

Research Article**PERCEPTION OF LINGERIE USAGE AMONG FEMALE ADOLESCENT IN
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Abstract

Lingerie refers to women's intimate apparel, including undergarments such as bras, panties, camisoles, slips, and nightwear designed to be functional, comfortable and often aesthetically pleasing. Lingerie serves as providing support and coverage, underneath outer garment for sensuality. Female adolescent needs to incorporate the use of lingerie for its purposes. Relevant literatures were reviewed. The entire female students of the college formed the total population of the study while only 114 female students found during the administration of the instrument represent entire female students leaving in College hotel were purposively selected for the study. Data were collected with the aid of one research assistant that is also a female staff and working in the student affairs division of the college. Data was analyzed using frequency counts, percentages, mean score and standard deviation. Findings revealed that respondents were familiar with various types of lingerie and their purposes. The study concluded that its use will present adequate figure of every individual and other compartments. The paper recommends that there must be awareness for the use of lingerie among adolescents before reaching adulthood age.

Keywords: Female adolescent, Lingerie, Perception, Students, Undergarment.

INTRODUCTION

Issues of body image, cultural norms, gender identity, and consumer behavior are all impacted by the acceptance and use of lingerie among female adolescents. Traditionally viewed as a sign of femininity and frequently connected to adult women, lingerie has gained more attention in the lives of younger girls, especially teenagers. This change is a reflection of larger shifts in how society views fashion, sexuality, and self-expression. Adolescence is a crucial developmental stage that is characterized by profound changes in one's physical, emotional, and psychological makeup. People start to develop their identities during this period, including their sense of self and body image. This identity formation is significantly influenced by clothing choices, including the choice and use of lingerie (Lindsey, 2021). Once regarded as a personal or private part of a woman's wardrobe, lingerie has become more widely known thanks to social media, the fashion industry, and popular media. These platforms frequently present lingerie as symbols of sexual agency, empowerment, and self-assurance in addition to being useful undergarments (Tsaousi, 2016). There are various reasons why lingerie is becoming more and more popular among teenagers. With items like lingerie that are typically marketed to adults, the fashion industry has been increasingly targeting younger demographics. The rise in youth-focused brands that promote lingerie as a component of a wider lifestyle appeal is indicative of this trend (Johnson, 2017). Additionally, teens have been exposed to international fashion trends, such as the normalization of lingerie as part of daily clothing, thanks to the influence of social media and digital culture (Tiggemann & Slater, 2014). This change, however, has spurred discussions about the propriety and possible consequences of lingerie use among teenage girls.

According to critics, early lingerie adoption may help sexualize young girls, which could result in problems with objectification, body dissatisfaction, and mental health (American Psychological Association, 2007). However, supporters contend that lingerie can be a tool for body positivity and self-expression, assisting teenagers in navigating their developing identities in a healthy and self-assured way (Tolman, 2012). The crucial developmental stage of adolescence signifies the passage from childhood to adulthood. There are notable changes in the physical, psychological, emotional, and social spheres during this time. According to the World Health Organization (WHO), adolescence normally lasts from the ages of 10 to 19, though the precise age range can change based on social and cultural norms. Rapid physical growth, the start of puberty, and the emergence of secondary sexual traits are characteristics of this stage (Sawyer et al., 2019). Additionally, adolescents' cognitive development includes the emergence of more sophisticated and abstract thought processes, which support their increasing self-reliance and sense of self (Blakemore, 2019). In terms of society, adolescence is a period when people start to form their own opinions and values while frequently experimenting with various roles and connections. Adolescents begin to assert their independence from parental figures as peer influence grows in importance. Adolescents must negotiate the intricacies of body image, social acceptance, and self-worth during this time, which also entails elevated emotional experiences (Steinberg, 2014). During this developmental stage, female adolescents in particular face particular difficulties and experiences. Their self-perception and body image may be significantly impacted by the physical changes that come with puberty, such as menstruation, breast development, and changes in body composition (Brooks-Gunn & Warren, 2019). These shifts frequently occur in tandem with cultural norms and social pressures surrounding gender roles, femininity, and beauty standards. The management of relationships and the negotiation of sexual identity are important aspects of female adolescence.

