as age, gender, occupation, education level, income level and marital status are among the most important factors that determine consumers' clothing purchasing behavior (Mutter, 2002). According to Stanton, Etzel & Walker (1994), personality traits are one of the psychological factors that influence consumer perception and purchasing behavior. Personality, knowledge, awareness, predictability, and other perceived attitudes vary from person to person and can influence clothing purchasing behavior. Doar (1997) argues that personality can be an important factor in determining consumer behavior if there is a strong correlation between certain personality types and product and brand names. Factors that influence people to buy certain types of clothing include brand name, motivation and attitude. For example, when deciding to buy clothes from a particular brand or fashion, rather than buying clothes based on functionality, emotional motivations such as popularity and attention play an important role in developing the attitude. Wilkie (1991) defines three-dimensional attitude as a cognitive component that forms an individual's thoughts, knowledge and beliefs about a product or brand name, an affective component that provides positive or negative evaluations and evokes emotions, and a behavioral component. : It is defined as a behavioral tendency towards a product or brand name.

Consumer purchasing behavior is influenced by various factors, including socio-cultural factors such as family, group, social class, peers, and cultural background. It is evident from everyday life that an individual's thoughts, attitudes, and behavior are influenced by cultural values, which in turn affects their awareness of fashion and brand names. Different social

classes also possess different opinions regarding fashion and brand name products while making clothing purchases.

Research indicates that the oldest existing Norwegian garment dates back to 1700 years ago (Guhnfeldt, 2011). Similarly, some clothing used today is over 100 years old, while some clothes are only used once or are not used at all (Lilleby, 2014; Laitala & Boks, 2012).

Clothing items kept in closets that are currently not in use are referred to as dormant clothing. Dormancy in the home is defined as the accumulation of items that are not in use within domestic spaces (Wood, 2012). This includes both deliberately stored items as well as those that have been forgotten or hold personal and relational meanings. As stated by Brownie (2013), every woman's wardrobe is partly active and partly inactive. There are clothes that are worn and those that remain unworn. These unworn clothes lie dormant, waiting for the day they will adorn the body and fulfill their destiny.

Clothes can be partly worn for some time before storing them or not ever worn after buying. Research has shown that clothing lifespan and intensity of use vary greatly based on the technical and social robustness, as well as the flexibility of the apparel. This brings to light the danger of keeping clothing items dormant for years.

Apart from the usage of clothing items before it becomes dormant, the life span of the clothing item in terms of fabric type has to be considered. There is a complicated relationship between lifespan and number of uses. Having a lot of clothing increases the likelihood that a particular item will be used infrequently; as a result, years may go by before such items are worn.

## 2.5 Reasons for Keeping Dormant Clothing

There are reasons why people would select clothes and keep those clothes in their closets for years without using them. According to Lu, M (2007), in fact, there are different reasons behind the selection of clothing and fashion pertaining to women.

These include ceremonies, beauty and seduction, current fashion trends, modesty, and status.

**Ceremonies:** Lu (2007) points out that women's clothing choices are based on the rituals they have to participate in. Women's fashion in its many forms is designed for certain occasions and events that commemorate important moments in her life. This can be seen in the common attire for engagement ceremonies and weddings. Birthday parties, proms and celebrations etc. These dresses are often glamorous, trendy, classic or unique items that have a special meaning.

**Beauty and Seduction:** One of the main reasons why women wear a tight black dress to a cocktail party or choose a pantsuit that matches their eye color is to create an attractive look. Over time, ideals of beauty have changed in various cultures where blouses, tight skirts and high hemlines were no longer associated with women's fashion. The perception of beauty varies from person to person, and more and more women no longer dress to impress others, but now choose their clothes based on what makes them attractive and attractive.

For some people, a clean black suit and a crisp white collared shirt is just as attractive as a long formal dress. Sometimes the right accessories, like dangling earrings or open-toed shoes, provide a glamorous finish. Attitude and confidence also help to enhance your wardrobe which is very beautiful and attractive in itself.

**Current Fashion Trends:** In the United States, women often choose designer handbags (such as Coach and Birken patchwork bags) to follow the latest fashion trends or you can choose your clothes according to the new colors of the season.

**Modesty:** Although the concept of modesty varies from place to place and time period, it has played an important role in women's fashion for many years. In different parts of the world and at different times, women were encouraged or forbidden to expose their legs, shoulders, backs, and cleavage. Although the United States does not enforce strict social policies on women and the clothing they wear, some cultures still support the modest side of women's fashion. For example, in Islamic culture women are expected to cover most of their bodies in public. This created a large market for long, concealing clothing made from cotton, wool, polyester, silk, viscose, and denim. Common clothing items include hijab scarves, long Lycra gloves, and abayas (long cape-like garments). and jilbab (coats and outerwear, including long dresses and coats).

**Status:** A woman's choice of clothing is also influenced by her status or position in the social group, as certain elements draw attention to certain affiliations. This can be seen in the skirts worn by college tennis teams and the elaborate dresses worn by African tribal royalty. In the United States, business executives, lawyers, and other high-paying jobs can often be identified by the type of clothing they wear.

Despite all the enlisted reasons for selecting clothes, these clothes are normally left in closets without using them for months and years. The reasons why most people select clothes and decide not to use them, according to Spratt (2020):

- **It can be hard to part with newly acquired or barely worn clothing that makes you feel bad about spending money on it.** Here are some examples: you buy something you really want to wear, but it doesn't turn out the way you thought it would; it might shrink or lose its shape in the washing, or it doesn't go with anything else in your closet; you buy something trendy, but you never feel comfortable in it; or you wanted something new, but settled for something mediocre instead of waiting to find something you love. All these items with time will pile up in closets. According to Azia (2019), buying something you have no interest in and are unlikely to use can easily make you feel bad about your purchase, but the money has already been spent, and keeping something solely because you feel like you should wear it serves as a continual reminder of the amount that was poorly spent.

-Again, most people keep dormant attire in their closets because they are particular about their weight. They believe their weight might either increase or decrease in size so when making purchases, they prefer to buy clothes in multiple sizes. Besides from being an obvious indicator of dormancy, having clothes in sizes that don't fit adds to the visual clutter in people's closets, making it harder to choose what to wear. Anzia (2019) likewise believes that most people hoard items of clothing they no longer wear in an attempt to drop weight

and fit back into them. However, if you lose weight, it's likely that you'll want to treat yourself to something new, and it could be unsatisfactory and detrimental to have a large amount of unfit clothing in your closet. Furthermore, Anzia (2019) mentioned that it can take some time for the clothing to fit again, depending on how much weight you'd like to reduce. You can't take up important closet space with an entire wardrobe of items you wish you could fit into someday.

**-A wardrobe is said to become dormant when there is nothing to pair it with.** Occasionally you purchase an item that you enjoy, but it doesn't go with the rest of your clothes for whatever reason. The capacity to combine and match items is essential to having a smaller, more cherished, and functional wardrobe. All of these items will remain in the closet, perhaps never to be matched.

**- When clothing feels and looks nice, yet the wearer grows weary of it.** Even items that you used to love may experience this. You used to wear something a lot, but you've grown weary of it and stopped wearing it.

**If a new trend in clothing doesn't fit your body type, your life, or it's presently out of season.** This happens when someone buys a trendy item to update their wardrobe, but the item never really fit their body type or way of life, or the trend goes out of style rapidly. Clothing item in this category will lie in the closet waiting for the style to come back trending again which might take years or never come back Spratt (2020).

**The fact that the item is something you wore in the past or will wear in the future is another factor.** Your closet should be filled with items that fit your current way of living. If you don't part with the old clothes from your previous lifestyle and your lifestyle has changed over the last five or ten years, your wardrobe will get even more congested. According to Spratt (2020), one shouldn't stock their wardrobe with items in preparation for a lifestyle they hope to lead in the future, or hoped you were still alive. A wardrobe should represent your current way of living, unless you have specific plans for what you'll need and when. Not one that might happen in the future or might not.

- Most people keep items based on sentimental reasons. Arsdale (2007). According to a study done in 2001 by Banim and Guy, some women preserve their clothing in order to recall a story connected to it. Similarly, studies by Banim and Guy (2001) and Bye and McKinney (2007), who also sought to understand why consumers hold onto certain clothing items, discovered that some clothing items are held onto by consumers due to their symbolic nature—that is, their capacity to act as concrete reminders of significant memories, times, places, emotions, and people. Anzia (2019) referred to emotive grounds as happy memories once more. A person may look upon a garment and longingly recall when they wore it on a memorable holiday or how they purchased a certain dress from a unique company that is no longer in business. For these reasons, they feel obligated to preserve the clothes.

Anzia (2019) pointed out that while sentimental objects like a wedding dress and a few other items are acceptable to preserve, you cannot save everything just because it holds special meaning for you. Perhaps some of the items you wish to keep as inspiration can be kept separate from your regular clothes so that when you see them, you won't feel defeated every time. Most people have these assumptions according to Anzia (2021) about the clothes they keep.

- **It will become stylish once more.** It is difficult to argue with this, especially in light of all the things that remind me of the 1980s and my youth that I see all around me. However, while certain clothes cuts and styles may resurface in fashion, the classic pieces may not always fit the contemporary aesthetic. The current fashion environment and updated textiles can give vintage items a more aged appearance rather than a retro one. Furthermore, your physique will probably change drastically before the item becomes fashionable again. Try-ons are crucial, especially for older clothing as they might not fit you as well as you remember and can help you make a more educated choice. Perhaps some of the items you wish to preserve as inspiration can be kept separate from your regular clothes so that when you see them, you won't be discouraged every time.

- The price tags were high. Spending money on items you don't truly enjoy and won't wear might easily make you feel bad. However, the funds have already been used. Anything you hold onto only because you feel you should wear it serves as a constant reminder of the money poorly spent. It would be better to donate the item and move on, try consigning it, or give it to a friend or family member who could love it. Who in a store did not make a poor choice and then pondered over it for too long until it was too late to return it?

## 2.6 Ways of Managing Dormant Wardrobe

Dormant wardrobe can be managed in other to free individuals from all the effect it has on them. Understanding why it is hard to let go of clothes you no longer wear is the first step. It is frequently simpler to overcome these mental obstacles and successfully clean out your closet once you are aware of the reasons behind your desire to hold onto items that you do not wear or love. Understanding the reasons behind your difficulty in parting with clothing will enable you to employ various tactics to begin organising your closet more efficiently. To start creating a more viable attitude for textiles, one must first learn how dormant clothes are handled, including disposal.

According to Birtwistle and Moore's (2006) research, the most popular ways to dispose of unwanted clothing are tossing them in the trash, selling them to retailers or online, giving them to a good cause, and giving them away. A study was conducted in US by Brewster, K & J, Hawley (2014) on what consumers do with their unwanted clothing. Three indications were used in this study: trash, donation, and recycling. Each word prompted participants to write down their ideas and opinions. These terms were selected because, in their opinion, they represent the three most popular ways to dispose of worn clothing. The category the study participants utilised the most was trash. The respondents listed selling, giving things away to friends or family, and donating to charities as ways to give.

### 2.6.1 Recycling

The method of recycling involves shredding or crushing materials into tiny pieces, sometimes known as mungo or shoddy fibres. Recycled fibres from old textiles are combined with fresh fibres to create new fabrics as well as are utilised to make other goods including carpets, sound-absorbing panels, and industrial filler (DEFRA 2006).

Reusing and recycling play a wider role than in simply the plastic and paper industries, according to Mers (2020). Recycling is typically done in the plastic industries where plastic bottles are tossed in the blue bin. Actually, the textile sector plays a similar role in recycling. There is a higher output of clothing since more people shop and purchase more. However, the overstuffing of closets and the quick fashion industry have resulted in landfills that are overflowing.

Bureau of International Recycling [BIR] (2014) in Juanga-Labayen Labayen, and Yuan (2022) hold the view that clothes, are approximately 100% recyclable, and nothing within the textile and apparel industry ought to be discarded in an optimal scenario. In addition, just five percent of the reclaimed clothing would need to be thrown away; over sixty percent could be utilised again, and 35% might be converted into fibre and wipes. But in the actual world, landfills end up receiving a large amount of textile trash.

The apparel sector loses about \$500 billion annually as a result of improper recycling and clothing being thrown in landfills; approximately 87% of the fibre needed to make clothing is thrown away. That is equal to one garbage truck's worth of textiles being burned or dumped in a landfill per second on a global scale Kekeli Ahiabile & Chema Triki (2021).

Textiles may get recycled chemically or mechanically to produce a range of finished goods. When materials are processed mechanically, they are shred or separated into tiny fibre fractions known as mungo or shoddy. This can be combined with virgin fibres to create new textiles, or it can be utilised to make industrial filler, carpets, or sound-absorbing panels, among other goods (DEFRA 2006). By disassembling the fibres at the molecular level and re-polymerizing the feedstock, synthetic textiles can

be chemically recycled but compared to mechanical recycling, this method requires more energy (Fletcher 2008).

Similarly, textile recycling is generally categorised as chemical or mechanical recycling (Sandin & Peters 2018). Waste is broken down by mechanical recycling so that it can be used for gardening, construction, farming, and decoration. Chemical recycling is the process of dissolving (cotton and viscose) or depolymerizing (polyester). Fibres made from recycled chemicals can be just as high-quality as those made from virgin resources. Organised textile waste can be chemically treated to extract resources, such as cellulosic fibres for bioethanol production and protein-based fibres for wood panel adhesives. The kind of procedures involved or the degree of disassembly of the recovered materials can be used to categorise the textile recycling pathway (Sandin & Peters 2018).

Fabric recycling refers to the method of salvaging and reusing fabric to create new products. Fibre recycling, on the other hand, involves tearing down fabric while maintaining the original fibres. Polymer/oligomer recycling is the process of disassembling fibres while maintaining the polymers or oligomers. Lastly, monomer recycling is the process of disassembling polymers or oligomers while maintaining the monomers (Sandin & Peters 2018).

Moreover, textile recycling can be classified into upcycling, downcycling, closed-loop, and open-loop recycling. If the product made from recycled material is of higher quality or value than the original product, it is termed 'upcycling'; the opposite of this is known as 'downcycling'. Closed-loop recycling involves recycling of a material from a product and reusing it in a more or less identical product. In contrast, open-loop

recycling consists of recycling of a material from a product and reusing it in another product.

According to Guide and Van Wassenhove (2001) as cited in Brewster and Hawley (2014), there are main ways to acquire used goods generally: trash stream and market-driven stream. By placing the onus of the gathering and recycling on producers, waste streams move garbage away from landfills. Financial incentives are provided by market-driven streams to encourage consumers to return discarded goods to companies that specialise in their reuse. Because return acceptance is subject to standards, businesses operating in a market-driven framework are able to maintain quality control over returned goods. The waste system is the primary source of worn textiles collected by the apparel and textile industries. Unwanted clothing and textiles can be gathered from the trash flow in United Kingdom in a variety of ways for reuse as well as recycling. These consist of curbside recycling programmes, charity stores, door-to-door pickups, textile banks, and kerbside collections (DEFRA 2006). Charities, municipal governments, and private collectors are examples of waste collectors. Customers have two options: either bring their gently worn clothing and textiles to textile banks or donation stores, or utilise collecting bags that are sent to every door step to gather garbage through kerbside recycling programmes or door-to-door collection services.

