

## To Gain Knowledge about the Wardrobe Planning of the Students of RLAK Government College of Home Economics

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### ABSTRACT

**Purpose:** This study explored the wardrobe planning practices of students at RLAK Government College of Home Economics, focusing on their approaches to wardrobe organization, clothing selection, budgeting, and factors influencing their choices.

**Design/methodology/approach:** A quantitative research design was employed. A total of 160 female students, 40 from each academic section (First year to BSc final year), were randomly selected. Data were collected using a structured questionnaire, entered into the EPI program, and exported to SPSS for analysis. Frequencies and percentages were calculated to examine students' wardrobe planning behaviors and decision-making processes.

**Findings:** Most students applied their academic knowledge in wardrobe planning. They considered family budget, personal preferences, and principles from home economics education when making clothing decisions. Students preferred quality fabrics and selected items that suited them best. Overall, they demonstrated awareness of practical and economic factors, efficiently organizing their wardrobes.

**Conclusion:** Home economics education positively influenced students' wardrobe planning habits, promoting informed and practical clothing decisions.

**Research limitations/implications:** The study was limited to female students from a single institution, which may affect generalizability. Future research could include male students and multiple institutions for broader insights.

**Practical implications:** Findings can guide educators in integrating wardrobe management skills into home economics curricula and support students in making informed clothing choices.

**Contribution to literature:** The study provides empirical evidence on how education, budgeting, and personal values shape wardrobe planning behaviors among young adults.

**Keywords:** Arranging, Clothing, Effective, Goal, Managing, Organizing, Planning, Practices and habit, Wardrobe.

### 1. INTRODUCTION

A girl's wardrobe differed from that of other family members because she required various types of clothing for different workouts and occasions. Her wardrobe contained numerous accessories for different garments, as her dressing was considered incomplete without them. According to [Nancy \(1979\)](#) the variety in garments and accessories provided options for several occasions. Properly keeping accessories related to her outfits in the wardrobe through planning was referred to as wardrobe planning.

Students of home economics had the advantage of using their knowledge to plan their wardrobes. In wardrobe planning, they designed stylish dresses in many suitable colors, considering certain factors related to family and personal appearance. [Dorsa, Mabel, and Marietta \(1955\)](#) Stated that, in wardrobe practices, they also planned suitable accessories to match their garments, ensuring variety. Some girls had the habit of organizing their wardrobes themselves and stitching as well as repairing their outfits. They avoided monotony in their wardrobes by choosing colors and styles according to their own preferences.

Neutral-colored trousers and dupattas gave the option to create a variety of dresses. According to wardrobe planning, girls maintained a well-organized wardrobe, which was always suited to the seasons and daily wear. The planning of casual outfits was also included in wardrobe practices. Their practices and habits taught them how to spend limited money on a wardrobe that provided them with satisfaction.

Knowledge about the needs for garments and accessories helped in creating the best wardrobe that served multiple purposes, although several garments could be required for a single purpose. In such cases, money consumption was reduced. Furthermore, [Georgianne \(1979\)](#) stated that a homemade wardrobe always lowered the budget and also helped in spending leisure time productively. Wardrobe practices guided individuals to make or collect comfortable garments that were attractive, durable, and easy to care for, in different colors that suited them best, with a variety of patterns and designs that distinguished them from others. Before purchasing a dress, they planned their budget for easier collection and wiser purchasing.

The wardrobe planning helps girls create stylish, versatile, and well-organized wardrobes by selecting suitable garments and accessories in varied colors and styles, matching their needs, budget, and personal preferences. It promotes creativity, cost-effectiveness, and individuality while ensuring comfort, durability, and suitability for different occasions. To know about the wardrobe planning practices of the girls of RLAK Government College of Home Economics and to gain more knowledge about their habits of wardrobe planning. Therefore, purpose of this study is to examine and understand the wardrobe planning practices of the students of RLAK Government College of Home Economics. It aims to identify their clothing needs, preferences, budgeting strategies, and decision-making factors, while also exploring how social, cultural, seasonal, and educational influences shape their wardrobe choices.

