



PROBLEMS WITH CLOTHING OF CHILDREN DIAGNOSED WITH MENTAL DISORDER

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Abstract: *This article deals with the clothing problems of children diagnosed with "mental disorder" and the design and development of functional clothing for children with mental disorder.*

Key words: *clothing, child, education, upbringing, mental disorder, disease, schizophrenia, epilepsy, autism, speech defects, mental retardation, genetic diseases, clinical depression.*

When we think of children, we think of innocent souls. In our country, their rights and freedoms, as well as their protection and health, are of great importance. After all, as our president said, "The future of our planet and its well-being depend on how our children grow up to be human beings. Our main task is to create the necessary conditions for young people to show their potential" [1].

Today, the processes of education and rehabilitation of children with special needs have become one of the most studied issues from a scientific point of view all over the world. There are many diseases, but the number of children diagnosed with "Mental disorder" is increasing. Among neurological diseases in children, autism spectrum disorder is one of the most attention-grabbing pathologies [2].

The diagnosis of mental disorder includes many mental disorders, one of which is autism. According to the World Health Organization, about 1 in 100 children are diagnosed with autism [3].

Clothing has always been a unique status symbol and an expression of individuality. People wear clothes for functional and social reasons. People of all ages and in all ways of life know that appearance is important to self-perception and

relationships with other people. However, for those whose environment is limited by age, health, or physical and mental disabilities, dressing properly is a very difficult and impossible task. Therefore, there is an urgent need to design clothes according to their special requirements.

The purpose of this research is to design and develop functional clothing for children with mental disorders. Providing them with well-designed, attractive and functional clothing can greatly increase their self-esteem, comfort and convenience. Designing clothing that is comfortable for children with autism spectrum disorder and protects them from external influences that affect their psyche and making it ready is a process of social adaptation of mentally retarded children. Refusing to wear certain clothes can be frustrating for a parent or carer. However, you should understand that your child is experiencing discomfort and even pain.

It can be seen that the number of schools for children with mental disabilities is significantly higher. But many parents did not even register their children in the state register. The concept of "mental disorder" includes various mental states. The list of diseases combined with this general name includes schizophrenia, epilepsy, autism, speech disorders, mental retardation, organic lesions of the central nervous system, genetic diseases, clinical depression, and others. These types of diseases are often accompanied by disorders of hearing, vision and locomotor system.[4]

Parents naturally want to create an environment for their child with autism that is soothing and provides an appropriate amount of sensory input. Another important problem that people with autism face is the difficulty of dressing independently. This may include fine motor skills, coordination and struggling with clothing fasteners such as buttons, zippers or clasps. These challenges can lead to frustration, delays, and reliance on assistance with daily dressing routines.

Autism clothing solutions aim to address these challenges by incorporating features that promote dressing independence. Adjustable closures, such as magnetic fasteners, are often used to make it easier for people to put on and take off their

clothes without assistance. These flexible features allow for a more independent dressing experience, increasing self-confidence and self-esteem.

By understanding the clothing challenges that people with autism face, we can appreciate the value of autism clothing solutions. These solutions aim to address sensory sensitivities and promote dressing independence, ultimately increasing the comfort and overall well-being of individuals on the autism spectrum.

Understanding Autism Clothing Solutions: When it comes to solving the unique clothing challenges that people with autism face, there are specific solutions that meet their unique needs. Two common types of autism clothing solutions are adaptive clothing and sensory clothing.

Here are some common signs that your child may be having emotional problems with clothing			
No	Important aspects	In healthy children	In children diagnosed with mental disorders
1	Can they wear clothes independently?	Yes	No
2	Recommended fabrics	Since the child's body is growing, we can recommend cotton, woolen, bamboo and knitted fabrics for such children.	Choosing the right fabric is very important when choosing clothes for children with autism. When dressing such children, it is recommended to use fabrics that are soft and pleasant to the touch, such as cotton and bamboo. Soft and natural fabrics are ideal for a breathable touch. .
3	Choosing clothes	Usually, children in this group are more attracted to clothes with beautiful pictures. They are more attracted to clothes with the slow pace of their favorite	The biggest problem of this type of children is that they cannot wear clothes and do not understand the sequence of dressing. When a survey was conducted among parents, it was found that most of