Brewster & Hawley (2014) state that fashion retailers have recently launched the following initiatives to create market-driven take-back systems:

- 1) Marks and Spencer (M&S) and Oxfam partnered to provide customers who donate unused M&S apparel to Oxfam a £5 voucher that can be applied to their subsequent clothing purchase of £35 or more (Marks & Spencer, 2011).
- 2) Nike and National Recycling Collection (NRC) have formed a strategic partnership to handle the details of gathering worn tennis shoes. Nike pays NRC to give NRC marketing materials to advertise the programme (Bauer et al., 2011).
- 3) Monsoon introduced the "Clothes for Life" initiative, whereby customers may redeem £10 away every new Monsoon purchase over £50 by bringing their used clothing to any of the company's UK locations (Monsoon, 2011).

These consumer-driven item take-back programmes incentivize customers to give back their used shoes or clothing to the merchant in exchange for a monetary reward that may be applied to their subsequent purchases. Similar to this, China has made several efforts to recycle its waste clothing because most of it can be reused or recycled. This is crucial for China to meet Sustainable Development Goal 12 of the 2030 Agenda for Sustainable Development (United Nations, 2015). Currently, China's consumers can recycle mostly through the following channels:

- 1) Community-based clothes collection programmes are typically started by non-profits like the Red Cross Society of China or local government offices like the Urban Management Bureau of the municipality (Zhang, Wu, Liu, Jiang & Wu, 2020). People can dispose of their unwanted clothes close to recycling bins that are positioned in neighbourhoods and other frequented areas, such as campuses. Then, trusted businesses routinely remove the apparel that has been gathered.

2) Occasionally, charitable donation ceremonies with other themes are proposed by non-profit organisations (such as the China Charity Federation, the China Red Cross Society of China, and the China Environmental Protection Foundation). Through local logistics, individuals can send in their gently worn, high-quality clothing to be sterilised and delivered to impoverished places.

3) Companies like UNIQLO and H&M gather used apparel of any brand from customers, and customers may dispose of unwanted items at their neighbourhood stores.

4) Second-hand trading platforms like Idle Fish allow customers to sell some of their unwanted clothing. The efficient utilisation of these channels is hampered by problems including customers' mistrust of collecting businesses and organisations and the inconvenience of sending clothing.

Through recycling, the circular economy significantly improves both the environment and the economy in Ghana, lowering the carbon footprint of the sector. For example, recycling clothing and doubling the number of times each item is worn are estimated by the Ellen MacArthur Foundation and McKinsey to reduce GHG emissions from the sector by as much as 44% on average (Ahiabile & Triki, 2021).

### **Tips on how to manage sentimental items including clothes**

According to Arsdale (2007), everyone will eventually reach a point in their lives where they simply can't bear to keep boxes of belongings taking up additional room in garages, closets, and possibly even the area under mattresses. Countless occasions have arisen when we have opened a stale box of memories in an attempt to make room, only to unearth those sentimental, long-lost garments (such as your grandmother's wedding gown). Eventually, though, you will have to deal with the memories and decide to start over for them, or accept that they will always be a rent-free area in your house.

First, practice parting with sentimental belongings you no longer need. Letting go is a solid general rule and the first step in getting rid of sentimental stuff. It is simple, but it's essential. When you have made the decision to go through sentimental items, pause and inhale deeply before beginning. Make sure you are prepared to let go and in the proper frame of mind. Certain things may trigger painful memories, and that is acceptable. Remember, you are not your possessions! Arsdale (2007) sometimes, one will wonder when going through sentimental belongings and ask yourself, "Why did I hang onto this for so long?" It may take you some time to decide whether or not you are ready to let go of extras that you come find.

Consider the reasons behind your attachment to each object. Does it make you happy? Could I recall it without the thing if it evokes memories? Is there life left in this object? Is there anyone else that could benefit from this? Does it have a greater need for someone I know? Would it be enough if I obtained a photograph of it? Will I make something helpful out of it?

- Sorting items into three categories is the simplest method:
- Donate or give away
- Keep (use with caution)

- Uncertain about those you should give more thought to

It is time to decide which is the best to either provide your precious belongings afresh or send them out to someone else after you've divided them into groups.

Second, present friends with sentimental items. Both of you benefit from this situation: your friends conserve money on items they would have bought otherwise, and you gain extra space in your house. Bridal gowns, eloping or engagement gowns, band t-shirts, etc. Donating is a great option if you're ready to give and your friends don't really need anything. Another great option is to give your sentimental items to your friend if they're moving to a new place of employment, so long as they currently possess some life left in them.

Third, sentimental clothing can be given to charitable organizations. If you have items that are too difficult for you to part with emotionally, you can give clothing to those in need; someone without that emotional attachment will be able to use it for a useful purpose. Additionally, knowing that someone may gain from receiving your gently worn items at a reduced cost or no cost may facilitate the process of parting with them Arsdale (2007).

Fuller (2021) suggests that we Reduce and Recycle in order to control the clutter in our homes: Give, sell, or pawn anything that doesn't provide you hold dear but could benefit someone else, such as unworn shoes, furniture that takes up too much space, or clothes that don't fit. As a general rule, you should think about donating anything in your wardrobe that you haven't worn or used in a year.

Fuller (2007) suggests that we divide our wardrobes according to the season. Closets will undoubtedly be overflowing with clothing when that much is obtained. There is never enough storage space, and an untidy closet is overpowering. Making the most of the wardrobe is crucial. Putting all of your out-of-season clothing in plastic storage bags or under-the-bed containers will make getting dressed much easier. You may easily modify your clothes as the seasons change. Do not purchase multiples of anything either.

#### 2.6.2 Discarded\Throw Away

Most people have so much dormant clothes in their closets for so many reasons and considers throwing into trash as an alternative way to manage the clutter it might have caused in their rooms or closets. Pre-consumer, post-consumer, and industrial textile waste are the three categories into which the term "textile waste" in the clothing and textile business refers to material that is abandoned or rejected after being used to produce fibre, textile, and apparel (Chavan, 2014). Pre-consumer textile waste is considered "clean waste" since it is a byproduct of making fibrous materials. Post-consumer textile waste is made up of thrown away clothing and home textiles (such as sheets, towels, and pillowcases) that have outgrown, become worn-out, or are damaged beyond repair and are no longer useful to customers (Domina & Koch, 1997). Recycling is a popular activity in China, however because of the country's rapid fashion concept and throwaway habit, used clothing has progressively turned into a new class of solid trash, which has a detrimental effect on the environment and wastes resources. Moore and Birtwistle (2007).

In Ghana, there are several primary methods for disposing of textile waste from the well-known Kantamanto market. According to the Accra Metropolitan Assembly (AMA) team that the OR Foundation spoke with, clothing waste gathered from Kantamanto reflects the single greatest consolidated garbage dump in the whole city of Accra, likely in all of Ghana Kekeli

Ahiable & Chema Triki (2021). Some of it is disposed of in already overburdened open landfills in accordance with established procedures. They claim that the remainder are either sent to be incinerated in unauthorised dumpsites, the biggest of which is around the Korle Lagoon (in Ghana), which feeds into the Gulf of Guinea, or are improperly disposed of into open sewers, where the garbage eventually ends up in the ocean.

According to Kekeli Ahiable and Chema Triki (2021), market waste has devastating effects for the surrounding ecosystem. Approximately 80,000 residents of the surrounding slums are at serious risk for health problems due to the unauthorised dumping. Additionally, garment waste blocks drains, which increases the risk of floods and, consequently, illnesses like malaria and cholera. Leached dyes, decomposing fibres, and microplastics have a significant negative influence on aquatic life and may even be harmful to human health. It is unhealthy for the surrounding ecosystem both financially and ecologically. Ghana lacks the infrastructure necessary to handle the forty percent of imported used clothes that is thrown away. Thousands of dollars are spent annually by the impoverished AMA to get rid of this garbage.

We typically purchase twice as much garments now as we did ten years ago, and we only keep them for two to three years at a period (Picci, E 2022). An EPA office study on Solid Waste US states that the average person discards thirty kilogrammes of clothing annually! Boredom and the need for replacing outdated stuff are two of the most frequent causes. But with the advent of fast fashion, clothing also gets thrown away just because it is out of style. Additionally, as time passes, trend cycles become increasingly shorter, which encourages individuals to replace their "old" products with new ones (Picci, 2022). We frequently hold onto things in the expectation that they will one day be beneficial, but in reality, they only serve to increase our emotional and mental strain because throwing them away can be unpleasant and symbolise losing the past while giving up on the future.

### 2.6.3 Selling

In the study conducted by Brewster and Hawley (2014), selling was another option used to dispose off their dormant clothes. Purchasing clothing was more simpler before the internet than selling it. The choices available to the average person in the pre-digital era for selling unwanted goods were cumbersome and ineffective, and their reach was constrained (Bain, 2019). Reselling worn apparel is one well-liked remedy for the post-consumer clothing waste issue. 2020 saw a total of over \$3.5 billion in global trade in worn apparel, with developing nations having a strong demand for Western-made clothing that has been donated to charities in affluent nations (Ahiable & Triki 2021).

### **The Benefits of Selling Your Used Clothing and How to Begin**

There are a number of factors to take into account when selling your items online, in addition to gaining some cash and making more room in your closet. Don't just toss them away, regardless of whether you prefer to buy new outfits for every occasion you attend and always wind up with items you've only worn once or you're trying to get rid of a number of your fashion items to create room for an entirely different one wardrobe. According to Mike (2020), there is no doubt that the popularity of used clothing is rising for the following reasons.

**The environment benefits more from it.** There is no doubting that the environment is being destroyed by rapid fashion. Millions of things are produced daily by factories all around the world, and when clothing is inexpensive enough to be thrown away after only a few wears, it adds to the landfill crisis that our planet is currently facing. Selling your old clothing allows it to be utilised by someone else for a longer period of time, which lowers the need for trendy clothes and keeps items from reaching landfills.

**Earn money.** Since clothing constitutes one of the many often purchased products online, selling what you have with a few astute marketing strategies is typically not too tough. You might want to think about going through your wardrobe and offering for sale everything you do not wear if you need to generate some quick cash. There are a number of fantastic websites where you may sell used clothing online, including Facebook groups that are just for people to sell clothing in and specialised applications like Vinted and Depop.

How to Get Started (Mike, 2020)

1. Sort through your wardrobe first and pick what you no longer wish to keep. Choose where you wish to put them up for sale after that. You can market your clothes and get in touch with potential customers directly on Facebook, where there are various fashion-selling groups. Alternatively, you can utilise a selling app such as eBay, Vinted, or Depop. But keep in mind that, in contrast to social media, one will typically have to pay the platform a portion of each sale.
2. Presenting Your Clothing. To get more interest in your clothing items and help them sell, think about how you are going to present them. Nobody is going to be very interested in a top that has creased and crumpled on the bed, while if it is presented nicely, ironed and pinned on a mannequin or being worn by a human model, it is going to look more appealing. Putting some effort into presenting your clothes nicely in photographs can be definitely worth it. You can get inexpensive mannequins to present your clothing for sale. Once you have photos and are ready to put together your advertisement, be sure to include as much useful information as possible such as the size, material types, brand and more.
3. Set a price for your clothing. Finally, you should make reasonable price requests in order to draw customers who would otherwise not be interested in your clothes. Numerous elements will determine the value of your clothing, such as the brand, how often it has been worn, if it is still fresh, and whether it has sustained any damage. New clothing with tags still on usually sells for the most money, but gently used clothing that is almost new can still bring a good price. Think about the price you paid to acquire an item and the amount you would accept in exchange.

#### 2.6.4 Renovation

Article renovation is a possible means for people to tend to their dormant wardrobes. Renovation is a means of revitalising clothing by giving it a small modification. Forster (2014). Little defects in clothing that led to its storage in closets could allow it to be worn again.

## **Importance of Renovation**

### **Repairing Clothing Yourself is Free**

It would essentially cost nothing (apart from time) to fix your own clothing if you possess the skills to do it, claims Russ (2018). While certain repairs and adjustments are undoubtedly more difficult and may require the assistance of a professional. Actually, all you need to fix most repairs is a thread and a needle. It is typical in our marketplaces. In theory, Russ (2018) suggests that most clothing alterations that arise in daily life should be doable by individuals. Just learning how to do it takes some time. But as soon as you master it, you will quickly start saving money. By taking your clothes to alterations shop for repairs, you will not only be saving money.

In a similar vein, Forster (2014) believes that remodelling results in cost savings. Following the latest trends in fashion can be expensive. Renovating existing items is a cost-effective approach to stay up to date with fashion, as trends change frequently.

### **Renovation Increases Wardrobe**

If clothes are destroyed and wardrobe size decreases renovation will help increase the size to normal without having to buy new clothes. Garments that are out of style and fashion may simply be discarded, but if they are updated, they add to the active clothes in the closets.

### **Exhibit Creativity**

Renovations can produce fresh and original designs in already-existing goods. For example, to create a new look, an existing garment can have trimmings like appliqué and lace applied to it (Forster, 2014).

### **Revise Your Clothes to Match the Latest Styles**

Modest style adjustments, such as narrowing a collar, elongating and trimming blouses, dresses, and "Kaba," or a significant alteration to a garment's shape, adapt a look to the latest trends. One method to keep up with fashion trends without having to purchase or sew new items is to update your wardrobe (Forster, 2014).

### **2.6.5 Remodelling**

Forster (2014) defines remodelling as making a different article out of an existing one. Remodelling is very important exercise to be done in every household. Much can be saved by working over an outgrown, out-of-style, or slightly worn garments can be changed into much needed ones and even those that are up to a minute in line with modern designs. A pair of trousers may be remodelled into a skirt, a bag or a pair of shorts.

Remodelling of clothes often times involves considerable planning and more often it is harder work to make over a garment than to make a new one, but if well done, the results will justify all the work expended and the time spent.

### **Purpose of Remodelling Clothing**

The Industrial Revolution, which took place more than 150 years ago, created an energy-intensive, complicated linear supply chain that is responsible for the waste stream that comes from the clothing sector and consumer use today. The World Economic Forum refers to this system as the "take, make, and waste" paradigm since it created a one-way channel for products (Whitty, 2015). Manzi (2008) estimated that the United Kingdom discards approximately 16 million branded business apparel items annually. This is equivalent to about 39.2 million separate articles of clothing, the bulk of which are made of polyester, which is durable and does not break down readily. In their research, Manzi (2008) once more pointed out that, at the moment, only 9% of discarded clothing being salvaged for reuse, with an additional 1000 tonnes being collected for shredding. According to Whitty (2015), there are several reasons why these things are disposed of, such as outdated uniforms, failed sales of clothing, new logos or colours, and end-of-use products. She continued by saying that shredding is typically employed to deal with this garbage. regarding polo shirts and fleeces, which

occasionally yield a low-grade substance that can be utilised as filler or, alternatively, be burned or disposed of in a landfill. The biodegradable portion of the clothing decomposes in the landfill, releasing harmful chemicals that contaminate groundwater and emit greenhouse gases like methane into the atmosphere (Fletcher, 2008). 3.1 million tonnes of CO<sub>2</sub> equivalent are released annually by the UK garment sectors, accounting for approximately 0.4% of the country's total emissions into the environment, according to Uniform Reuse Co-operate (2015). Throwing away these clothes entails throwing away all of the resources and embodied energy they contain, including water, labour, fossil fuels, electricity, and fibres, dyes, and chemicals. Remodelling and upcycling could help minimise or save these in the interim. According to Hollingsworth (2007), over 45 percent of clothing might go through two or three life cycles before being thrown away. Thus, there are several sustainability advantages to reusing clothing as opposed to throwing it in the trash. For instance, according to the Uniform Reuse Cooperate (2015), reusing one tonne of waste textiles save 20 tonnes of CO<sub>2</sub> from reaching the atmosphere.