## **2. REVIEW OF LITRATURE**

### ***2.1. Importance of Wardrobe***

A wardrobe may be defined as a cabinet or small room designed for the storage of clothing, or as a tall furniture unit equipped with doors, rails, or hooks for hanging garments. Beyond its functional role as a storage solution, the wardrobe holds significance in fostering awareness of the importance of clothing and its role in daily life.

Enhancing knowledge in color selection entails choosing hues that complement an individual's features and complexion, while understanding the underlying reasons certain colors are more flattering than others. This process also involves utilizing color to create visual effects based on personal coloring, body shape, size, and overall personality. One approach to categorizing suitable colors is through color coding based on individual "becoming" shades, while another, as described by [Nancy \(1979\)](#) employs a seasonal classification system. An individual's color palette, combined with an awareness of wardrobe planning principles, forms the basis for effective wardrobe coordination. Wardrobe planning should take into account factors such as occupational requirements, personality characteristics, financial resources, current clothing and accessories, design principles and optical illusions, fabric selection, personal needs and preferences, lifestyle, family and community values, geographic location, availability of shopping facilities, and any special clothing requirements, as well as garment care considerations. When making decisions to purchase, construct, or recycle clothing, the initial step should be to assess and identify the fabric being acquired.

The application of clothing care principles to students' apparel involves assessing individual garment requirements, examining opportunities for redesign or recycling, and evaluating how personality traits influence clothing choices and behaviors.

### ***2.2. Adolescents' Clothing Conformity, Awareness, and Peer Acceptance***

Adolescents are often highly susceptible to environmental influences, exhibiting a tendency to follow prevailing trends shaped by their social surroundings. Survey data indicate that adolescents of both genders display a marked preference for Western-style clothing. The noted uniformity in dress and appearance among students from the same school led to the hypothesis that awareness of, and conformity to, the dominant dress style would be positively associated with peer acceptance ([Dorsa et al., 1955](#)). In their study, filmed observations of the clothing choices of 121 boys and 110 girls from a sophomore high school class were analyzed alongside questionnaire responses regarding perceived common styles. Results revealed significant positive correlations between awareness and conformity to prevailing clothing norms and levels of peer acceptance. These findings suggest that

clothing and personal adornment function as strategic elements in the socialization processes of university students.

### *2.3. The Principal of Management*

Resource management entails the application of knowledge to effectively control or direct available assets—in essence, utilizing existing means to achieve desired outcomes. As both work and leisure are integral to the development of a well-balanced personality within society, effective management facilitates equilibrium between these domains. To prevent the sense of uncertainty often associated with initiating tasks, [Georgianne \(1979\)](#) emphasized first identifying the necessary activities and subsequently determining the individuals responsible for their completion.

### *2.4. Define Task*

The significance of maintaining clothing in good repair is not always readily recognized. Broadly defined, affluence encompasses the capacity to acquire not only essential items for survival but also discretionary goods and experiences that enhance quality of life. Financial resources, like time and energy, require prudent management to ensure adequacy for both planned purchases and desired activities.

### *2.5. Wardrobe Planner*

Identifying necessary tasks is distinct from assigning them to the appropriate individual for completion. Establishing a structured system of duty delegation—whereby even the youngest household members are assigned responsibilities suited to their age and abilities—can significantly strengthen the overall sense of cooperation.

### *2.6. Organizing Your Work*

The organization of clothing care routine will greatly depend upon the amount of time you have after your usual daily activities. Very often, your clothing maintenance amounts to less than an hour's work; however, this amount of work can easily be carried out in any free time you have if you have no definite work plan of action or time limit set for yourself.

### *2.7. Developing A Schedule*

In developing an effective schedule, the initial step is to identify required tasks and arrange them in order of priority. [Vanderhoff \(1978\)](#) Emphasized that subsequent planning should determine whether these tasks will be undertaken on weekdays or weekends. An effective schedule should maintain sufficient flexibility to accommodate unplanned, interest-driven activities in place of preplanned tasks without prompting feelings of guilt.

### *2.8. Arranging the Work Area*

The time and energy demands associated with clothing maintenance increase when appropriate equipment is unavailable. Organizing sewing and ironing tools in a designated location enhances efficiency by minimizing unnecessary time and effort expenditure.