		cartoon characters. Paying attention to colors, mostly girls choose pink, and boys choose blue.	them only dress their children themselves.
4	Inconveniences in clothing	Children usually wear the clothes they like without any resistance and discomfort.	This child is bothered by: complaints about labels, seams or other parts of clothing Frequent increases in anger or stress while getting dressed; insisting on wearing the same clothes; prefers shorts even in very cold weather; does not like belts or tight belts; does not like underwear or prefers only certain types of underwear, prefers tight clothes; does not like jeans prefers many layers of clothing
5	What style of clothing he likes.	He dresses according to the season.	He prefers pants even in very hot weather; prefers clothes without buttons, zippers, ties; collar sensitive to friction; only certain socks
6	What types of sutures are recommended	These types of sutures usually do not cause problems for children.	Raised sutures on the inside will make the child feel itchy and this will cause him discomfort. Clothes with a flat bottom or sewn on the outside are recommended
7	An inseam view used in children's clothing		
8	Recommended colors	Paying attention to colors, mostly girls choose pink and boys choose blue.	Greens and blues, oranges, and oranges are autism-friendly colors that provide a comfortable temperature, as do grays, creams, or tans.

9	Color not recommended	Children belonging to this group wear all colors, but they do not choose to buy only black	White is not suitable for autism - although it is neutral, it can be too bright and tiring for the eyes. Also, for children with autism, white can be clinical and remind them of uncomfortable visits to hospitals and medical centers. The color red can have a particularly strong effect on people with autism, as they may perceive red as fluorescent. Yellow is also overstimulating for people with autism
10	Label on clothes		

High-quality children's clothing should reliably protect the body, protect the child from the harmful effects of the environment, be comfortable, work reliably and safely, provide him psychological comfort and his normal physical contribution, mental and artistic development and his production and sales must be economically feasible[4].

One of the important features of autism clothing solutions is the use of soft and comfortable fabrics. These fabrics are carefully selected to minimize any sensory discomfort that autistic people may experience. Fabrics such as cotton or bamboo blends are often preferred for their softness and breathability, providing optimal comfort throughout the day. By using fabrics that are gentle on the skin, autism clothing solutions aim to reduce the potential for sensitivities and discomfort that can be triggered by certain textures or materials. Using soft fabrics can contribute to a more positive sensory experience and overall well-being Another important feature of autism clothing solutions is the seamless design.

Labels and seams on clothing can cause irritation and discomfort in people with autism, they may be more sensitive to tactile stimuli. Slip-on garments eliminate the possibility of irritation or chafing caused by tags and provide a more comfortable wearing experience. The seamless design, on the other hand, eliminates rough seams that can rub against the skin and cause irritation. This smooth construction helps prevent discomfort and allows for seamless transitions between different parts of the garment. The lack of tags and seams in autism clothing solutions can greatly contribute to sensory regulation and reduce potential problems with clothing. Adjustable fasteners and fasteners. Choosing the right clothing solutions for autism should take into account the individual's unique needs and preferences

According to the definition of Leo Kanner, "Autism is one of the diseases of the nervous system that is caused by a disorder in the development of the brain, is manifested by the difficulty of social adaptation and communication, the limitation of interests and repulsive actions". Autism is manifested by the fact that a person lives in his inner world, does not pay attention to the external world, and has poor feelings[5].

It follows from the above that the means of rehabilitation of children with special developmental problems are complex and multifaceted. Modern design methods should be used to solve them [6].

For this purpose, we will briefly consider these methods. Some children may be diagnosed with sensory processing disorder, which makes them sensitive to sensory information, including the feel of clothing on their skin. Warming the clothes: If the child prefers a warm feeling, the clothes should be warmed in the dryer before dressing. Organize clothes storage: Label drawers, organize closets, and use eye-level hooks or hangers to keep clothes within easy reach of your child.

Autistic children's clothing should be free of labels and tags, and the seams should be straight and loose. Seams, labels and tight clothing can be uncomfortable for an autistic child, so clothing made from breathable, soft to the touch and natural

fabrics is ideal. wide-leg pants with wide necks, so you can stick your head in without stress. Bottom line, every child is unique and what works for one child may not work for another. In solving the problem of autism, we cannot determine the strengths and weaknesses, in other words, the problems of children with this syndrome, without studying the level of perception of the environment.

Sensory, social and emotional difficulties that children with autism syndrome face throughout their lives are related to their individual characteristics in information perception. In order to understand the peculiarities of the field of perception and behavior of these children, we need to study their processing of sensory information coming from the outside world, that is, the process of sensory integration. It takes patience and understanding to work together to find the best clothing solutions for your little one's sensory needs. Make sure your child knows it's okay to express feelings about clothing discomfort. it is important to prioritize soft, breathable clothes without sewn labels (or cut them out immediately).

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