However, Speece and Petersen (2007) suggested that anyone remodelling should have a positive outlook and keep in mind that they are creating a new item of clothing for a person to appreciate. They also said that the following questions should be asked and addressed before beginning a restyling or remodelling project:

1. Does the cloth make a good use?
2. Is there going to be enough cloth to make a new outfit?
3. Will the person for whom the new outfit is intended be manufactured find it appropriate in terms of style and fabric?

4. Will the wearer find the clothing appealing?
5. Can I finish this project with the time and patience I need?
6. Do I already possess the abilities needed to restyle an item of clothing, or am I eager to acquire them?
7. Will I save money on the restyled item?
8. Will the outcome be worth the time and effort I put into it in the end?

If the majority of responses for such questions are "yes." The answer to the question is "yes" or "no" depending on whether the item should be remodelled or restyled.

### **Process involved in Remodeling**

Myers (2014) identified three steps in the process of reusing textile products: collect and sort, reprocess, remodel or reconstruct, add value in the process, and resell.

### **Steps involved in remodeling Garment**

#### *Inspect the fabric*

- i. Check the fabric's condition by giving it a close examination. Examine the clothing by holding it up to the light to look for weakened or damaged areas. To ensure the fabric is solid, pull it along its grain and bias. Avoid wasting time on textiles that are excessively soiled.
- ii. Drab fabric can be given a pop of colour by dying it, or boring fabric can be enlivened with trims.

#### *Ripping of Old Garment*

- i. Using a seam ripper, tiny scissors, or a single-edge razor blade, carefully take away the appropriate seams. It's important to take caution not to cut or overstretch fabric during ripping. Seam edges may be cut off rather than torn if the new pattern is smaller than the previous garment. Remove any lint from the hems and folds. Keep all components, including as buttons, snaps, zippers, and scraps, aside until the finished garment is assembled.
- ii. Hold each item up towards the light once again to look for wear spots or snags. To make it easier to avoid these regions when laying out the design, mark the spots with chalk that is a different colour. Sew all edges that may come loose or sag while being constructed.



#### *Removing rips from fabric and pressing it*

- i. The material has to be thoroughly cleaned and refreshed. Eliminate any stains or spots. The items you will use can be hand-laundered or dry-cleaned in a machine. Other different approaches of cleaning exist: Using brushes, sponges, spot removers, dry cleaners, etc.
- ii. Steam pressing the pieces, ensuring they continue to push against the longitudinal grain.

#### *Obtain a Pattern and Design*

- i. Make sure your pattern is clear before beginning the design once you have made the decision to use the fabric. Taking the previous garment's size into consideration, choose the appropriate trims and design elements.
- ii. Create sketches of designs that might work for a new outfit.

- iii. Make blueprints for the new clothing using one of the selected designs. It is usually advised that the new pattern have some stylistic similarities to the original item. This will facilitate the pattern's layout. It is suggested that you select a design that will simplify the mix of colour, texture, and pattern if you intend to utilise another fabric with the older fabric. A low waistline might be paired with pleats in a different hue, or a lapel, yoke, or insets featuring a contrast could be sewed on.
- iv. Examine the dimensions of the torn material to see if it will fit the new outfit.
- v. Look for textiles in other reusable clothing or remnant stores to mix with the fabric if there is not enough to finish the new garment.

Most of our unused clothing can be refashioned into current fashion trends. Examples of remodelled articles are shown below.



Figure 3: A remodeled articles made from a long sleeve shirt into a skirt and blouse.

(Mattern 2017)

Figure 4: A wedding dress remodeled into a simple dress

The intricacy of wedding gown styles often causes them to sit dormant in our closets. Remodelling restores its usability as opposed to storing it to add to the collection of clothing.

#### 2.6.6 Rent Clothes

For exceptional events, renting clothing can be a cost-effective option. These days, there are a lot of businesses that rent out designer clothing, like Rent the Runway



Flanagan, H. (2022). While the idea of renting clothes was first popularised for bags and luxury apparel, it is currently also being utilised more and more for regular clothing (Sajn, 2019).

Renting clothing lessens the need on manufacturers to produce new goods and the amount of waste that consumers and the fashion industry produce. Customers will want to cease purchasing new clothes as a result, and the fashion industry will make less as a result to adjust to this shift in customer behaviour. By providing the services that their products offer rather than the commodity itself, emerging business models like clothes rental offer alternatives to the conventional consumption and ownership model (FitzGerald, 2020).

According to the Ellen MacArthur Foundation (2017), certain fashion businesses are experimenting with rental models that have the potential to "provide consumers with access to a variety of clothing while decreasing the demand for new clothing production". The production process of quick fashion is becoming more and more apparent to consumers. For them, renting clothes is the ideal substitute for rapid fashion. There are various methods in which fashion companies use these clothes leasing concept into their operations.

The three main importance of clothing rental according to Ellen MacArthur Foundation, (2017):

1. Allow customers to swap out their clothes frequently; for example, YCloset offers daily wear.
2. Allow customers to modify their wardrobes to suit their many practical needs. For instance, maternity clothing is available on websites like Vigga.
3. Give customers the option to wear clothes for unique events like wedding gowns, which are provided by websites like Rent the Runway.

### **Reasons why many choose to rent clothes instead of buying**

Some people prefer to rent their clothes rather than buying them. Kelly (2021) outlines these reasons.

*1. It's much less expensive to rent clothing.*

Renting is the best option if you're looking for a quick and affordable approach to select your clothing. This is probably the main factor behind people's decision to rent. Most people have purchased dresses that they have only worn once or twice. For instance, you could get two types for \$100 when renting a dress for a wedding. On the other hand, purchasing will set you back at least 300 AUD for a single outfit. You also avoid making rash purchases thanks to it. It's common knowledge that this small habit adds up to excessive expenses.

*2. Save closet space*

You will undoubtedly uncover clothing in your closet that you haven't worn in a long time if you look closely. It's possible that you could even locate one that has a price tag. You may clear off a lot of wardrobe space by renting clothing for special occasions and even for work. You may tidy up and make your wardrobe more orderly.

*3. Put on luxury labels*

Purchasing high-end designer labels is very costly. A piece of apparel may cost at least \$60. If you have more money to spend, you might be able to purchase one or two items each year. Conversely, if you rent, you may experience luxury brands like Zimmermann for just \$100. You can afford luxury clothing for all of your functions, meetings, and vacations at this pricing.

*4. You will never be out of clothes to wear*

How often have you said that you had nothing to wear after taking a peek inside your closet? This is particularly true for women. Because most of it is shared on social media and because humans have long memories when it comes to fashion, many individuals don't want to wear the same outfits they wore a week before or, in the case of a wedding, the same long gown they wore to an earlier function. Choosing what to wear every day might be a time-consuming task if you work in a professional setting. It can also be annoying at times. On the other hand, if you lease, you can order your weekly wardrobe, have it delivered, and be good to go.

### 5. *Ideal for expectant mothers*

Pregnant women worry about both their health and the health of the unborn child. They additionally worry about wearing out-of-fitting garments on above that. Maternity clothing becomes necessary when a woman reaches the second trimester because her baby bump becomes more noticeable.

After that, it seems like their size increases every month and they have to buy new garments. After you give birth, what will you do with the extra clothes? The style will change even if you intend to become pregnant once more in two years. Kelly thinks renting is the greatest choice (2021). For prospective mothers, it is not only affordable, but it also spares you the trouble of having to declutter subsequent to giving birth.

In addition to physical stores, clothing rentals can also be done online through internet-based clothing rentals. Customers can rent clothing via a website or app, with the option to pick it up in person or have it delivered to their door. In a physical location, like a department shop or a clothes rental business, renting can also take place. The customer is supposed to return the item of apparel after wearing it, possibly after washing it Niinimäki, (2018).

#### 2.6.7 Burning

5.6% of Europe's waste is burnt and converted into electricity, amounting to nearly 80 million tonnes of waste burned to produce energy. Given that it eliminates waste and produces steam, power, or even hot water, this waste treatment method is regarded as a win-win situation. Moreover, burning your clothing adds to global warming. Compared to energy produced by burning coal, it releases more CO<sub>2</sub>. Both humanity and the environment may be at risk from the gas emitted when burning garments. Airborne contaminants cannot be totally avoided by even the most sophisticated devices. Picci, E. (2022).

Clothes that don't sell for a high enough price are destroyed, according to Baraniuk, C. (2023). Some businesses would prefer to set them on fire in order to recover a tiny quantity of energy through the incineration process rather than witnessing them go on sale at steep discounts. Nobody is really sure how much unsold inventory the world's fashion businesses burn every year, but many obviously believe it makes financial sense. Brands face intense

pressure to uphold the belief that their expensive and time-consuming to produce goods are worth a specific price. Selling them for ever-lower prices doesn't solve the issue, but burning them has some very unfavourable effects. Naturally, burning clothing contributes to global warming by releasing additional greenhouse gases entering the atmosphere, including carbon dioxide.

The different environmental effects of incineration were examined in a the United Kingdom parliamentary committee inquiry on sustainability and the clothing industry presented in February Baraniuk, C(ND). It stated, "While incineration of unsold stock 'recovers' some energy from the products, it multiplies the climate impact of the product by generating further emissions and air pollutants that can harm human health."Clothing made of synthetic fibres that is burned could release microfibres of plastic into the air."

The government should forbid burning or disposing of unsold inventory if it can be recycled or used again, according to the research.

#### 2.6.8 Ways to Make Your Clothes active and Last Longer

To prevent the keeping of dormant clothes, it is essential to note these tips to help clothes be in active use for a sustainable lifestyle.

##### 1. Buy Quality Clothes

Cheap clothes are still costly in other ways. It's so much better for you, the workers and the environment if the clothes in your closet were high quality sustainable clothes Tan ( 2021). That means investing more in your wardrobe and maybe even looking into the concept of a capsule wardrobe. Verena Erin who is an absolute expert when it comes to capsule wardrobes gave beginner tips for mastering the art of the capsule wardrobe, which is a great place to build a minimal and curated closet. She was with the view that higher quality clothes are often made from higher quality materials, which usually last longer.

##### 2. Wash Your Clothes Less

With this tip, we're not talking about you wearing the same clothes for weeks on end and being beyond smelly. The fact is that, try to wear clothes at least 3 times before washing them. By washing your clothes less frequently, they spend less time tumbling and stretching in the wash, which means more time for you to spend with your clothes!

##### 3. Hand Wash Your Clothes

Instead of waiting for a full load of laundry to throw in the wash, try to schedule a few days a week to hand wash your clothes. This is especially beneficial for clothes made from delicate fabrics such as swimwear, sportswear, knitwear, raw denim and delicates. Handwashing prevents the rubbing of all different materials in the washing machine, which can lead to faster damage and fading. Another tip when hand washing is to do it in cold water which can prevent fading and shrinkage. Overall, hand washing your clothes can help preserve the garments and it is also an inexpensive alternative to the washing machines (plus better for the environment!). Make sure to read the washing instruction labels sewn into your clothes! Always follow those instructions to keep the integrity of your clothes.

##### 4. Use Environmentally-Friendly Laundry Detergent

Ditch the chemical-filled detergent for a much gentler, natural detergent. Eco-friendly detergents are much gentler on fabrics and prevent fading and tearing of the material on your favorite clothes. It is also a lot gentler on the skin than conventional products as well.

#### 5. Let Your Clothes Air Dry

This one totally depends on where you live. The sun can do such a great job on drying your clothes rather than using energy-consuming dryers (which are notorious for overheating and shrinking our clothes). This is a great way to dry intimate apparel and active wear which are known to lose their elasticity when in contact with excessive heat. And no one wants their favourite pieces to become overstretched!

#### 6. Fold Heavy Sweaters and Store Them on the Shelf

Lighter clothes can be hanged on hangers in the closet but heavy clothes like sweaters needs to be folded and stored on a shelf in closet because of its weight.

#### 7. Wash Your Clothes Inside Out

To reduce fading and preserve prints from cracking, turn your clothes inside out before throwing them in the wash. It's definitely tedious, we know, to turn them back out after they're dried, but it will help your beloved shirts with designs on them last longer.

#### 8. Learn to Repair Your Clothes

A little bit of knowledge on using a thread and needle can go a long way. If a button falls off or there's a small tear, you'll be able to fix it all up and not have to throw the entire garment away! Learning to sew can help contribute to a more sustainable lifestyle and you'll be able to hold on to your clothes for years to come.

With these 8 tips according to Tan (2021), the female youth will be able to hold onto their clothes for way longer than they ever thought they could.

## 2.7 Effect of Keeping Dormant Wardrobe

Generally speaking, it's not a terrible idea to perform a little decluttering in your wardrobe every six months Brooth (2019). It can be liberating to get rid of redundant clothing and feel rejuvenated and ready for a fresh start. It's also the easiest approach to get rid of extra waste and the ideal technique to maintain your wardrobe tidy Brooth (2019). The fact is that having loads of clothing items in your closet doesn't take a day. It's a gradual process which needs to be addressed before one is entrenched in it. As time goes on, these might have great effect on the individuals who keep dormant wardrobes. Some of the effects of keeping dormant wardrobe are that individual spends more money always buying new, may lead to hoarding disorder, waste of time searching through your loads of item well as the stress that comes with it, wardrobes will be unmanageable, fabrics might destroy due to long storage, unfit clothes, clothes might be out of fashion. Accordingly, Fuller (2021) holds that we live in a superficial era where people tell us that the more stuff we own, the happier we should be, despite the fact that clutter can actually lead to stress and stagnant energy.

### 2.7.1 Hoarding Disorder

A persistent tendency to hold onto dormant garments might result in hoarding disorder. According to Fuller (2021), physical clutter has the potential to turn into an obsession. a fixation on acquiring more material possessions to satisfy a sense of emptiness. There may be instances when we are surrounded by so much stuff that we find it impossible to part with because it holds sentimental significance or might one day make us happy.

The incapacity of a person with hoarding disorder to part with belongings, regardless of their values, is what defines the illness. It is challenging for people with hoarding problem to arrange their belongings. People who suffer from hoarding disorder will accumulate random objects and keep them in an unorganised manner, sometimes to the point where it poses a risk to others. Fuller (2021).

Most of the time, people who suffer from hoarding disorder will preserve sentimental objects or things they think they might need later. Almost every element of a person's daily life, including personal relationships, professional commitments, and social obligations, can be negatively impacted by hoarding disorder.

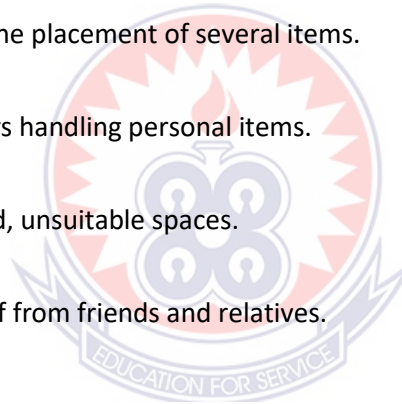
## **Symptoms of Hoarding disorder**

Some hoarders understand that their beliefs and behaviours are unhealthy, but many do not, according to Health Essential News from Cleveland Clinic. Hoarding symptoms are frequently linked to stressful or traumatic situations, such as breakup or the demise of loved ones.

Those who suffer from hoarding disorder have an intense need to preserve their belongings.

Additional signs and symptoms consist of:

- unable to part with belongings.
- feeling really stressed out when trying to discard things.
- apprehension regarding future item needs.
- ambiguity over the placement of several items.
- mistrust of others handling personal items.
- living in cluttered, unsuitable spaces.
- removing oneself from friends and relatives.