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Adolescent girls must deal with concerns about safe practices, consent, and sexual autonomy as they grow more conscious of their sexual and reproductive health. Adequate education and support networks are crucial during this time because it can also be characterized by heightened susceptibility to gender-based violence and exploitation (Tolman, 2012). Women's intimate clothing, such as undergarments like bras, panties, camisoles, slips, and nightwear, is referred to as lingerie. It is made to be comfortable, practical, and frequently aesthetically beautiful. Usually composed of delicate materials like satin, silk, or lace, lingerie is frequently adorned with bows, ribbons, or embroidery. However, lingerie has useful functions like covering and supporting. Additionally, it is linked to femininity, fashion, and occasionally sensuality. There are many different styles of lingerie to suit various tastes, body shapes, and events. The purpose of the materials and elaborate embellishments like ribbons and embroidery is to improve the lingerie's visual appeal, making it a fashion statement as well as a personal luxury (Evans, 2021). Throughout the ages, the idea of lingerie has changed significantly. In the past, the main purpose of women's underwear was to shape the body in accordance with social norms. In the 16th and 17th centuries, products such as corsets were made to shape the female torso into a specific silhouette (Steele, 2020). However, the design and function of lingerie evolved along with fashion and societal perceptions of the female body. Cultural and societal expectations of femininity, which view lingerie as a rite of passage into womanhood, frequently have an impact on this process (Tolman, 2012). Increased comfort and support; improved body image and self-esteem; encouragement of healthy body awareness; facilitation of healthy lifestyle choices; and encouragement of independence and personal responsibility are just a few of the advantages of wearing lingerie. When asked about lingerie or innerwear, faces that once gave off a shy, "don't cross your limit" vibe have become more argumentative and less aggressive (Sujatha and Sarada, 2016). Since the beginning of time, lingerie has been used, and in recent years, its popularity has grown significantly. Intimate clothing sales have increased significantly in the twenty-first century as a result of the entry of numerous domestic and international brands. Fashion designers are increasingly drawn to this segment as well; their inventiveness lends the modest garment a significant reputation. However, elements like the increasing number of working women, shifting fashion trends, increased media exposure and information level, and the entry of well-known international brands into every market have made consumers pickier about the kinds of brands they should own. Additionally, Thompson (2019) noted that maintaining lingerie teaches adolescents about personal hygiene and upkeep. They gain better habits and a deeper comprehension of personal hygiene as a result.

Statement of the problem

According to several studies, adolescent females lack sufficient knowledge regarding puberty, a dearth of knowledge could lead to a negative attitude toward the pubertal changes and inappropriate emotions such as anxiety and low self-esteem. Fitness of lingerie is an essential factor to ensure all adolescent girls have the opportunity to comfortably participate in, and therefore reap the health benefits associated with regular day to day activities. There is a bare need to educate the adolescent females on lingerie usage and healthy practices. Understanding the acceptability of lingerie usage among female adolescents requires a comprehensive analysis of the cultural, social, and

psychological factors at play. This study aims to explore these factors by examining the perceptions, motivations, and experiences of female adolescents regarding lingerie usage

Objectives of the Study

The broad of this study is to examine the perception of lingerie usage among female adolescent in Federal College of Education (Special), Oyo while the specific objectives are:

- To identify the personal data of respondents (female students);
- To analyze the types of lingerie used among female adolescent; and
- To determine the benefit of using lingerie among female adolescent.
- To access factors influencing the use of lingerie among female students

Research question

The study stated the following research questions:

- What is the personal data of respondents (female students)?
- What are the types of lingerie used among female adolescent?
- What are the benefits of using lingerie among female adolescent? and
- What are the factors influencing the use of lingerie among female students?

Significance of the Study

The study will shed light on the evolving cultural norms and influences affecting young girls' perceptions of femininity, body image and self-identity. It will provide insights into the psychological and social impacts of early lingerie usage, including potential issues of sexualization and body dissatisfaction. It could inform parents, educators and policymakers in developing age-appropriate guidelines and educational programs to promote healthy self-esteem and body image. It will also contribute to the broader discourse on adolescent development and consumer behaviour, helping to balance market trends with the well-being of young girls before adulthood stage.

MATERIALS AND METHODS

Research Design: This study adopted descriptive survey research design which allowed for collection data in a relative short period of time.

Population of the Study: The population of this study focuses only female students in Federal College of Education (Special) Oyo, Oyo State.

Sample and Sampling Techniques: Random sampling technique was used in selecting 114 female students in the college female hostel. The selected samples were randomly sorted based on numerous female students in the college.

Research Instrument: Structured questionnaire was used to collect data from selected respondents. The items of the questionnaire were derived from the specific research questions that guided the study. The questionnaire consists of

four sections. Section a contained personal data of the respondents while other sections attempted to each specific objective respectively.

Validity of the Instrument: The instrument was validated through the guidance of other colleagues in the field of home economics before the period of administration.

Reliability of the Instrument: the instrument was tested in another study location within the a particular set of respondents for two weeks interval while a correlation coefficient of 0.72 was adjudged.

Method of Data Collection: Previous notice and awareness were made to students residing at the college female hostel before finally administer to the selected respondents. They were personally distributed and collected immediately after completing their responses.

Method of Data Analysis: The data collected were analyzed using frequency counts, percentage and mean score and standard deviation.

RESULTS

Table 1 presents the personal data of respondents; according to their age distribution, majority of them (59.65%) are within the 15-20 years age range, while 40.35% are between 21-25 years old. This suggests that the participants are predominantly young adults, which may influence their perceptions and attitudes towards lingerie usage. All participants are in 300 level accounting for 100.0% of the sample. This homogeneity in academic level suggests that the study focuses on a specific cohort of students who are likely to have similar academic experiences and maturity levels, which could influence their perceptions and attitudes towards lingerie usage. The table also shows their religious distribution; (42.11%) practiced Christianity, 41.23% were Muslims while (07.89%) were practicing traditional religion.