### *2.9. Executing Your Plan*

[Vanderhoff \(1978\)](#) Stated that the principle of management is to carry out the plan, to check one by one the tasks listed in your schedule. It is a way of monitoring your work done. This encourages you and determines the completion of all decided tasks.

### *2.10. Taking an Inventory of Your Wardrobe*

Maintaining inventory is the process of determining exactly how many garments you have. By pasting an inventory list into your book, you can analyse your closet's contents quickly. If certain items of clothing are not useful, out of style, or you've extra clothes, you realize that you haven't worn them in a while. The color or Style seems inappropriate, zip or button missing, hem-out or clothes going too short. Then think that clothes in your wardrobe need repair, need to be remade or remodeled, you discontinue old one or you need to add new clothes, remaking,

and mending. Some of the clothes you already have can mean more clothes for less money. You can update your old clothes into new ones again by investing a little more time.

#### *2.11. Building a Personal Wardrobe*

Life is moving at a faster pace than ever before. Material goods are abundant, and the numbers of alternatives increase with each passing year (Vanderhoff, 1978). Students are being encouraged to make decisions and to express their personal like's wants, and needs for a future look in their budget.

#### *2.12. Learning to Make Decisions for Your Wardrobe*

Decision-making is the thinking process involved in making a choice. This process must be carefully sought out and does not usually happen automatically. Mary and Annetta (1987) Stated that people must learn how to make decisions in all aspects. In doing so, people learn to think in a series of organized steps that they may or may not realize they are taking. Sometimes, making a decision can take just a split second, while at other times it may take several days to reach completion, depending upon the problems under consideration. The Following Information suggests the framework for making decisions in wardrobe planning; the steps can be applied under all situations where decision-making is first involved. These steps serve as a roadmap for managing your resources, much like time slots in a schedule.

#### *2.13. Determining Your Goal*

Initially, making your goals clear in your mind is a huge step. It determines the direction in which you must change your focus for future thinking. Your goal might be to have appropriate clothing for the money you can afford. None other than yourself can determine what would be best for you. You may feel that you could do much better if you spend extra money, but an appropriate and appealing wardrobe is the outcome of the consideration you put into your choices.

#### *2.14. Planning an Adequate Wardrobe*

A plan may be defined as an outline or a structured set of guidelines designed to achieve a specific goal. Planning constitutes the active process of formulating such an outline or guidelines. The effectiveness of a plan is determined by its capacity to facilitate the attainment of the intended goal, which must be clearly defined prior to the development of the plan. Furthermore, a plan should not be regarded as rigid or immutable; modifications may be necessary if the goal itself changes. Planning an adequate wardrobe, it is essential to first establish a precise understanding of what constitutes "adequacy" for the individual concerned. An adequate wardrobe may be described as a sufficient collection of appropriate garments that enables an individual to perform their daily activities efficiently and comfortably. Appropriateness and adequacy are achieved when the available clothing supports the smooth execution of these activities, recognizing that engagement in diverse activities may necessitate various types of attire. While there may be a perceived need for formal or dressy garments, their quantity should be determined with consideration for factors such as seasonal requirements, evolving fashion trends, and style changes. Each garment should be evaluated in terms of its intended functional use before acquisition. An effective wardrobe plan begins with an assessment of the specific purposes each existing or proposed clothing item serves in the individual's current lifestyle.

A coordinated wardrobe strategy involves selecting garments that can be worn interchangeably or combined in multiple configurations to maximize outfit variety. For example, acquiring a monochrome trouser and dupatta in contrasting shades (e.g., black and white) enables pairing with a range of shirt designs, thereby enhancing versatility. Wardrobe cohesion is optimized when color selection is intentionally planned to facilitate the highest number of possible combinations. As with many consumers, the collection may be developed gradually over time. Furthermore, individuals with garment construction skills can strategically produce simple, complementary pieces to expand the functional use of existing clothing ensembles.

Wardrobe development should incorporate the planned selection of accessories in conjunction with other garment acquisitions. Items such as handbags, costume jewelry, headwear, and supplementary apparel achieve greater artistic unity when integrated into the overall design concept and aligned with an established color scheme. Equally important is the implementation of a structured garment care plan, as maintenance practices directly

contribute to the longevity and functionality of existing clothing assets. Wardrobe planning is inherently an ongoing process, adapting over time in response to evolving aesthetic preferences, lifestyle requirements, and clothing-related objectives.