### **How is Hoarding Disorder Treated?**

To treat hoarding disorder, medical professionals employ two primary therapy approaches:

One kind of talk therapy (psychotherapy) is cognitive behavioural therapy.

SSRIs, or selective serotonin reuptake inhibitors, are the most common type of antidepressant drugs.

For hoarding disorder, cognitive behavioural therapy (CBT) is a popular treatment. A qualified mental health practitioner, like a psychologist, can assist individuals in comprehending the reasons behind their hoarding and reducing their fear when discarding goods. Experts also impart organising and decision-making abilities. You can better manage your belongings with the aid of these abilities. Antidepressants are prescription drugs that some medical professionals use to treat hoarding behaviour. For some people, these medications can lessen the condition's symptoms.

### **Prevention**

The disorder known as hoarding cannot be prevented. Nonetheless, hoarding tendencies start to manifest rather early in life (often between 15 and 19 years of age) and last for a long time. Should you observe hoarding behaviours in children or others you know, prompt identification, diagnosis, and intervention are crucial for better results.

#### **2.7.2 Fabric damage**

Clothes can be damaged as a result of long storage of clothes. As Ogg (nd) noted, there are two main categories of insects whose larvae cause harm to textiles. These are clothes moths (Family: Tineidae) and carpet beetles (Family: Dermestidae). Because they are among the rare insects that manufacture an enzyme in their digestive systems, carpet beetles and clothes moths are peculiar in the insect kingdom. They can break down the protein found in animal hair, keratin, thanks to an enzyme, keratinase. Carpet beetles (dermestids) are virtually always the cause of damage to woollen materials. This is a result of the beetles' greater adaptation to the frigid temperatures and less humidity of the northern states. Clothes moths are a more frequent fabric pest in the Southeast than dermestids, which are

more prevalent in the Northeast and Midwest. A few additional pests that occasionally eat on fabrics are termites, cockroaches, silverfish, and crickets.

Additionally, there are two kinds of garment moths that contaminate materials derived from animals. They are the clothes moth that weaves webs and the clothes moth that makes cases. The larvae of the webbing garments moth builds silk webbing upon the fabric, when it feeds. It evolves and becomes a mature moth after undergoing multiple moults. The mature moth is creamy white, about 1/2" long, and has a glowing tuft of filaments on top of its head. The moths typically are solitary and infrequently seen. The larvae of the case making clothing moth live inside a cylindrical case made of silk and fibres. As it feeds, the larva "drags" the case about with it; if it is taken from its case, it will perish. Once more, a fully developed larva will evolve and develop into a tiny white moth. Although clothes moths are rare pests in Nebraska, they can be brought in with woollen goods from other countries where they are more prevalent.

Natural materials are more biodegradable than manmade materials. The issue here is that more than 72% of the clothing we wear now is composed of synthetic fibres, which means it is plastic and not biodegradable. The unfortunate outcome of this fact is that these garments might survive for 200 years in a landfill when they finally wind up there (Sakay, 2021).

The vast disparity in decomposition rates can be attributed to the fact that natural fibres often biodegrade more quickly than synthetic fibres, which originate from petroleum Sakay (2021). Here is a breakdown:

Figure 5: The Average Amount of Time it Takes for Clothing to Decompose in Landfills.

(Infographic by Daily Sabah)



### Natural Materials

Cotton: one to five months

The natural fibres of cotton plants are used to make cotton cloth, which decomposes naturally (Figure 5). Cotton's delicate fibres naturally break down somewhat quickly, similar to food and plants, because the material's main component is the organic substance cellulose. An item composed entirely of cotton can break down in the wild in just as a week. Depending on the fibre blend, conventional cotton, which uses a lot more water and chemical dyes as well as pesticides than organic cotton, may take a little longer.

**Linen:** at least two weeks

Made from the dried stems from flax plants, linen is a breathable material that breaks down just as quickly as cotton, if not faster. It can withstand up to three times as much wear and tear than cotton. A product of linen could decompose underground in two weeks if it is undyed and not mixed with other fibres.

**Denim:** a year or two

Despite being composed of cotton, denim is rather stiff when compared to a soft cotton T-shirt. The stretch and softness we love in jeans is provided by stretch fibres like elastane, but their simplicity comes at the cost of substantially longer decomposition times. Hardware won't even break down, and appliques require longer to wear off.

**Silk:** at least one to two years

This exquisite fabric, which is made from silkworm cocoons, decomposes quickly—in vivo tests have indicated that it can do so in as little as two years, or as long as four years, according to the fibre content of the garment.

**Wool:** five to one year

It takes longer for this dense, fuzzy fabric to break down than other natural materials, but it still does so in less than 25% of the time as synthetic materials. A wool sweater typically takes between one and five years for it to decompose, but since they can endure for generations, high-quality sweaters are still worthwhile investments.

### **Synthetic Materials**

**30 to 40 years for nylon**

Made from petrochemicals, nylon is a smooth, thermoplastic material that is most commonly used to produce tights, gym wear, outdoor clothing, and swimwear. This synthetic textile is preferred for its strength and resistance to weathering, but it is not biodegradable and takes decades for it to break down in soil.

**Rubber:** 50–80 years

Rubber wellies or boots may be durable and waterproof, but it will take decades for them to break down in a landfill. Rubber is known in the world of fashion for waterproofing, suppleness, and impermeability, whether it is used for purses, shoe bottoms, or elastic bands. While there are naturally occurring rubber types, such those from rubber trees, the majority of rubber used in industry is synthetic, like vulcanised rubber. But it takes this kind 50–80 years to break down.

Polyester: 20–200 years

Petroleum, air, and water underwent a chemical reaction in the course of the 20th century to produce polyester, a form of polymer. The most used plastic in the business, polyester is used in everything from longline jackets to socks. Polyester is unquestionably one of particularly dangerous materials available because it takes many centuries to organically break down in landfills and releases microplastics into the air with each washing.

Spandex: not known

But of all the materials used in shapewear, undergarments, and exercise equipment, spandex is the least sustainable and least biodegradable. It is a fabric that moulds to the shape of the body. It is a highly processed, extremely elastic fabric composed of polyurethane, a synthetic polymer sometimes known as plastic. This fabric, also known as lycra, is said to take more than 500 years to break down.

Based on data gathered by the United Nations in 2018, the fashion industry is responsible for 10% of greenhouse gas emissions produced by humans and 20% of global wastewater production. Greener gases are released by materials that take longer to break down Sakay, (2021).

### 2.7.3 Money Wastage

Every year, a large amount of money gets spent on clothing worldwide. The amount of clothing consumed varies from nation to nation based on the level of income of the populace in different nations. The data in this portion will show patterns in clothing spending by major apparel market participants, including (Yaqub, 2023).

- China was expected to spend \$ 391.7 billion on apparel in 2020.
- China dominated the apparel market in 2019 with growth rates of over 6%.
- India saw sales of clothing of 53.7 billion US dollars in 2020.
- Russia ranks ninth globally in terms of clothing market size, with yearly sales of over \$30 billion USD.
- Russia saw a 26% growth in e-commerce sales in 2019.
- The average consumer in Saudi Arabia spends twice as much as the average consumer in China, and six times as much in the United Arab Emirates.

With the exception of the food and beverage business, the clothing sector in the world yields the highest income for women. Except for 2020, when the Covid-19 pandemic in the US caused a decline in income from the women's apparel segment, the clothing industry has consistently grown over time. The growth of the women's apparel industry is being fuelled by a number of causes, including the increasing number of working women, the empowerment of women, and the rapid changes in women's fashion trends.

The manufacturing of women's clothes has increased in comparison to men's clothing because women can afford to buy more clothing than men can. In addition, women are more preoccupied of their appearance compared to men are, which means that new fashion trends for women are launched earlier than for men. Women also like to buy the newest things that come out on the market since they are constantly searching for the newest fashion trends. In addition, women are more likely than men to experience difficulties with dressing, and unlike men, they rarely have the opportunity to wear the same item of clothing more than once. For this reason, women must have an adequate number of garments in their closets. Because of this, clothing for women is manufactured in huge numbers to satisfy the need of this market segment Yaqub M (2023).

#### 2.7.4 Untidy Room

A room becomes messy mostly as a result of having so many clothes but limited space to keep those clothes. There is increase evidence to suggest that a messy house affects both mental and physical health. In fact, a messy house or room can make you more susceptible to cold and flus as well as stress and anxiety Howard, M (2018).

Research has found out that a cluttered house or room contribute to stress, anxiety and poor concentration. Having your clothes hanging neatly makes it easier to get ready in the mornings.

According to a recent research, the typical person has 103 clothes in their wardrobe, but the majority of them have about \$300 worth of clothes that are just collecting dust. Marissa (2022). Marissa suggested that you take action if you think your wardrobe is getting out of hand. She states that there is no secret to having the right things in your wardrobe; instead, a good rule of thumb is to only keep pieces that you adore and wear, and that if you haven't worn something in a season or longer than a year, chances are you're not going to wear it again, and the time has come to let it go.

Messy closets point out towards an emotional problem that one might not be aware of.



Figure 6: Messy Closets (Stock.adoba.com)

It was revealed in a newspaper ENTERTAINMENT TIMES (2018) that, no one closet is perfectly organized. We all have our days, where we just shove stuff in there, secretly hoping that it will all be magically sorted when we open the closet the next morning. But if your closet has reached a state where it has become impossible for you to find stuff in the closet for daily wear, there might be an emotional problem that you might not even be aware of.

## 2.8 Wardrobe Planning

Wardrobe planning is the process of arranging for a person's or a family's whole clothing needs, according to Anyakoha and Eluwa (1991). Garboire planning, according to Gawne and Oarke (1975), entails organising and buying the right clothes for a person or family by taking into account their activities and lifestyle.

All of the clothing and accessories you own are in your wardrobe. People should buy clothes that fits well, complements their hobbies, desires, and financial situation in order to be

happy with what they have in their wardrobes. Granted, most of us don't wear the majority of the clothing in our wardrobes because they don't fit. It's because we find them uncomfortable to wear. According to Christian (2021), the initial stage towards achieving a well-curated wardrobe is wardrobe planning. It assists us in choosing footwear, apparel, and accessories that fit our needs, preferences, way of life, and surroundings. A well-organized wardrobe gives us greater options while requiring less clothing.

As they say, clothes is an extension of who we are. What we wear tells others about us, and the things we like to do. Therefore, it is critical to choose clothes that represent who we really are and give a positive impression. Once you have figured out what kind of clothes fit you best, you can build a more cohesive wardrobe. It takes talent to make the most out of the wardrobe budget. As a result, choosing wisely what to buy is essential. Astute consumers research the market, make well-thought-out plans, hunt for high-quality products, and make prudent purchases. Make sure you try on clothes before you buy them. Examine your reflection in the mirror from all angles (front, back, and sides). To make sure the fit and comfort are right, it might be essential to stand or sit down. Bring along a close friend, parent, or family member who can offer you frank feedback on fit and style. While some salespeople are helpful, some are more focused on closing a deal than assisting you in choosing the ideal clothing for your requirements. It is critical to maximise your financial investment. Quality is crucial when buying anything, be it a winter coat or a pair of socks! Check the craftsmanship of every clothing item before you buy it. Considering the item's intended function and duration of use, budget for the highest quality attainable. You can find any new fashion style at a price that practically everyone can afford at a number of retailers. Make sure you spend some time perusing the store's inventory and reading hangtags and clothing labels. Labels and hangtags provide a wealth of information on the cost, quality, and care. Dedic (nd). Keeping items unworn will become obsolete if the wearer is satisfied with their purchase.

According to Brainkart (2018), wardrobe planning involves choosing pieces that are both well-designed and have a basic style that make them acceptable for both the current setup and future seasons. Developing appropriate dress habits is essential for achieving optimal satisfaction. A good wardrobe that fits a variety of events and the ability to choose clothes wisely are both components of good clothing practice, which also promotes appropriate dressing habits.

### 2.8.1 Factors Influencing Wardrobe Planning

Numerous elements impact the planning of one's wardrobe. The most prevalent ones are those related to aesthetics, psychology, society, and economy. It also covers things like personal preferences, social environment, age, sex, family income, and employment status of family members. durability, apparel quality, cost, style, and care-free nature. The weather, a person's activities, their health, and their personal style and way of life.

### 2.8.2 Steps in Wardrobe Planning

**Sort and purge:** Take stuff out of your drawers and closet. As you take things out, group them into one of four categories: "Store" for seasonal clothing, "Repair/Clean" for goods that require buttoning, hemming, or cleaning, "Donate" for usable items that don't require any repairs, and "Toss" for items that are too worn out or can't be fixed. Anything that we haven't worn in a year ought to be thrown away or donated. After the objects are taken out,

package them and send them to their correct locations. Anything that needs to be mended or cleaned must be carried right away to the dry cleaners; everything else can be thrown away. Put items in vacuum-storage bags and keep them beneath the bed or in your storage locker.

**Shop in Your Own Closet:** After you've completed your cleansing and organising, list the things that are still in your drawers and closet. Sort them into categories such as formal, casual, fancy, and accessories. You can mix and match pieces to create new looks.

**Create a List:** To ensure that you follow the rules of mixing and matching, create a list of the things you need to buy to complete your current collection. Note which new clothes need to be bought. The foundation of your clothing plan is this list.

**Decide on a budget:** Calculate how much the clothing you need to buy will cost.

**Establish Time and Location:** Choose the season in which each item should be bought as well as the best time to make the purchases. For instance, the end of winter is a perfect time to buy a winter coat and save money. Your location and budget will influence the store you choose. Set aside money and time in the budget for shopping. It is advised to do this once a season. Every shopping trip should take at least two hours.

**Closing the Wardrobe:** Shopping becomes simpler and more affordable if you have followed the fundamental steps to plan your wardrobe. To maximise efficiency and reduce the stress of getting ready in the morning, organise your wardrobe. Brinkart (2018).

A description by Anyakoha and Eluwa (1991) of the fundamentals of wardrobe arranging or things to think about when planning a wardrobe. They state that the following elements establish the fundamentals of wardrobe planning:

- weather
- family norm
- Cash on hand
- The Purpose or Application of the Garments
- Scheme of colours
- Individual characteristics

**Weather:** Different clothes are needed for different weather situations. The weather should be taken into account while organising a wardrobe so that you have appropriate clothing for each season. The person's choice of clothes aids in their comfort in a variety of weather conditions (rainy or arid seasons).

**Family norms:** clothing selection and wear are influenced by family norms. For example, the amount of garments to be acquired from the closets may influence the selection of clothing

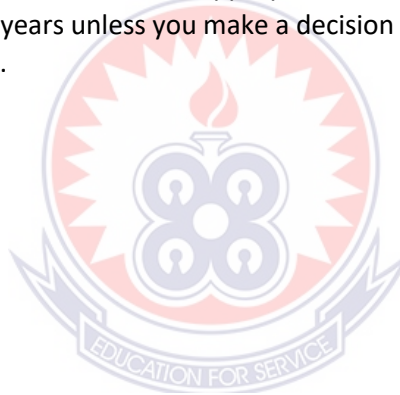
depending on the family's criteria for cleanliness. People could add more clothing to their wardrobes in an effort to uphold the family norm.

**Money at hand:** The number and quality of clothing that is bought depends on the available funds. When there is ample money, people tend to purchase more clothing. This encourages frequent purchasing, which leads to clothing dormancy.

**The Purpose or Application of the Garments:** Wearing appropriate clothing for the situation is crucial. Thus, the occasion the garment will be worn for must be taken into account when organising a wardrobe. Some of the events and activities that call for unique attire include the following. attire for domestic tasks, attire for the workplace, Clothes for sleeping or at night Outfits for picnics and sports attire for religious ceremonies clothing for social events and parties, either as undergarments or as outerwear.

