

BODY MEASUREMENT IN GARMENT CONSTRUCTION

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Abstract:

This article provides information on what garment construction is and how to take body measurements

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Introduction

Garment construction refers to the fit and structure of a garment. It basically describes how the garment is designed, how it can be constructed and measured. Clothing construction can consist of the following elements:

- 1. Materials:** What materials the garment is made of (eg cotton, polyester, fertilizers, etc.).
- 2. Construction:** What parts the garment is made of (for example, joints, handles, seams, lights, etc.).
- 3. Assembly Methods:** How the garment is constructed (eg pins, studs, stitching, etc.).
- 4. Size and shape:** The dimensions and shape of the garment (eg waist, arm length, top, etc.).

Garment construction includes all the elements of structure and measurement that are important in the process of creating a garment. This is very important when studying clothing fashion and measuring clothes.

You can learn more about garment construction. Garment construction refers to how the garment is structured and created. The following important elements can be analyzed:

- 1. Materials:** Garment materials determine the technology, weight and shape of the garment. For example, cotton, fertilizers, synthetic materials (polyester, nylon), etc.
- 2. Structure:** It refers to what parts the garment is made of. For example, joints, handles, beds, lamps, etc.
- 3. Assembly Methods:** Shows how the garment is constructed. For example, stitches, spikes, sticks, bands, etc.
- 4. Measurements:** Garment dimensions (eg waist, arm length, top length, etc.) and how to measure them.
- 5. Quantity supplied:** How the garment is made, etc.

Taking measurements from the body is important to determine the correct fit of the garment and how to measure the person. Some of the methods used for this are:

1. Select a measurement tool: Select a measurement tool (for example, meter, centimeter or inch). This measurement tool determines the difficulty and measurement content.

2. Selection of measurement points: Select the points to be measured. For example, waist, kettlebell, arm length, back length and other important points.

3. Select a measurement method: Select a measurement method (for example, metal, physical calendar, or metal levels). One of the simplest ways to implement selective sizing and identification.

4. Sizing: Select the desired size and select it.

This step-by-step method is very important in learning about clothing fashion and getting the correct measurement.

The structure and types of the human body. To have an idea about the structure of the human body for the production of clothing models in the tailoring specialty necessary. The human body is usually studied in sections such as body, neck, head, arms and legs. Human bone parts play the main role in the structure of the body considered a support and affects the shape of the human body. The human skeleton consists of head, body, arm and leg bone parts. The spine is the backbone of the skeleton. Anthropometric points and lines of the torso. A household service for the design of mass-produced garments and the development of basic bases standard allowances for the designer in the system, that is, allowances specific to the total population of the country perfect size characterization is needed. This information anthropometric examination, that is, it can be made by measuring a person's body and its parts. This work is called anthropometry. During anthropometric examinations, certain points of the body - the range of anthropometric points or clearly defined and visible boundaries in soft tissue are measured on specific points on the skin.

Necessary measurements and rules for their removal from the body.

Before sewing a garment, you need to design it. In the design of clothes, the exact measurements of the body are used. For this, it is necessary to take a centimeter tape and measure the body of the person who wants to sew clothes. While performing this work, a person should stand still with his heels together, on both legs, the body in a natural position, and hands down. When measuring, it is measured not over a tight T-shirt, but over underwear that does not stick to the body, for example, a combination. Before starting the measurement, the main calculation points are marked on the body - waist line, etc. For this, a 70-90 cm long rubber band is attached horizontally to the waist with a hook. When measuring, do not pull the centimeter tape and loosely attached from the front. Shoulder, arm, skirt length and other measurements should be taken from the right side of the body. If the shoulder, bust, etc. are not symmetrical, both sides are measured and the results are recorded separately. Circumference sizes are measured in full, but half of this size (except the width of the

shoulder, wrist, shoulder girth) is written. Length dimensions are written in full. Size symbols are abbreviated: circle - A, semicircle - YaA, length - U, width - K, height - B. Before measuring the body, it is recommended to prepare a piece of paper with a list of measurement marks in order to measure correctly without forgetting anything.

YanaIn addition, we can also cite the measurement methods of Uzbek tailors:

Circles

Neck circumference is measured by turning a centimeter tape from the point where the neck meets the shoulder.

Breast circumference is measured by passing a centimeter tape over the most prominent part of the breast and turning it.

Waist circumference - the thinnest part of the waist is measured.

Bust circumference is measured by passing a centimeter tape over the most protruding part of the bust and turning it.

Bust circumference 2 - is measured by turning a centimeter tape from the bent place at the beginning of the thigh.

Thigh circumference is measured around the widest part of the thigh.

The circumference of the upper wrist is measured by turning the part where the shoulder ends and the arm begins.

Wrist circumference is measured by turning the part where the hand ends and the palm begins.

Lengths

Front waist length - the end of the centimeter tape is placed on the shoulder, the tape is passed from the point where the chest protrudes, and measured to the waist line.

The length to the back of the waist - the end of the centimeter tape is placed on the 7th vertebra that is pushed out in the neck of the back, the tape is passed from the place where the shoulder blade is pushed out and measured to the waist line.

The length from the waist to the bust is measured from the side, from the waist line to the point where the bust protrudes.

Waist to knee length - measured from the waist line to the knee.

Waist to floor length - measured from the waist line to the hem

Armpit length - Armpit length is used when designing clothes with a complex basis, and we will touch on this topic later.

Widths

A shoulder width - from the place where the neck ends, the shoulder is bent is measured to a place.

B shoulder width - the distance between the two shoulder edges is measured from the back, this size can also be called the full shoulder width.

The back width is measured from the place where the two shovels are pushed out to the place where the hand rests.

Front width - the front side of the line is measured in the same way that the back width is measured.

And again

a-chest height- is measured from the shoulder to the protruding edge of the chest.

b-chest center distance - the distance between two breast edges is measured

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