The earlier three sections verify the discussion on personal wardrobe development. Effective wardrobe planning begins with a comprehensive inventory of existing garments, enabling the identification of gaps and discontinuation. Such an assessment facilitates the systematic construction of a well-balanced wardrobe that aligns with individual requirements and optimizes functionality.

#### *2.15. Wardrobe Management Apps*

Global clothing production and textile waste are on the rise, while the actual use of garments is steadily declining. According to [Gigi and Lisa \(2025\)](#) states, many consumers wear only a small portion of the clothes they own, often neglecting or forgetting items already in their closets. This lack of engagement with existing wardrobes promotes unnecessary shopping and adds to both the environmental impact and the psychological strain associated with fashion overconsumption. This study aimed to investigate the role of wardrobe management applications and their potential to help reduce excessive clothing consumption.

#### *2.16. Clothing Satisfaction Determinants*

[Mary and Annetta \(1987\)](#) Reported that the purpose of their study was to examine selected socioeconomic and socio-psychological factors influencing homemakers' satisfaction with their clothing. For validation purposes, an adaptation of the jackknife statistical technique was employed. Findings, ranked in descending order of importance, indicated that homemakers expressed greater satisfaction with their clothing when they: (a) reported a higher level of material well-being, (b) ranked themselves higher in terms of the proportion of the family's annual clothing expenditure allocated for their own use, (c) perceived their clothing budget as adequate, (d) did not experience restrictions in clothing choices, (e) purchased new fashions sooner than their peers, and (f) had clothing style decisions made by someone other than themselves. These results support the present thesis in that effective wardrobe planning is closely tied to budget management, enabling individuals to enjoy the benefits of dressing well within the financial parameters established by the homemaker or household manager.

Next, when a clothing allowance is available, it is advisable to allocate the total sum proportionally for specific seasons, such as the six-month fall and winter period, and plan expenditures accordingly. For individuals adhering to a budget, the process involves reviewing the annual clothing expenditure allocation, deducting the amount already spent during the current year, and utilizing the remaining balance in a manner that meets ongoing wardrobe needs.

The expenditure planning can be approached holistically through considering both clothing needs and financial capacity; however, actual purchases and garment modifications may be undertaken gradually. New acquisitions should be of high quality, appropriately styled, and aligned with the wearer's functional requirements. Some individuals may prioritize a smaller number of garments with superior quality and classic styling to allow for multiple seasons of wear, whereas others may opt for a larger quantity of lower-cost items replaced more frequently. Each new garment should be selected to coordinate with the wardrobe's foundational color scheme and serve multiple purposes.

A wardrobe is more than just clothing storage. It plays a key role in personal appearance, self-expression, and lifestyle efficiency. Effective wardrobe planning involves choosing colors that complement individual features, considering occupational and lifestyle needs, and managing resources wisely. Adolescents often conform to peer clothing trends for social acceptance, highlighting fashion's role in socialization. Wardrobe management requires organization, scheduling, inventory checks, and decision-making to ensure clothing is functional, coordinated, and maintained. A well-planned wardrobe should balance quality, versatility, and budget constraints, with accessories and garment care integrated into the plan. Clothing satisfaction depends on financial capacity, personal preferences, and the ability to update styles in alignment with one's lifestyle. Thoughtful wardrobe planning is an ongoing process that combines aesthetic choices, practicality, and resource management. By maintaining an inventory, making informed purchasing decisions, and aligning clothing with personal goals, lifestyle, and budget, individuals can create a functional, versatile, and satisfying wardrobe that enhances both appearance and confidence.

### 3. METHODOLOGY

#### 3.1. Study Design and Study Setting

This study followed a quantitative approach. Through it, we were able to identify the factors associated with wardrobe selection among the students of RLAK Government College of Home Economics. The study was conducted at the RLAK Government College of Home Economics, which is renowned for maintaining high standards in the field of Home Economics. The college provided an environment where living qualities and skills were enhanced, and students were nurtured to live better lives through the integration of scientific studies and practical learning.