**Colour Scheme:** When organising a wardrobe, careful consideration must be paid to the wardrobe's colour scheme. Since most people have favourite colours, colour should be taken into consideration when planning. While each piece of clothing may have its own unique colour scheme, some of them also need to coordinate with other items. Select hues that complement the wearer's skin tone and go well with the items in their wardrobe.

**Personal characteristics:** attire should be appropriate for one's physique type. Clothes will languish in the closet for years unless you make a decision about what happens with them if they have not been done.



## CHAPTER THREE

### RESEARCH METHODOLOGY

#### 3.0 Overview

This section discusses the research methods used in this work. It discusses research design, study population, sampling and sampling techniques used to select individuals from the population, study site, validity, reliability, and ethical considerations of research instruments. This section also highlights the data collection procedures and the manner of data analysis.

#### 3.1 Research Approach

Research methods in the field of education can be divided into three types: quantitative methods, qualitative methods, and mixed methods. This study uses quantitative methods.

Quantitative research methods have two important advantages. First, it can be entered and evaluated quickly. Less time is spent in the organization before conducting the survey, and responses can be gathered in a short time. Second, the numerical data obtained by this method facilitate comparisons between organizations or groups can determine the degree of agreement or disagreement among respondents (Yauch & Steudel, 2003).

#### 3.2 Research Design

A descriptive research design was used in this study. A research design is the general plan a researcher uses to find answers to a question. Research design helps researchers achieve their research goals. Research is a situation, a problem, a phenomenon, etc. We used a descriptive study that attempted to describe systematically. Frenkel and Wallen (2003) stated that a survey is a type of research that obtains data to identify specific characteristics of a group. Surveys ask the same questions to many people by mail,

phone or in person. Research is considered relevant because it allows researchers to inform people's perceptions and ideas as they emerge. Frequency can also be used to describe the population response. Fink and Kosecoff (1998). The same goes for Creswell. (2003) also note that survey research can be conducted over a short period of time, where researchers survey a sample or the entire population to describe the attitudes, opinions, behaviours or characteristics of the population.

The Association for Educational Communication and Technology makes it clear that this design to research can be either qualitative or quantitative. This can be a set of quantitative information that can be quantified along a continuum, such as a test score or the number of times someone chooses to use a particular feature of a multimedia program, or it can describe a category of information, such as sex or interaction patterns when using technology in a group setting.

### 3.3 Area of Study

Winneba is a city in the Central Region of Ghana and the capital of Efutu Local Government Area. As of the 2021 Census of Population and Housing, Winneba has a population of 107,798. Winneba, traditionally known as Simpa, is a historic fishing port in southern Ghana on the south coast, 140 km (90 m) east of Cape Coast.

The Winneba (Effutu) people were led by a spiritual leader and brave warrior, Kwamena Dyarteh Ayirebi-Gyan, and supported by a large youth militia known as the Asafo group, composed of men and women. He protected his people well from external attacks from other nomadic families, clans, disease or lack of food.

Winneba has a variety of regions, from coastal to non-coastal. It also includes rural areas that provide agricultural energy in addition to the fishing activities of coastal populations.



Figure 7: Map of Winneba

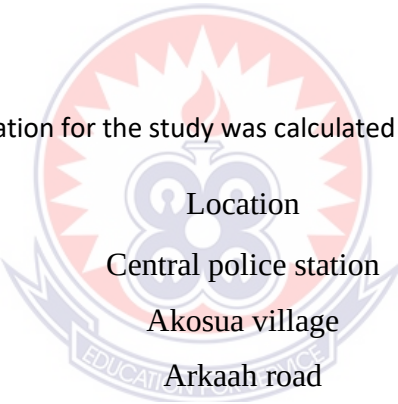
### 3.4 Population

According to Bryman (2012), a population is “a universe of units from which a sample is drawn”. This may also apply to potential subjects or units of interest that have the same characteristics that make them eligible for research participation (Mathers N Fox N., Hunn A. 2007). The target group of this study consisted of all residents of Effutu Local Government Area. Effutu Municipality is one of the 261 Municipal, Municipal and District Assemblies (MMDAs) in Ghana and is among the 22 MMDAs in the Central Region, with Winneba as the administrative capital. The municipality is located in the eastern part of the central region between latitudes 5° 16' and 20.18" N and longitudes 0° 32' and 48.32" W, and has an area of 82 square kilometers (163 sq mi).

The municipality is located between Gomoa East District on its western, northern and eastern flanks. To the south is the Gulf of Guinea. According to the 2021 Population and Housing Census, the population of the local government is 107,798, including 54,723 males and 53,075 females. The majority of the municipality's population (93.3%) lives in the urban environment. The population of the municipality is young. One third of the population is under 15 years old. The total age dependency ratio for the municipality is 61.

In the first quarter ending March 22, the total number of women in the Methodist Church was 2,024. Table 3.5 shows how the study population was calculated.

Table 3.1: How the population for the study was calculated



| Church             | Location               | Female population |
|--------------------|------------------------|-------------------|
| Ebenezer Methodist | Central police station | 1174              |
| Akosua Village     | Akosua village         | 38                |
| Awotwi Pratt       | Arkaah road            | 189               |
| William Degraft    | Kwandrum               | 201               |
| St Paul's          | Low cost               | 356               |
| A.B Ghunney        | Egyaa lodge            | 66                |
| Total              |                        | 2,024             |

The accessible population for the study was all the female youth in Winneba precisely the Methodist churches between the ages of 20 and 40.

### 3.5 Sample Size

A sample is a discrete part of the population for research. Therefore, the sample must have the characteristics of the population from which it is drawn (Kuranchie, 2016). A

sample size of 360 female youth in Winneba was used in the study. This sample size is based on a table from Kejcie and Morgans (1970), which indicates that 322 respondents represent a population of 2,000 women and 327 respondents represent a population of 2,200 women. The researcher selected a sample of 360 respondents from a population of 2,024. It has also been argued that this goes a long way towards ensuring a fair representation of the population (Creswell, 2012).

### 3.6 Sampling Techniques

The researcher used a convenience and purposive sampling technique to select the respondents for the study. Six Winneba Methodist churches located in various communities were selected. According to Dudovsky (2022), convenience sampling, also known as availability sampling, is a special type of non-probability sampling technique that relies on collecting data from members of the population who are readily available to participate in the “research. In that vein, respondents who were selected for this work were members of the researcher’s church who were within the age range and were willing to participate. Purposive sampling techniques were used to select young Methodist youth aged 20 to 40 years. This was done by making them aware of the research work and the objectives before the collection of data. And the fact that individual who are to participate should be within an age range of 20-40, they should also be females who keep dormant clothes.

In Alchemer's (2021) Research Tips, purposive sampling, also known as selective sampling, or judgmental sampling, is a form of nonprobability sampling in which researchers select members of a population to participate in a study based on their own judgment. This research sampling method requires the researcher to have prior

knowledge about the purpose of the study so that he or she can properly select and approach the appropriate participants for the study being conducted.

### 3.7 Instruments for Data Collection

The main research instrument used in this study was a questionnaire. A questionnaire is a research instrument consisting of a series of questions used to collect useful information from respondents. The questionnaire used in this work collected information on the management of dormant wardrobes among female youth of Winneba. There were 5 sections. The first section included questions regarding participant demographics, such as age, education level, and marital status. The second section contained questions asking whether participants maintained an inactive wardrobe and asked respondents to indicate their level of agreement with the score. Likert scale on a scale from 1 (strongly agree) to 5 (strongly disagree). The third section also includes questions aimed at finding out why the female youth of Winneba keep dormant wardrobe. The fourth section focused on the effect of keeping dormant wardrobes. And in the final section, questions were asked about how to manage the dormant wardrobe of the female youth of Winneba.

#### 3.7.1 Reliability of Instrument

According to Anikweze (2005), reliability refers to the degree of accuracy with which a test measures what it is intended to measure. This means consistency of test results over time and between subjects.

Reliable equipment can measure accuracy and consistency. Reliability of a research instrument is its ability to produce the same or similar results under the same conditions and under different circumstances. This study established the reliability of the instrument through pilot testing and data collection from 30 respondents (female

Teachers ages (20-40) at Winneba Senior High. This is Pernegar T.Y., Courvoisier D.S., Hadelson B. M and Gayet-Ageron, A. (2014) in their study concluded that a default sample size of 30 participants is recommended for pilot testing. The pilot test was conducted at Winneba Senior High (because the researcher selected female respondents aged 20-40 who live in Winneba and therefore have similar characteristics to the study population). Reliability coefficients for this instrument were calculated using Cronbach's alpha model. The Cronbach formula is the most commonly used test to determine the internal consistency of an instrument. The result of Cronbach's  $\alpha$  is a number between 0 and 1. An acceptable measure of reliability is a reliability score of 0.7 or higher according to Heale & Twycross (2015). The resulting reliability coefficient was 0.89, which is higher than 0.7, indicating the reliability of the questionnaire by Heale & Twycross (2015).

### 3.7.2 Validity of Instrument

Validity is often defined as the degree to which an instrument measures what it is intended to measure. Thatcher, R. (2010). The first version of this document was revised by colleagues who teach clothing and textiles.

To verify content validity, the instrument was thoroughly reviewed by the researcher's supervisor, who is an expert in the field of clothing and textiles, to ensure that the instrument contained sufficient items to meet the objectives of the study. Expert judgment is used to verify the suitability of elements (Erie, Jacob, Lazavier 2022). The essence of validity was to ensure that the information designed for Borg and Gal (1983) was obtained. This also confirmed that the instrument was suitable for measuring the properties in question. We also needed to ensure that no important aspects of the work were omitted that could affect the objectives of the study. Construct validity was

carefully examined by clothing and textile experts from the Department of Home Economics, Winneba University of Education. Pearson R correlation results showed that the mean value obtained for the total number of items in the instrument (43) was 0.4303. This is higher than 0.3610 (reference) when Pearson R is  $t > 15$ . Therefore, all survey items were valid.

### 3.8 Data Collection Procedure

A letter of recommendation was obtained from the Department of Clothing and Textiles and submitted to the diocesan bishop for permission to collect data. A permit was approved by the Diocese Methodist Church Bishop of Winneba to ensure that the researchers visited all churches in Winneba. The questionnaire was filled out and collected personally by the researcher. This took place after Sunday worship. Face-to-face surveys are considered an effective way to increase response rates, reduce uncertainty, and create an atmosphere of cooperation among target respondents (Malhotra, 2009).

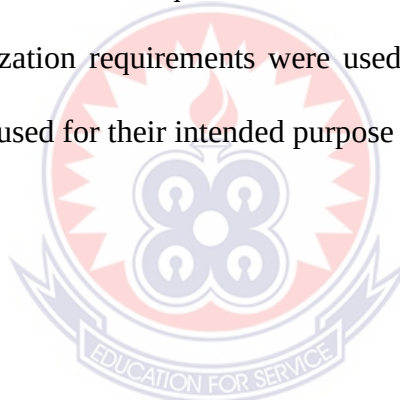
### 3.9 Data Analysis Procedure

This describes the various equipment used to collect data. The choice of data collection instrument is based on the extent to which it provides the researcher with the information needed to answer the research question and gain a deeper understanding of the problem being studied. (Johnson & Christensen, 2004) Data were analysed using SPSS version 22, including means, frequencies, and percentages, and results are presented in tables. Overall, four research questions were answered and 360 copies of the questionnaire were distributed.

### 3.10 Ethical Consideration

According to Qwip (2007), confidentiality primarily relates to data collection and storage systems that do not allow respondents to be identified. Data collection was conducted based on four main ethical guidelines established by the Swedish Research Council Vetenskapsradet (2002). These requirements are information requirements, consent requirements, confidentiality requirements, and utilization requirements. The ethical challenge was to obtain informed consent in a language that was well understood by respondents.

Respondents were also informed that participation in the study was voluntary and that they could refuse to participate. Respondents were also informed that they would remain anonymous and were not required to write their names on the questionnaires provided. Finally, utilization requirements were used to assure respondents that the study results would be used for their intended purpose and not for any other purpose.



## CHAPTER FOUR

### DATA ANALYSIS AND DISCUSSION OF FINDINGS

#### 4.0 Overview

In this chapter, the research findings are divided into five parts. Part I describes the respondents' demographic characteristics. Section II covers extent to which the female youth of Winneba keep dormant wardrobe. This is followed by reasons why female youth keep dormant wardrobe which is in section 111. Then sections IV gives information on the effect of keeping dormant wardrobe of female youth of Winneba and finally the section V which gave information on how the respondents manage their dormant wardrobe, respectively. Findings are also discussed according in line with research questions in this section.

#### **SECTION 1**

##### 4.1 Demographic Characteristics of Respondents

This section presents the demographic characteristics of the respondents. Demographic characteristics include age, education level, marital status, number of children, and employment status. The results are presented in Table 4.1

Table 4.1: Background data of respondents (Total count for each section= 360)

| <b>Item</b>               | <b>Category</b>        | <b>Count</b> | <b>Column N %</b> |
|---------------------------|------------------------|--------------|-------------------|
| AGE                       | 20-25                  | 35           | 9.7%              |
|                           | 26-30                  | 203          | 56.4%             |
|                           | 31-35                  | 78           | 21.7%             |
|                           | 36-40                  | 44           | 12.2%             |
| EDUCATIONAL<br>BACKGROUND | TERTIARY               | 290          | 80.6%             |
|                           | SENIOR HIGH            | 49           | 13.6%             |
|                           | JUNIOR HIGH            | 12           | 3.3%              |
|                           | NO FORMAL<br>EDUCATION | 7            | 1.9%              |
|                           | OTHERS                 | 2            | 0.6%              |
| MARITAL STATUS            | SINGLE                 | 207          | 57.5%             |
|                           | MARRIED                | 144          | 40.0%             |
|                           | DIVORCED               | 7            | 1.9%              |
|                           | WIDOWED                | 2            | 0.6%              |
| NUMBER OF CHILDREN        | NONE                   | 224          | 62.2%             |
|                           | 1-3                    | 118          | 32.8%             |
|                           | 4-6                    | 15           | 4.2%              |
|                           | 7 AND ABOVE            | 3            | 0.8%              |
| WORK STATUS               | SELF EMPLOYED          | 63           | 17.5%             |
|                           | EMPLOYED               | 183          | 50.8%             |
|                           | NOT EMPLOYED           | 114          | 31.7%             |

Source: Field Survey (2022)

Table 4.1 above has 5 sections which are: age, educational background, marital status, number of children and work status. The first section of the table (age) indicates that, out of 360 respondents, 35 (9.7%) mentioned 20-25yrs as their age range, 203 (56.4%) mentioned 26-30yrs as their age range, 78 (21.7%) said that, their aged between 31-

35yrs, 44(12.2%) indicated 36-40yrs as their age range. It could be concluded that, most of the respondents are in their youthful age between 26-30yrs.

The second section of Table 4.1 shows the educational background of respondents. The data indicates that, 290 representing 80.6% of the respondents have attained tertiary education level/status while 39 representing 13.6% had completed Senior High School, 12 representing 3.3% had completed Junior High School Education, 7 representing 1.9% of the respondents had no formal education and 20 representing 6% responded to others as their educational background. The result generally indicates that majority of the respondents representing 97.5%, had attained some level of education and therefore can read and write.