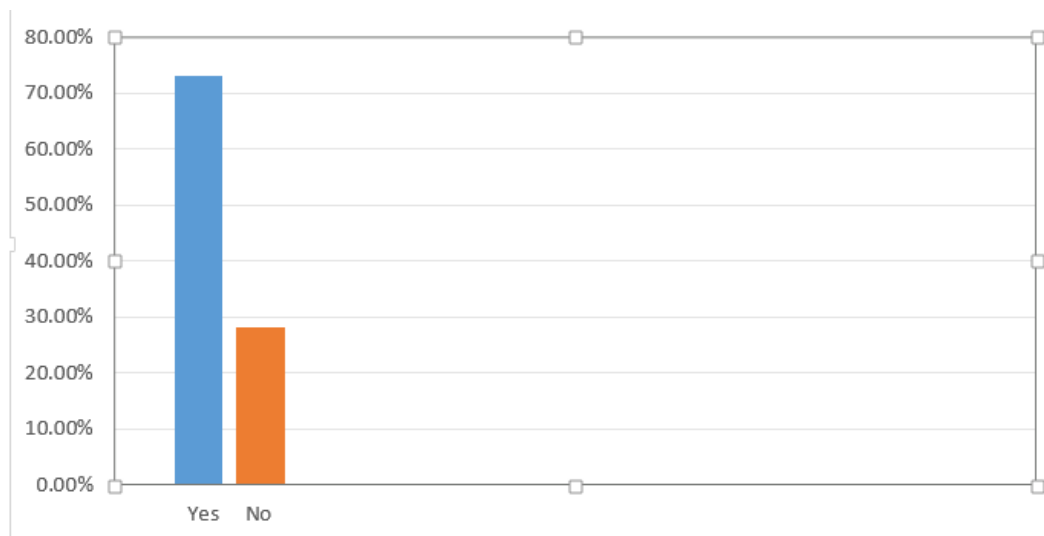


Figure 1. Plan before setting wardrobe.

According to the above Figure 1 the majority of students seemed to have planned their wardrobes before setting. This planning gave them a sense of understanding about their needs because the students had very busy schedules, so they preferred to plan their wardrobes once and then refill them to maintain a perfect wardrobe.

#### 3.2. Sample Data

The data for this study were collected from 40 students in each section of the Home Economics College in Karachi. The sample included graduate section, data was collected from every section of all four year.

#### 3.3. Data Collection Tool Development

A questionnaire was used for data collection. The questionnaire was self-developed and was pilot testing done on one-tenth of the sample size. This survey tool brought us closer to achieving our research goal.

#### 3.4. Theory of the Study

The independent variables were compiled from the students of RLAK Government College of Home Economics. The Independent variables were self-administered. Questionnaire was carried filled out by the participants (students of RLAK).

#### 3.5. Self-Administered Theory

The self-administered theory (SDT), developed mainly by Ryan, Kuhl, and Deci (1997) suggests that people have innate personal needs for autonomy, competence, and relatedness. It holds that a person's motivation and well-being depend on how well these needs are met within their social environment. The organizational framework is used to analyze the ideas of autonomy and self-regulation.



**Figure 2.** Self judgement or public advice.

According to the above [Figure 2](#) the majority of girls had made decisions for themselves through self-judgment, while only a few considered public advice. The college students said that their educational knowledge had given them enough sense to make judgments for themselves.

**Table 1.** The views of girls about neutral color trouser and dupatta.

Questions	One	Two	Three
White trouser	n= 44 (28.0%)	n= 66 (41.0%)	n= 50 (31.0%)
White dupatta	n= 50 (31.0%)	n= 72 (45.0%)	n= 38 (24.0%)
Black trouser	n= 69 (43.0%)	n= 43 (27.0%)	n= 48 (30.0%)
Black dupatta	n= 71 (44.0%)	n= 55 (33.0%)	n= 36 (23.0%)

The given [Table 1](#) showed that most of the girls were interested in keeping two white trousers and dupattas and one black trouser and dupatta in their wardrobes. The interest of the girls in neutral color combinations was average, and they seldom used such combinations.

**Table 2.** The rate of using knowledge regarding taking care of clothes.

Questions	Yes	Sometimes
Wardrobe before coming season	n= 34 (21.0%)	n= 76 (48.0%)
Sew dress at home	n= 40 (25.0%)	n= 44 (28.0%)
Right procedure for taking care	n= 85 (53.0%)	n= 58 (36.0%)

The above [Table 2](#) did not show the negative answers. The remaining number of answers indicated that the majority of students knew the correct procedure for taking care of clothes, and most girls planned their wardrobes sometime before the coming seasons. When they planned their wardrobes in advance, they also knew how to store them safely until the upcoming season. The majority of students did not sew their dresses at home due to a lack of time; this was one wardrobe practice they did not follow. Their knowledge of clothing care and stitching was acquired from their textile subject and wardrobe practices.

**Table 3.** Views about quality satisfaction and choice and values for selecting dress.

Questions	Yes	No	Sometimes
Satisfied with the quality of dress	n= 119 (74.0%)	n= 5 (3.0%)	n= 36 (23.0%)
	<b>Personal choice</b>	<b>Family values</b>	<b>Both</b>
Option while selecting new dress	n= 37 (23.0%)	n= 17 (11.0%)	n= 106 (66.0%)

The [Table 3](#) showed that a large number of RLA Government College of Home Economics students were satisfied with the quality of their dresses. When the quality of their dresses was according to their desire, it automatically



gave them comfort. The majority of girls, when choosing dresses for their wardrobes, considered both their family values and personal preferences. They answered that if they considered both options while making dresses, they wore those dresses happily and confidently anywhere, anytime. They purchased quality fabric according to their choice and values.

### 3.6. Self-Judgment

Authenticity has been understood and defined through various perspectives, yet the central idea remains consistent across these approaches. At its essence, authenticity refers to the extent to which individuals act in alignment with their inner beliefs, core values, personal motives, and inherent traits. In other words, it reflects the degree of harmony between what a person truly thinks or feels and how they express themselves through their actions and behaviors in different contexts. This concept emphasizes living and behaving in a way that genuinely represents one's true self rather than conforming to external pressures or expectations (Katrina and Mark, 2018).

#### Quality Satisfaction and choice

The comparison standard primarily relates to the anticipated performance of the option that has been selected. In general, the expectation-disconfirmation paradigm focuses mainly on evaluating whether the chosen option meets, exceeds, or falls short of prior expectations. However, it largely overlooks the predicted performance of alternative options that were considered during the decision-making process but ultimately not chosen. This means the emphasis is placed on post-choice evaluation of the selected option rather than comparing it to the unselected alternatives (Jane, 2016).

The self-administered theory (SDT) underscores the importance of fulfilling fundamental psychological needs autonomy, competence, and relatedness for enhancing motivation and well-being within organizational settings. Authenticity further reinforces this by highlighting the alignment between one's true values, beliefs, and actions, ensuring individuals operate from their genuine selves rather than external expectations. Additionally, the expectation-disconfirmation paradigm illustrates how satisfaction is primarily influenced by whether the chosen option meets or surpasses prior expectations, often disregarding unselected alternatives. Together, these concepts emphasize that fostering autonomy, authentic self-expression, and realistic expectations plays a critical role in individual satisfaction, self-regulation, and overall organizational effectiveness.

### 3.7. Data Analysis

The data entry for 160 students of RLA Government College of Home Economics was done on Epic data program. It was then exported on SPSS; Means and Frequency was used for each analysis. And Microsoft Excel were used for graphs and Microsoft word are used for tables.

## 4. RESULTS

The analysis of the results indicated that the majority of students from the College of Home Economics utilized their educational knowledge in planning their wardrobes.

### 4.1. First Objective, to know about the wardrobe planning practices of the girls of RLA Government College of Home Economics.

They demonstrated a comprehensive understanding of the factors influencing wardrobe planning and applied effective strategies to optimize their wardrobes. Furthermore, they employed appropriate procedures for the care and maintenance of clothing and apparel. While they incorporated various wardrobe management practices, the use of stitching techniques was notably absent, primarily due to time constraints. Most girls preferred to keep two white trousers with dupattas and one black trouser with dupatta in their wardrobes. Interest in neutral color combinations was average, and such combinations were seldom used. Majority knew the correct procedure for clothing care. Most girls planned their wardrobes in advance before upcoming seasons. They also knew how to store clothes safely until the next season.