On marital status which is the third section of Table 4.1, 207 representing 57.5% indicated that, they were single while 144 representing 40.0% were married, 7 representing 1.9% mentioned divorced while 2 representing 0.6% indicated widowed as their marital status. This means that, the level of responsibility and financial burden on single women is less as compared to married, divorced women and widows. Hence, single women had higher affordability than married, divorced women and widows.

The fourth section of Table 4.1 shows the number of children of the respondents. 224 representing 62.2% out of 360 respondents said, they had no children (none) while 118 representing 32.8% mentioned that, they had between 1-3 children. 15 representing 4.2% said that, they had between 4-6 children while 3 representing 0.8% mentioned that, they had 7 and above children. The results in this section indicates that, more than half of the respondents had no children. Meaning, apart from respondents who were single and likelihood of having no children, some of the married women and ever married women had no children.

The final section of Table 4.1 illustrates the work status of respondents. Results show that, majority of the respondents numbering 183 representing 50.8% were employed whiles 63 representing 17.5% were self-employed. Meanwhile, 114 representing 31.7% were not employed. This indicates that, most of the respondents had a source of income.

#### 4.2 Presentation of Findings and Discussion in Relation to the Research Questions

##### 4.2.1 Research Question 1: To what extent do the female youth of Winneba keep dormant wardrobe?

In meeting research question one, the respondents were provided with statements to which they had to indicate their level of agreement. The section of the questionnaire was scored on the scale: Strongly Disagree=5, Disagree=4, Universal=3, Agree=2, and Strongly Agree=1. Mean scores of range of 1-1.8 were deemed to be strongly agreed, 1.9-2.6 were deemed to be agreed, 2.7-3.4 were universal responses, 3.5-4.2 meant disagreed and 4.3-5 were deemed strongly disagreed. On the basis of the scoring, higher mean scores imply that the respondents mostly disagreed with the specific statement. A lower mean score however implies that the respondents mostly agreed with the specific statement. The results are presented in Table 4.2 below.

**Table 4.2: The Extent to which Female Youth of Winneba Keep Dormant****Wardrobe***Descriptive Statistics*

| <b>Statement</b>                                                                       | <b>N</b> | <b>Range</b> | <b>Min.</b> | <b>Max.</b> | <b>Sum</b> | <b>Mean</b> | <b>Std. Deviat.</b> | <b>Overall Mean</b> |
|----------------------------------------------------------------------------------------|----------|--------------|-------------|-------------|------------|-------------|---------------------|---------------------|
| I usually keep items for a certain type of event or occasion. E.g. dinner              | 360      | 4            | 1           | 5           | 648        | 1.80        | .973                |                     |
| I have clothes I haven't worn for a year.                                              | 360      | 4            | 1           | 5           | 680        | 1.89        | 1.055               |                     |
| I have clothes I don't just love to wear                                               | 360      | 4            | 1           | 5           | 757        | 2.10        | 1.172               |                     |
| My clothes are more than the size of my closet.                                        | 360      | 4            | 1           | 5           | 762        | 2.12        | 1.309               |                     |
| I find it difficult parting with new things even if I am not wearing them.             | 360      | 4            | 1           | 5           | 795        | 2.21        | 1.70                |                     |
| I hold onto clothes for sentimental reasons                                            | 360      | 4            | 1           | 5           | 797        | 2.21        | 1.265               |                     |
| I keep clothes that needs to be mended or altered                                      | 360      | 4            | 1           | 5           | 797        | 2.21        | 1.145               |                     |
| I struggle to find clothes to go out with.                                             | 360      | 4            | 1           | 5           | 798        | 2.22        | 1.219               |                     |
| I have clothes that look good, but I am tired of wearing them                          | 360      | 4            | 1           | 5           | 831        | 2.31        | 1.283               |                     |
| I am keeping clothes that don't fit but I feel it's so expensive and nice to give out. | 360      | 4            | 1           | 5           | 834        | 2.32        | 1.390               |                     |
| I have clothes as gift which I don't wear but feel guilty getting rid of it.           | 360      | 4            | 1           | 5           | 843        | 2.34        | 1.285               |                     |

|                                                                               |     |   |   |   |      |      |       |
|-------------------------------------------------------------------------------|-----|---|---|---|------|------|-------|
| I always open my closet and say 'I have nothing to wear'                      | 360 | 4 | 1 | 5 | 882  | 2.45 | 1.353 |
| I have clothes I don't have anything to match or wear with                    | 360 | 4 | 1 | 5 | 862  | 2.39 | 1.247 |
| I have clothes I wore I my past lifestyle which I don't feel like discarding. | 360 | 4 | 1 | 5 | 882  | 2.45 | 1.353 |
| I have clothes in multiple sizes in case my weight changes                    | 360 | 4 | 1 | 5 | 1006 | 2.79 | 1.417 |

2.25

Source: Field Survey, 2022

Table 4.2 present result on the extent to which female youth of Winneba keep dormant wardrobe. The table indicated that “I find it difficult parting with new clothes even if I am not wearing them” had a mean score of 2.21, “I hold onto clothes for sentimental reasons” (e.g., to remember special events \occasion like wedding recorded a mean score of 2.21 whiles “I always struggle to find clothes to go out in”, recorded a mean score of 2.22. “I keep clothes that need to be mended or altered” recorded a mean score of 2.21, I always open my closet and say, “I have nothing to wear.” recorded a mean score of 2.36.

“I have clothes I have not worn for a year” recorded a mean score of 1.89 whiles “I usually keep item for a certain type of event or occasion e.g. dinner” recorded a mean score of 1.80, “I have clothes I don't just love to wear” recorded a mean score of 2.10, “I have clothes in multiple sizes in case my weight changes” recorded a mean score of 2.79, “whiles I have clothes I do not have anything to match or wear with” recorded a mean score of 2.39. “I have clothes that look good, but I am tired of wearing them”

recorded a mean score of 2.31, “I have clothes as gift which I do not wear but feel guilty getting rid of it” recorded a mean score of 2.34, meanwhile, “I have clothes I wore in my past lifestyle which I don’t feel like discarding” recorded a mean score of 2.45, “My clothes are more than the size of my closet” recorded a mean score of 2.12, while “I am keeping clothes that do not fit but I feel it is so expensive and nice to give out” recorded a mean score of 2.32. The overall mean for all the means was 2.25 meaning research question one was agreed by the respondents.

## **SECTION II**

### **4.2.2 Research Question 2: Why do the female youth of Winneba keep dormant clothing?**

This research question was meant to find out the reasons why female youth of Winneba keep dormant clothing. The respondents were given a list of reasons to indicate their level of agreement or disagreement with the statements. Higher mean scores imply that the respondents viewed the specific reason highly. The results are shown in Table 4.3.

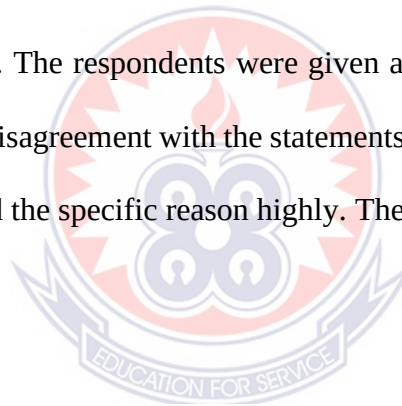


**Table 4.3: Reasons why female youth of Winneba keep dormant clothing***Descriptive Statistics*

| <b>Statement</b>                                                                                | <b>N</b> | <b>Range</b> | <b>Min.</b> | <b>Max.</b> | <b>Sum</b> | <b>Mean</b> | <b>Std. Deviat.</b> | <b>Overall Mean</b> |
|-------------------------------------------------------------------------------------------------|----------|--------------|-------------|-------------|------------|-------------|---------------------|---------------------|
| Nature of work demands more clothes                                                             | 360      | 4            | 1           | 5           | 801        | 2.22        | 1.243               |                     |
| Always want to keep a “just in case” or as a back-up clothes.                                   | 360      | 4            | 1           | 5           | 803        | 2.23        | 1.159               |                     |
| Sentimental reason (clothes that reminds you of past activities or ceremonies)                  | 360      | 4            | 1           | 5           | 820        | 2.28        | 1.187               |                     |
| Clothes are kept to prevent wastage of money used for purchasing clothes that doesn’t fit well. | 360      | 4            | 1           | 5           | 827        | 2.30        | 1.235               |                     |
| To have clothes to wear during difficult times.                                                 | 360      | 4            | 1           | 5           | 834        | 2.32        | 1.275               |                     |
| To have clothes when there is weight change                                                     | 360      | 4            | 1           | 5           | 888        | 2.47        | 1.226               |                     |
| When there is a change in one’s lifestyle, old clothes are kept for future decision.            | 360      | 4            | 1           | 5           | 924        | 2.57        | 1.258               |                     |
| Because I want to follow current fashion                                                        | 360      | 4            | 1           | 5           | 930        | 2.58        | 1.353               |                     |
| Status in society demands buying more than enough                                               | 360      | 4            | 1           | 5           | 1096       | 3.04        | 1.330               |                     |
| For the society to know what I have.                                                            | 360      | 4            | 1           | 5           | 1176       | 3.27        | 1.362               |                     |
|                                                                                                 |          |              |             |             |            |             |                     | 2.53                |

Source: Field Survey, 2022

Table 4.3 provided question to answer the research question finding out reasons why female youth of Winneba keep dormant wardrobe. From the results, Sentimental reason (clothes that reminds you of past activities or ceremonies) recoded a mean score of 2.28,

When there is a change in one's lifestyle, old clothes are kept for future decision recorded a mean score of 2.59, For the society to know what I have recorded a mean score of 3.27, Because I want to follow current fashion recorded a mean score of 2.58, To have clothes when there is weight change recorded a mean score of 2.47, Nature of work demands more clothes recorded a mean score of 2.22. Again, Clothes are kept to prevent wastage of money used for purchasing clothes that doesn't fit well recorded a mean score of 2.30, Status in society demands buying more than enough recorded a mean score of 3.04, Always want to keep a "just in case" or as a back-up clothes recorded a mean score of 2.23. Lastly, to have clothes to wear during difficult times recorded a mean score of 2.23. The overall mean of all the means recorded a mean of 2.53 which means that the respondents agreed on the research question two.

### **SECTION III**

4.2.3 Research Question 3: What are the effects of keeping dormant wardrobe by female youth of Winneba?

The researcher sought from the respondents the effects of keeping dormant wardrobe by choosing from a scale to register their level of agreement or disagreement and the various effects are presented in Table 4 below:

**Table 4.4: Effects of keeping dormant wardrobe by female youth of Winneba.**

*Descriptive Statistics*

| Statement                                              | N   | Range | Min | Max | Sum | Mean | Std. Deviat. | Overall Mean |
|--------------------------------------------------------|-----|-------|-----|-----|-----|------|--------------|--------------|
| Untidy room                                            | 360 | 4     | 1   | 5   | 655 | 1.82 | .975         |              |
| Difficulty in selecting clothing because of the number | 360 | 4     | 1   | 5   | 689 | 1.91 | 1.084        |              |
| Time consuming (searching for clothes to wear)         | 360 | 4     | 1   | 5   | 710 | 1.97 | 1.134        |              |
| Money consuming                                        | 360 | 4     | 1   | 5   | 708 | 1.97 | 1.117        |              |
| Clothes becomes out of fashion                         | 360 | 4     | 1   | 5   | 711 | 1.97 | 1.019        |              |
| Unmanageable wardrobe                                  | 360 | 4     | 1   | 5   | 735 | 2.04 | 1.032        |              |
| Difficulty in choosing clothing because of varieties   | 360 | 4     | 1   | 5   | 758 | 2.11 | 1.115        |              |
| Lots of unfitting clothes                              | 360 | 4     | 1   | 5   | 771 | 2.14 | 1.132        |              |
| Destroyed clothes due to long storage                  | 360 | 4     | 1   | 5   | 735 | 2.44 | 1.261        |              |
| Can lead to hoarding disorder                          | 360 | 4     | 1   | 5   | 901 | 2.50 | 1.201        |              |
|                                                        |     |       |     |     |     |      |              | 2.09         |

Source: Field survey, 2022

Table 4.4 provides questions to answer the research question finding out the various effects of keeping dormant wardrobe. The result indicated that Unmanageable wardrobe recorded a mean score of 2.04, Time consuming (searching for clothes to wear) recorded a mean score of 1.97, whiles untidy room recorded a mean score of 1.82. Destroyed clothes due to long storage recorded a mean score of 2.44, Lots of unfitting clothes recorded a mean score of 2.14, Clothes becomes out of fashion recorded a mean

score of 1.97, Difficulty in selecting clothing because of the number recorded a mean score of 1.91 meanwhile, Difficulty in choosing clothing because of varieties recorded a mean score of 2.11, meanwhile, Money consuming recorded a mean score of 1.97, and Can lead to hoarding disorder recorded a mean score of 2.50. The overall mean of all the means was 2.09 which indicates that the respondents agreed to the research question finding out the effect of keeping dormant wardrobe.

**4.2.4 Research Question 4:** How do the female Youth of Winneba manage their dormant wardrobe?

To answer research question four, the research again presented a list of statements for respondents to select whether they Strongly Agree, Agree, Neutral, Disagree or Strongly Disagree and their responses are presented in table 5 below.

**Table 4.5: How female Youth of Winneba manage their dormant wardrobe**

*Descriptive Statistics*

| Statement     | N   | Range | Min. | Max. | Sum  | Mean | Std. Deviat. | Overall Mean |
|---------------|-----|-------|------|------|------|------|--------------|--------------|
| Throw away    | 357 | 4     | 1    | 5    | 738  | 2.19 | 1.309        |              |
| Recycle       | 360 | 4     | 1    | 5    | 796  | 2.23 | 1.409        |              |
| Sell          | 359 | 4     | 1    | 5    | 800  | 2.25 | 1.374        |              |
| Remodel       | 355 | 4     | 1    | 5    | 874  | 2.43 | 1.362        |              |
| Burn          | 359 | 4     | 1    | 5    | 925  | 2.58 | 1.408        |              |
| Renovate      | 357 | 4     | 1    | 5    | 943  | 2.63 | 1.391        |              |
| Swap/exchange | 357 | 4     | 1    | 5    | 1029 | 2.90 | 1.413        |              |
| Donate        | 356 | 4     | 1    | 5    | 1126 | 3.14 | 1.310        |              |
|               |     |       |      |      |      |      |              | 2.54         |

Source: Field Survey, 2022

In table 4.5, the research question of how respondents manage their dormant wardrobe had varying responses. Renovation as a way of managing dormant wardrobe recorded a mean score of 2.63. Remodeling also recorded a mean score of 2.43. Donation as a way of managing dormant wardrobe on the other hand recorded a mean score of 3.14 while swap/exchange recorded a mean score of 2.29. Burning recorded a mean score of 2.58 while throw away record a mean of 2.29. Recycling recorded a mean score of 2.23, while selling recorded a mean score of 2.25.

From the findings, most of the respondents identified ‘‘Throw away’’ ( $M=2.19$ ,  $SD=1.309$ ) as their means of managing their wardrobe although their agreement was not strong, Remodel ( $M=2.43$ ,  $SD=1.362$ ), Burn ( $M=2.58$ ,  $SD=1.408$ ), Recycle ( $M=2.23$ ,  $SD=1.409$ ) and Sell ( $M=2.25$ ,  $SD=1.374$ ). Respondents neither agreed nor disagreed with the following statements. ‘‘Renovate’’ ( $M=2.63$ ,  $SD=1.391$ ) and ‘‘Exchange /Swap’’ ( $M=2.90$ ,  $SD=1.413$ ) while ‘‘Donate’’ ( $M=3.14$ ,  $SD=1.310$ ) was the least agreed statement. The overall mean for this research question was 2.54 meaning most of the respondents agreed.

#### 4.3 Discussion of Findings in Relation to Research Questions

The purpose of this study was to assess the management of dormant wardrobe among female youth of Winneba.

##### **Research Question One**

Research question one sought to find out the extent to which female youth of Winneba keep dormant. From the findings in relation to the mean scores recorded, it can be deduced that, the statements with the lowest averages was maintaining items for a certain type of event or occasion example ‘‘dinner’’. Most women choose or make their

clothes based on a particular ritual or occasion, and once that ritual or occasion is over, they no longer want to wear that outfit. This is similar to Lu's (2007) point that women's clothing choices depend on the rituals they have to attend. Women's fashion in its various forms is reserved for ceremonies and special occasions that commemorate important moments in life. This is seen in the usual attire for engagements and weddings. Birthdays, graduations, parties, etc. These dresses are often intricate, colourful, classic, or unique garments with special meaning. Today, most ceremonies are color-coded, and even the types of clothing (white or purple dresses, lace, etc.) are color-coded. This means that unless someone is invited to a ceremony in the same colour code or style, these clothes will remain in your wardrobe for months, even years, and may not suit you or the style may have changed over time. This means that it may become obsolete over time. This therefore implies that, most of the respondents have dormant clothes in their wardrobe awaiting a certain type of event or occasion.

In addition, respondents were strongly in agreement with the statement that they have clothes that have not been worn for a year''. It may mean that, because respondents keep certain clothes for some occasions, until these occasions come, respondents will not wear the clothes hence, end up having lots of dormant clothes. This confirms what Fuller (2021) said that if you have something in your closet that you have not worn or used within a year, then consider donating it.

If respondents have clothes they have not worn for a year they may have clothes that are more than the size of their closet disclosing their agreement to that statement. Respondents with the view that they have clothes in multiple sizes in case their weight changes was the only question that had undecided as their response. Meanwhile in a

research conducted by Bye and McKinney (2007), most of the respondents had reasons for keeping clothes that do not fit as weight management.

Also, it can be seen from the results that, respondents who are having clothes they wore in their past lifestyle which they don't feel like discarding'' recorded a low mean which means that, respondents were in agreement with the statement. This also implies that respondents do change their clothes to suit their current life style. Hence the old ones will be lying idle for years which will or may not be used again. Furthermore, respondents indicated their agreement with the statement of having clothes they do not have anything to match or wear with''. This implies that respondents wear clothes that had their corresponding accessories to matching with them e.g. clothes that matches with the colour of their shoe and bag and other accessories. Meaning, if their clothes are not able to match with anything in their closet, it will continue to add up to the loads of dormant clothes.

However, respondents neither agreed nor disagreed that people wear different sizes of clothes as their weight changes. This statement had the highest mean value, meaning that although it was universal, it had the greatest discrepancy. Essentially, this result suggests that while some respondents expected that they would still be able to choose affordable clothing at this time due to the possibility of gaining or losing weight in the future, others disagreed with this opinion. It means you do not agree. This supports Asia's (2019) assertion that most people save clothes they do not use to lose weight so they can wear certain clothes again. But if you're losing weight, you will want to treat yourself to something new. Having a pile of ill-fitting clothes in your closet can be overwhelming and counterproductive. Additionally, Asia (2019) added that depending

on how much weight you want to lose, it may take some time for your clothes to fit your body again. You cannot have all the clothes you want to wear in your wardrobe someday, and the clothes you are currently wearing will take up valuable space in your closet.

This supports the idea that respondents primarily store clothes for events such as dinners and weddings. Perhaps this is because wearing clothing deemed appropriate for the occasion increases satisfaction (Lee & Chu, 2015). Respondents want to store clothes for a certain period of time. It is perfect for certain types of events and occasions, rather than storing clothing for weight changes.

More so, respondents disclosed their agreement with the following statements, ‘I always open my closet and say, “I have nothing to wear”’, this statement is a common saying but hasn’t been attributed to the fact that it’s an indication of having dormant clothes in ones closet. Another reason that was agreed on was having clothes as gift which he or she don’t wear but feel guilty getting rid of it’, ‘I have clothes that look good, but I’m tired of wearing them’, ‘I am keeping clothes that do not fit but I feel it is so expensive and nice to give out’, ‘I always struggle to find clothes to go out in’, ‘I keep clothes that need to be mended or altered’, ‘I hold onto clothes for sentimental reasons (e.g., to remember special events \occasion like wedding)’ and ‘I find it difficult parting with new clothes even if I am not wearing them’.

The table indicates however that, none of the respondents disagreed nor strongly disagreed with the research question finding out extent to which female youth of Winneba keep dormant wardrobe. This indicate that the research question finding out

the extent to which the female youth of Winneba keep dormant wardrobe had a positive response or was agreed on, meaning they all keep dormant wardrobe.

### **Research Question Two**

Research question two sought to find out the reasons why the female youth of Winneba keep dormant wardrobe. From the findings from Table 4.3, it can be seen that respondents noted their highest agreement with the statements that the Nature of work demands more clothes'', this may be because based on the type of work, respondents need to wear unique and fashionable clothes each day which makes them buy more and thus affecting the loads of clothes in their closets. The urge of always wanting to keep a just in case or as some back-up clothes'' was also agreed by the respondents, this indicates that most of the respondents keep extra clothes in the closets not because they do not fit but to use in case they are in need of them. This might be because of the colour, style, or beauty of the garment. Another reason for keeping dormant clothes which is to prevent wastage of money used for purchasing clothes that doesn't fit well was also agreed by respondents. When clothes are bought and realize later it does not fit well, it becomes difficult to discard considering the cost involved. This adds more items in the closet.

This finding is similar to Spratt (2020) , when he mentioned that when clothing item are new or barely worn and you feel guilty about wasting money on it, it become difficult to let go. An example is when one buys something he or she loves to wear, but it just does not work out well as imagined. Maybe it shrank or lost its shape in the wash. Or it doesn't match with anything else in the closet. Azia (2019) admitted that it is easy to feel guilty about having spent money on something that you do not really like and

will not wear. Meanwhile, while those who keep dormant wardrobe mainly because they want society to know they own so many attires (For the society to know what I have) and “Status in society demands buying more than enough” had universal responses. Thus, they neither agreed nor disagreed. This means that although respondents live in society, their main focus is not the number of items they own but rather it is the nature of their work that makes them own more and keep more as dormant. They do not just keep their clothes dormant but love buying them for work demands. This could further mean that, respondents value their work more than status and show off in society. Comparatively, these had the highest disagreements.

Respondents also agreed to sentimental reasons (clothing reminiscent of past activities or rituals). A study by Banim and Guy (2001) found that some women keep clothes because they want to remember the events associated with them. Sometimes the obsession with these clothes is so strong that it is hard to throw them away even if they do not fit your body. And this time, the respondents agreed because "there are clothes to wear when you're tired" and "there are clothes to wear when your weight changes". This is consistent with Asia (2019) who believes that most people save unused clothes so that they can wear them again in a certain way to lose weight. But if you're losing weight, you might want to try new things, and wearing clothes that don't fit in your wardrobe can be frustrating and counterproductive.

Furthermore, “When there is a change in one’s lifestyle, old clothes are kept for future decision” was agreed on by respondents as reasons why they keep dormant wardrobe. This is mainly because different lifestyles come with different clothes to match with and therefore old ones become the dormant ones to replace the new ones. In line with this,

Marrissa (20220) admonishes the fact that one should dive into how to get rid of clothes and realign wardrobe to better match one's lifestyle.

Similarly, Banim and Guy (2001) and Bye and McKinney (2007), who wanted to know why consumers keep certain clothes, found that consumers keep some clothes because of their symbolic nature. An object that serves as a concrete reference to an important memory, time, place, emotion, or person. When you keep up with today's trends, some clothes, even styles, age easily, so you keep those clothes as memories of when you wore them. Respondents said that when their lifestyle changes, they keep old clothes and use them as a reference. Spratt (2020) notes that you should not fill your closet with items in anticipation of the future lifestyle you want to live or experience. There is no clear future plan for what is needed and when it will be needed. He added that a wardrobe should reflect a person's current lifestyle. It is not something that may or may not happen at some point in the future. Example, in the closets of most of our mothers (Ghanaian mothers) can be found old clothes worn in their youthful days or that were used by their grandparents on special occasions occupying greater parts of their closets. If everybody keeps adding up from parent to parents. The closet will be filled with clothes that are termed dormant.

The results conclude that, respondent's agreed to all the reasons for keeping dormant wardrobe except 'the nature of their work that demands them to have more clothes' and "for society to know what they have'. Meaning, they all have tangible reason for keeping lots of dormant wardrobe. But the fact is that the risk involved in keeping lots of these clothes should be considered as well as ways of managing them in other for the individual to be comfortable with the environment and what is worn.

### **Research Question Three**

This research question sought to find out the effects of keeping dormant wardrobe. The findings revealed that, respondents agreed to all the statements but their level of agreement differ from statement to statement. For instance, having an untidy room as an effect of keeping dormant wardrobe had a major agreement whiles having a hoarding disorder had the least agreements. This implies that, ‘‘untidy room’’ is the most experienced or anticipated effects of keeping dormant wardrobe and that is in line with what Brown (2023) advised that getting rid of old clothes can be cathartic, and leave you feeling refreshed, ready for a new start. It is also the best way to keep your closet organized and neat while ‘‘can lead to hoarding disorder’’ was the least experienced or anticipated effects of keeping dormant wardrobe. This is a serious condition because most people do not become conscious until their house becomes full of items they do not need. The seriousness of this condition was confirmed when Fuller (2021) said that in most cases, hoarding disorder can cause problems in nearly every aspect of someone’s daily life including romantic relationships, professional obligations and social obligations. But fortunately it had the least agreed respondents meaning most respondent are either not aware of the condition or have not experienced that condition.

Meanwhile, respondents always want to prevent the situation of a messy room which can have its own implications. Example, it might mean you have little or no time to clean the house, can be a sign of depression or another mental health issue, can even cause anxiety or stress. Although one can hoard cloth and keep their rooms tidy, it might be difficult to maintain it. Untidy rooms will automatically result in difficulties of finding clothes hence, Time consuming (searching for clothes to wear), this also had most respondent’s agreement. When clothes become unmanageable in the closets or

room, it becomes difficult to choose the rightful ones when going out. There will be too many options to choose from and that is time consuming compared to a well-planned closet. Clothes becomes out of fashion, Difficulty in selecting clothing because of the number and Money consuming. The fact is that having dormant clothes in your closets and buying more to use is money consuming while those dormant clothes can be example remodelled, sold or renovated for used again. This is in accordance with Marissa (2022) who advised that one should be mindful about how and why you spend money on clothes. Taking time to think about what you need and why you need it before purchasing it will save money.

The findings therefore make it clear that most of the respondents are in agreement with all the effects of keeping dormant wardrobe but the most worrying effect of keeping dormant clothes is having an untidy room but they least agreed that keeping of dormant clothes can lead to hoarding disorder. Since the respondents are aware of the effects, then coming out of the effects will be less stressful. They will have to make conscious effort to manage all the dormant wardrobe through different clothe management practices as well as wardrobe planning and find ways of decluttering the closets or room if it has already generated into hoarding.

#### **Research Question Four**

The findings indicate that, most respondents were in agreement that they throw away clothes but highly debunked the statement that, they donate clothes in order to manage their wardrobe as the means of managing their wardrobe by least agreeing to it. This, confirms what Ahiable AND Triki (2021) said about the waste generated on dumpsites and the devastating consequences for the local ecosystem. They claimed that the

informal waste dump posed a serious health risk to nearly 80,000 people living in nearby slums. Garment waste also clogs drains, causing floods and diseases such as cholera and malaria. On the other hand, you may wonder why there was no opportunity to dispense with the sleeping wardrobe among the young Winneba women. No wonder each of us throws away an average of 70 pounds of clothing each year, according to a report by the US EPA's Office of Solid Waste! One of the most common reasons is boredom and the need to replace old objects. But the dangerous part of throwing away is that because clothes are encased in plastic (sometimes) they can last 200 years or more before they decompose. Materials made from gasoline, such as acrylic, are similar to other plastics and do not deteriorate. Chemicals used in clothing, including those used to make waterproofing and paints, can leach into the ground and harm the environment Fitch, (2022). Fuller, (2021) pointed out that throwing things away is often painful and can be an expression of forgetting the past and letting go of the future. Therefore, we often hope that something that will be useful one day will actually be useful. It increases mental and emotional stress.

Apart from throwing away, recycle, sell, remodel, burn and renovate also received high agreements respectively. It can be said that, the least that respondents would ever do was to swap/exchange and to also to donate clothes as means of managing clothes.

Respondents may agree to burn a dormant wardrobe, even if they decide not to throw it away, sell it, repair it, or reuse it. This is because once burned, the clothes cannot be reused. In this regard, Picci (2022) draws attention to the fact that burning clothing also contributes to global warming. Burning coal emits more CO<sub>2</sub> than the electricity produced, and the gases released when clothing burns can be dangerous to the

environment and human health. This means that burning as a method of dealing with a sleeping wardrobe is dangerous and should not be recommended. Respondents also agree that selling is a way to manage a dormant wardrobe. It is true that it is difficult to see clothes made in Ghana in the Ghanaian market. You can barely see it even on busy market days. Second-hand clothes from abroad are common in the Ghanaian market, and respondents have no problem with this option. Similarly, Ahiable & Triki (2021) believe that reselling used clothing is one of the common solutions to the problem of post-consumer fashion waste. A study conducted by Brewster and Hawley (2014) cited selling as an option for disposing of unwanted clothing. However, according to Bain (2019), before the advent of the internet, buying clothes was much easier than selling them. In the pre-digital era, the average person's ability to sell unwanted goods was clunky, inefficient, and limited. This means that sales are now done online without the need to take the product to market. Perhaps this is the reason for their agreement.

Respondents although neither agreed nor disagreed with the assertion that, they “donate” their clothes as means of managing their dormant wardrobe, it received the least agreements among the statements. Most churches in Ghana occasionally donates clothes and other items to orphanages but unfortunately, respondent’s donation of dormant wardrobe was undecided. Additionally, Fuller (2021) flatly states that if you have something in your closet that you have not worn or used in a year, consider donating it. On the other hand, most donated items end up in the wrong hands and end up in the hands of people who need them. Chiu (2023) suggests that depending on the condition of the clothing, it may be sent directly to people in need, sold to consignment shops, shipped to other countries, or processed into rags or fabrics using textile fibres. It explains the fact that you can. Education about where to donate unused or unwanted

clothing and easy access to donation centres will deter anyone from deciding to donate. This may explain the low level of agreement among respondents regarding donations.

This implies that there are advantages and disadvantages of all the ways by which dormant wardrobe can be managed. Donation which wasn't agreed on should be encouraged as well as all other management technique that the individuals will have the opportunity to reuse the article but burning which was agreed on should be discouraged since it is harmful to the environment as well as human health.



## CHAPTER FIVE

### SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

#### 5.0 Overview

This chapter presents the summary, conclusions and recommendations of the study and suggestions for further research.

#### 5.1 Summary of the Findings

The study sought to investigate the management of dormant wardrobe among the female youth of Winneba. The study was guided by the following objectives; to:

1. ascertain if female youth of Winneba keep dormant wardrobe.
2. find out the reasons why the youth keep dormant clothing.
3. investigate the effects of dormant wardrobe on the female youth of Winneba.
4. examine how dormant wardrobe could be managed among the female youth of Winneba

Based on the objectives given, the study also sought to find answers to these question;

- To what extent do female youth of Winneba keep dormant wardrobe?
- Why do the female youth of Winneba keep dormant clothing?
- What are the effects of keeping dormant wardrobe by female youth of Winneba?
- How can the female youth of Winneba manage their dormant wardrobe?