### 4.2. Second Objective, to Gain More Knowledge About Their Habits of Wardrobe Planning

The considerations such as family budget, personal values, and the practical application of their knowledge were integral to their decision-making process. The students prioritized purchasing quality fabrics and selected garments



that best suited their individual preferences and needs. Majority did not sew dresses at home due to lack of time this was one wardrobe practice they did not follow. Knowledge of clothing care and stitching was learned from their textile subject and wardrobe practices. Many students were satisfied with the quality of their dresses. When selecting dresses, most girls considered both family values and personal preferences. This allowed them to wear dresses confidently and happily anywhere. Students purchased quality fabric that matched their values and choices. Most girls planned their wardrobes before the season started. Planning helped them understand their needs and maintain a perfect wardrobe despite busy schedules. Majority made decisions through self-judgment, with only a few considering public advice. Educational knowledge gave them confidence to make independent choices.

## 5. DISCUSSION

This study examined the wardrobe planning practices of students from RLAK Government College of Home Economics. Drawing on their academic training, the students demonstrated a clear awareness of effective wardrobe management, integrating fashion trends, suitable color choices, and clothing habits that complemented their personalities. The RLAK Government College of Home Economics, focusing on their clothing needs, preferences, budgeting methods, and decision-making factors, as well as the social, cultural, seasonal, and educational influences on their choices. Self-administration theory (SDT) emphasizes that meeting core psychological needs autonomy, competence, and relatedness is essential for boosting motivation and overall well-being in organizational environments. Authenticity strengthens this idea by ensuring that individuals act in alignment with their true values and beliefs, rather than conforming to external pressures. Similarly, the expectation-disconfirmation paradigm suggests that satisfaction largely depends on whether an experience meets or exceeds prior expectations, often without considering the alternatives that were not chosen. Collectively, these principles highlight that promoting autonomy, genuine self-expression, and managing expectations effectively is vital for enhancing individual satisfaction, self-regulation, and organizational success.

A sample of 160 students was randomly selected, with data collected via the EPI Data program, analyzed in SPSS version 11.5, and presented through charts and tables prepared in Microsoft Word and Excel. The results indicated that most students applied their knowledge of textiles and wardrobe practices in making informed clothing decisions. Key considerations included family budget, personal values, fabric quality, and functional needs. Students prioritized durable, well-fitting garments and employed proper clothing care techniques; however, stitching garments was rarely practiced due to time limitations. Findings revealed consistent preferences for specific wardrobe staples, such as two white and one black trouser-dupatta sets, with moderate interest in neutral color combinations. Most participants planned their wardrobes ahead of seasonal changes, ensuring safe storage until use. Satisfaction with garment quality was high, and selection processes balanced personal preferences with cultural values. Decision-making was predominantly self-directed, reflecting confidence gained through academic learning. The majority of students effectively translated their academic knowledge into practical wardrobe planning, balancing aesthetic, cultural, and budgetary considerations. While their clothing care habits were strong, stitching practices remained underutilized. It is recommended that Students should be encouraged to incorporate basic stitching into their routines to enhance customization and sustainability. Greater emphasis on versatile color coordination and strategic wardrobe organization could further optimize their clothing management within budget constraints. Last, to address the growing issue of fashion overconsumption, it is recommended to promote and enhance the use of wardrobe management apps. These apps can help students track, organize, and engage with their existing clothing, reducing the tendency to make unnecessary purchases.

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This study received no specific financial support.

## INSTITUTIONAL REVIEW BOARD STATEMENT

The Ethical Committee of the Research Department of Rana Liaquat Ali Khan Government College of Home Economics, Pakistan has approved this study on 20 October 2007 (REF NO. 2006-2007\_1).

## TRANSPARENCY

The author confirms that the manuscript is an honest, accurate, and transparent account of the study; that no vital features of the study have been omitted; and that any discrepancies from the study as planned have been explained. This study followed all ethical practices during writing.

## COMPETING INTERESTS

The author declares that there are no conflicts of interests regarding the publication of this paper.

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## ARTICLE HISTORY

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