To find out answers to this question, this study sampled 360 youth from the six Methodist churches spread across the town of Winneba and using a close-end and

Likert-type item questionnaire. These female youths answered to questions to find out the extent to which they keep dormant wardrobe, their reasons for keeping dormant wardrobe, the knowledge about the effect of keeping dormant wardrobe and finally, how they managed their dormant wardrobe.

The first research question of the study sought to find out the extent to which female youth of Winneba keep dormant wardrobe. The study established that none of the respondents disagreed nor strongly disagreed with the question to find out the extent to which female youth of Winneba keep dormant wardrobe. From the findings in relation to the mean scores recorded (1.80), the statements with the highest agreement was maintaining items for a certain type of event or occasion example “dinner”. Most women choose or make their clothes based on a particular ritual or occasion, and once that ritual or occasion is over, they no longer want to wear that outfit. In addition, respondents were strongly in agreement with the statement that ‘I have clothes I have not worn for a year’ recording a mean of 1.89. All others agreed with the statement with the exception of the statement “I have clothes in multiple sizes in case my weight changes” which had a mean of 2.76 which was even indecisive according to the Likert scale. This is to confirm that the female youth of Winneba do keep dormant wardrobe.

The second question sought to find out the reasons why the youth keep dormant clothing. The study revealed that the female youth of Winneba had reasons why they keep dormant wardrobe. From the findings, it was revealed that respondents noted their highest agreement with the statements that the Nature of work demands more clothes’, this may be because based on the type of work, respondents need to wear unique and fashionable clothe each day which makes them buy more and thus affecting the loads

of clothes in their closets. Based on that however, eight out of the ten questions were responded with a mean of 2.22 for “Nature of work demands more clothes” and for “Always want to keep a “just in case” or as a back-up clothes” also recorded a mean of 2.23 as their highest agreements. This indicates that most of the respondents keep extra clothes in the closets not because they do not fit but to use in case they are in need of them. This might be because of the colour, style, or beauty of the garment. Sentimental reason was another agreed reason why the female youth keep dormant clothes which recorded a mean score of 2.28. Another reason for keeping dormant clothes which is to prevent wastage of money used for purchasing clothes that doesn’t fit well was also agreed by respondents with a mean score of 2.30. When clothes are bought and realize later it does not fit well, it becomes difficult to discard considering the cost involved. This adds more items in the closet. Other statements that were agreed on were “to have clothes to wear during difficult times” with a mean score of 2.32, “to have clothes when there is weight change” with mean score of 2.47, and “because I want to follow current fashion” also recorded a mean score of 2.47.



Two out of ten questions were selected under undecided (from the Likert scale) when finding out why the female youth keep dormant wardrobe. “For the society to know what I have” with a mean of 3.27 and Status in society demands buying more than enough” with a mean score of 3.04

The third question sought to find out the effects of keeping dormant wardrobe by female youth of Winneba. The study established that the respondents were aware of the effects of keeping dormant wardrobe. All ten questions finding out the effects of keeping dormant wardrobe were agreed by respondents with the highest agreed mean of 1.82 for “untidy room” This is a serious condition because most people do not become

conscious until their house becomes full of items they do not need. A mean score of 1.91 was recorded for “Difficulty in selecting clothing because of the number” . this situation arises when the items in the closet are more than its size ad overflowing making it difficult to easily have access to particular items the closet and “Clothes becomes out of fashion” with a mean of 1.97.

The fourth question also sought to examine how dormant wardrobe could be managed among the female youth of Winneba. The study established that, most of the respondents have ways of managing their dormant wardrobe. The management practices with the highest agreed means were throwing away with a mean score of 2.19, and burning and selling.

It was also established that most of the respondents do not frequently swap and exchange as well as donate their dormant by selecting “undecided” with a mean score of 2.9 and 3.14 respectfully.

Before arriving at this findings, the data collected was analysed using SPSS statistics. Questions were pilot tested in Winneba Secondary School with 30 respondents to check for its reliability. 360 questionnaires were distributed and retrieved by the researcher. Some few questions were left unanswered which affected the number of respondents for those questions. The results were presented in tables and charts, using percentages, mean and standard deviation.

## 5.2 Conclusions of the Study

Considering the above findings, it was concluded that the female youth of Winneba keep dormant wardrobe since most of them agreed that they, find it difficult parting with new clothes even if they are not wearing them, they keep clothes that need to be

mended or altered, they have clothes they haven't worn for a year in their wardrobe, they have clothes they do not just love to wear, they hold onto clothes for sentimental reasons (e.g., to remember special events \occasion like wedding), they keep clothes that do not fit but feel it's expensive and nice to give out, their clothes are more than the size of their wardrobe, they have clothes as gift which they don't wear but they feel guilty getting rid of it, but they mostly keep items for a certain type of event or occasion e.g. dinner.

It can also be concluded that since respondents keep dormant clothes they are the ideal respondents for this research work.

It can also be concluded that the most of the respondents have tangible reasons for keeping dormant wardrobe because they agreed to almost all the questions finding out the reasons why they keep those clothes in their closets without using them. Some reasons being that the nature of work demands more clothes, always want to keep a "just in case" or as a back-up clothes, to have clothes to wear during difficult times, Sentimental reason (clothes that reminds you of past activities or ceremonies) etc.

It can also be concluded that based on their tangible reasons, it becomes difficult for them to stop keeping dormant clothes.

It can again be concluded that the female youth of Winneba are aware of the effects of keeping dormant wardrobe example, clothes being out of fashion due to years of keeping, having lots of unfitting clothes, destroyed clothe due to long storage, having an untidy room, difficulty in selecting clothes because of variety, difficulty in selecting

clothes because of number, experiencing hoarding disorder and time consuming searching for clothes to wear.

It can again be concluded that although respondents are aware of the effects of keeping dormant clothes, they could not control themselves because of their many reasons for keeping them.

Finally, it was concluded that most of the female youth of Winneba manage their dormant wardrobe by throwing them away when they think they do not need them, some of them also sell and burn their dormant wardrobe when they are not in use. The least agreed management practice is donation of dormant clothes, swap/exchange and remodelling.

### 5.3 Recommendation

1. Female youth organizations should organize seminars to educate their members on the need not to keep dormant or inactive clothes and best ways to avoid them.
2. Based on the many reasons for keeping dormant or inactive clothes, it is recommended that youth organizations should be educated on wardrobe planning.
3. Dressmakers associations can collaborate with female youth organizations to organize talks on the effects of keeping dormant wardrobe.
4. Waste management organizations in collaboration with orphanage homes should create collection points in various towns to give easy access to individuals who want to donate their dormant clothes.

5. The Ghana Dressmakers Association in collaboration with District Assembly should ensure every district/town has a centre solely for renovation and remodelling of garment since most dressmakers may be reluctant to work on old articles. This will go a long way to prevent discarding or dormancy.
6. Waste management organizations in collaboration with Garment producing industries should make Special tags to be attached to already- made garments to recommend how garment can be managed to prevent dormancy and reduce garment /fabrics ending on landfills.
7. Waste management organizations in collaboration with Garment producing industries should educate their client on how to manage the clothes they buy to prevent them from becoming dormant in their closets

#### 5.4 Suggestion for Further Studies

Roles parents play in the selection and management of their wards clothing.

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APPENDIX

**UNIVERSITY OF EDUCATION, WINNEBA**

**FACULTY OF HOME ECONOMICS**

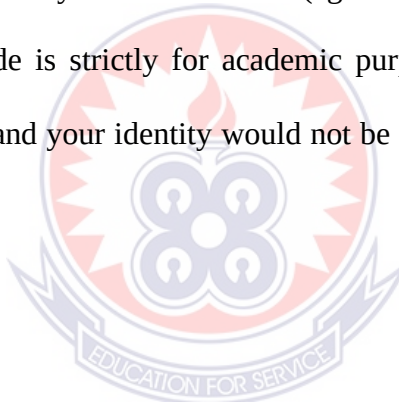
**DEPARTMENT OF CLOTHING AND TEXTILES**

**QUESTIONNAIRE ON THE MANAGEMENT OF DORMANT WARDROBE**

**AMONG FEMALE YOUTH OF WINNEBA (AGE 20-40)**

**Introduction**

I would be very grateful if you would answer the following questions to enable me generate data on the management of dormant wardrobe (garments that are kept without using them) among female youth of Winneba (age 20-40). Please, be assured that all information you provide is strictly for academic purpose and will be handled with utmost confidentiality and your identity would not be revealed in anyway. Thank you for your cooperation.



**SECTION A**

**1. Age**

- |             |                      |
|-------------|----------------------|
| (a) 20 –55  | <input type="text"/> |
| (b) 26 –30  | <input type="text"/> |
| (c) 31 - 35 | <input type="text"/> |
| (d) 36 - 40 | <input type="text"/> |

**2. Educational background.**

- |                 |                      |
|-----------------|----------------------|
| (a) Tertiary    | <input type="text"/> |
| (b) senior high | <input type="text"/> |
|                 | <input type="text"/> |

(c) junior high

(d) No formal education

(e) Others .....

3. Marital status

(a) Single ☐ (b) Married ☐ (c) Divorced ☐ (d) ☐  
widowed

4. Number of children

(a) None ☐

(b) 1- 3 ☐

(c) 4-6 ☐

(d) 7 and above ☐

5. Work status

(a) Self employed ☐

(b) Employed ☐

(c) Not employed ☐

6. What work do you do for a living? .....

**SECTION B**

**Research Question 1:** To what extent do the female youth of Winneba keep dormant wardrobe?

Indicate the degree to which you agree or disagree to the following statements to know if the youth keep dormant wardrobe

SA – Strongly Agree,      A – Agree      U – Undecided D – Disagree

SD – Strongly disagree

| NO. | FACTOR                                                                                                | SA | A | U | SD | D |
|-----|-------------------------------------------------------------------------------------------------------|----|---|---|----|---|
| 1.  | I find it difficult parting with new clothes even if I am not wearing them.                           |    |   |   |    |   |
| 2.  | I hold onto clothes for sentimental reasons ( e.g. to remember special events \occasion like wedding) |    |   |   |    |   |
| 3.  | I always struggle to find clothes to go out in.                                                       |    |   |   |    |   |
| 4.  | I keep clothes that need to be mended or altered                                                      |    |   |   |    |   |
| 5.  | I always open my closet/suitcase/bag and say, “I have nothing to wear.”                               |    |   |   |    |   |
| 6.  | I have clothes I haven’t worn for a year                                                              |    |   |   |    |   |
| 7.  | I usually keep item for a certain type of event or occasion e.g. dinner                               |    |   |   |    |   |
| 8.  | I have clothes I don’t just love to wear.                                                             |    |   |   |    |   |

|     |                                                                                          |  |  |  |  |  |
|-----|------------------------------------------------------------------------------------------|--|--|--|--|--|
| 9.  | I have clothes in multiple sizes in case my weight changes.                              |  |  |  |  |  |
| 10. | I have clothes I don't have anything to match or wear with.                              |  |  |  |  |  |
| 11. | I have clothes that look good, but I'm tired of wearing them.                            |  |  |  |  |  |
| 12. | I have clothes as gift which I don't wear but feel guilty getting rid of it              |  |  |  |  |  |
| 13. | I have clothes I wore in my past lifestyle which I don't feel like discarding            |  |  |  |  |  |
| 14. | My clothes are more than the size of my closet.                                          |  |  |  |  |  |
| 15. | I am keeping clothes that do not fit but I feels it's so expensive and nice to give out. |  |  |  |  |  |

## SECTION C

**Research Question 2:** Why do the female youth of Winneba keep dormant clothing?

Indicate the degree to which you agree or disagree to the following statements as reasons why the youth keep dormant wardrobe

SA – Strongly Agree,      A – Agree      U – Undecided      D – Disagree

SD – Strongly disagree

| NO. | FACTOR                                                                                          | SA | A | U | SD | D |
|-----|-------------------------------------------------------------------------------------------------|----|---|---|----|---|
| 1.  | Sentimental reason (clothes that reminds you of past activities or ceremonies )                 |    |   |   |    |   |
| 2.  | When there is a change in one's lifestyle, old clothes are keeps for future decision            |    |   |   |    |   |
| 3.  | For the society to know what I have.                                                            |    |   |   |    |   |
| 4.  | Because I want to follow current fashion.                                                       |    |   |   |    |   |
| 5.  | To have clothes when there is weight change                                                     |    |   |   |    |   |
| 6.  | Nature of work demands more clothes                                                             |    |   |   |    |   |
| 7.  | Clothes are kept to prevent wastage of money used for purchasing clothes that doesn't fit well. |    |   |   |    |   |
| 8.  | Status in society demands buying more than enough                                               |    |   |   |    |   |
| 9.  | Always want to keep a "just in case" or as a back-up clothes.                                   |    |   |   |    |   |
| 10. | To have clothes to wear during difficult times.                                                 |    |   |   |    |   |

**SECTION D**

**Research Question 3:** What are the effects of keeping dormant wardrobe by female youth of Winneba?

Indicate the degree to which you agree or disagree to the following statements as the effects of keeping dormant wardrobe

SA – Strongly Agree,     A – Agree     U – Undecided     D – Disagree

SD – Strongly disagree

| NO. | FACTOR                                                                       | SA | A | U | SD | D |
|-----|------------------------------------------------------------------------------|----|---|---|----|---|
| 1.  | Unmanageable wardrobe                                                        |    |   |   |    |   |
| 2.  | Time consuming (searching for clothes to wear)                               |    |   |   |    |   |
| 3.  | Untidy room if not well arranged                                             |    |   |   |    |   |
| 4.  | Destroyed clothes due to long storage                                        |    |   |   |    |   |
| 5.  | Lots of unfitting clothes                                                    |    |   |   |    |   |
| 6.  | Clothes becomes out of fashion                                               |    |   |   |    |   |
| 7.  | Difficulty in selecting clothing because of the large number or quantity     |    |   |   |    |   |
| 8.  | Difficulty in choosing clothing because of varieties of styles and colours   |    |   |   |    |   |
| 9.  | Money consuming                                                              |    |   |   |    |   |
| 10. | Can lead to hoarding disorder (health condition of excessive hoarding habit) |    |   |   |    |   |

#### SECTION E

**Research Question 4:** How do the female youth of Winneba manage their dormant wardrobe?

This ranking is to answer to the ways the female youth manage their dormant wardrobe.

Very inadequate = 1

Inadequate = 2

Fairly Adequate = 3

Adequate = 4

Very adequate = 5

| NO. | ITEM                                           | EVALUATION |   |   |   |   |
|-----|------------------------------------------------|------------|---|---|---|---|
|     |                                                | 1          | 2 | 3 | 4 | 5 |
| 1.  | Renovate (repair faults such as tears )        |            |   |   |   |   |
| 2.  | Remodel ( changing clothes into another style) |            |   |   |   |   |
| 3.  | Donate                                         |            |   |   |   |   |
| 4   | Swap/exchange                                  |            |   |   |   |   |
| 5.  | Burn                                           |            |   |   |   |   |
| 6.  | Discard/Throw away                             |            |   |   |   |   |
| 7.  | Recycle                                        |            |   |   |   |   |
| 8.  | Sell                                           |            |   |   |   |   |
| 9.  | Use as rags                                    |            |   |   |   |   |
| 10. | Present as a gift                              |            |   |   |   |   |