However, their religious beliefs may play a role in shaping the respondents' attitudes and perceptions regarding lingerie usage as supported by (Tsaousi, 2016). Majority of these students (67.54%) were Yoruba, 22.19% were Igbo while 12.28% were Hausa ethnic group. This indicates a predominantly Yoruba demographic in the study sample, which may influence cultural perceptions related to lingerie usage, as cultural norms vary between different ethnic groups. Additionally, the table presents the height distribution of the respondents. Majority (53.51%) were between 4-5 feet, 37.46% falls between 3-4 feet while only 14.04% were between 5-6 feet in height. This height distribution suggests that most participants are of average height, which might correlate with their self-image and how they perceive lingerie as part of their dressing habits.

Table 2 provides a detailed analysis of the types of lingerie used by the respondents, categorized into bras, panties, sleepwear and shape wear. The frequency and percentage of responses are presented for each category, indicating the usage patterns among the female adolescent students. Means scores of these types of lingerie indicated that the respondents agreed and aware of these types of lingerie irrespective of their usage except Baque with means score of 1.95, hence others were above the decision of means score of 2.00.

This table 3 indicated that all the respondents supported that lingerie have many benefits to female adolescents. Among all responses, there was indication that lingerie has many benefits for its usage among female students. Means scores of all the nine items were more than 2.00 and accepted.

Table 4 attempted to factors that influences the use of lingerie among female students. This table revealed that body image, low self-esteem, societal expression, affordability, influence by parents, influence in fashion trend and peer influence are major contributory factors to the use of lingerie among the students at every institutions of learning. However, all the eight items supported the factors that influence the usage of lingerie among females hence mean scores of all the items are more than the 2.00 and were accepted.

Table 1. Personal Data of Respondents

S/No	Item	Frequency	Percentage
1.	Age of Respondents:		
	15-20 years	68	59.65%
	21-25 years	46	40.35%
	Total	114	100
2.	Level of Respondents		
	100 level	-	
	200 level	-	
	300 level	114	100%
	Total	114	100%
3.	Religious distribution of respondents:		
	Christian	48	42.11%
	Islam	47	41.23%
	Traditional	09	07.89%
	Total	114	100%
4.	Ethnic tribe of respondents:		
	Hausa	14	12.28%
	Igbo	23	22.19%
	Yoruba	77	67.54%
	Total	114	100%
5.	Height:		
	3-4 feet	37	37.46%
	4 - 5 feet	61	53.51%
	5-6 feet	16	14.04%
	Total	114	100%

Table 2. Types of Lingerie used by individual

S/No	Types of Lingerie used by individual	Always Used	Occasionally Used	Never Used	Mean	SD
Bras:						
	Training Bras	68 (59.65%)	27 (23.68%)	19 (16.66%)	2.43	0.76
	Sport Bra	27 (23.68%)	66 (57.89%)	21 (18.42%)	2.05	0.65
	Bracelets	44 (38.60%)	55 (48.25%)	15 (13.16%)	2.25	0.67
	Underwired bras	38 (33.33%)	55 (48.25%)	21 (18.42%)	2.15	0.70
	Basque	25 (21.92%)	58 (50.88%)	31 (27.20%)	1.95	0.70
	Baby doll	40 (35.09%)	44 (38.60%)	30 (26.32%)	2.09	0.78
	Chemise	35 (30.70%)	48 (42.12%)	31(27.20%)	2.03	0.76
	Bloomers	33 (28.95%)	49 (42.98%)	32 (28.70%)	2.01	0.76
	Bustier	35 (30.70%)	54 (47.37%)	25 (21.98%)	2.09	0.72
	Thongs	45 (39.47%)	38 (33.33%)	31 (27.20%)	2.12	0.81
Panties:						
	Briefs	44 (38.60)	54 (47.37%)	16 (14.04%)	2.25	0.68
	Hipsters	52 (45.61%)	46 (40.35%)	16 (14.04%)	2.32	0.70
	Boy-shorts	38 (33.33%)	53 (46.49%)	25 (21.93%)	2.15	0.73
	Pajama sets	36 (31.58%)	65 (57.02%)	13 (11.46%)	2.20	0.62
	Negligee	47 (41.23%)	46 (40.35%)	21 (18.42%)	2.23	0.74
	Panties/Knickers	42 (36.84%)	54 (47.37%)	18 (15.79%)	2.21	0.69
	Tap pants	34 (29.82%)	63 (55.63%)	17 (14.91%)	2.15	0.65
Sleep wear:						
	Night gowns	50 (43.86%)	53 (46.49%)	11 (9.65%)	2.34	0.65
	Robes	50 (43.86%)	50 (43.86%)	14 (12.28%)	2.31	0.68
	Night shirt	36 (31.58%)	59 (51.75%)	19 (16.67%)	2.15	0.68
	Tanga	36 (31.58%)	57 (50.00%)	17 (14.91%)	2.10	0.68
Shape wear						
	Camisoles & Tank tops	35 (30.70%)	61 (53.51%)	18 (15.79%)	2.15	0.68
	Shaping Briefs	41 (35.96%)	57 (50.00%)	16 (14.04%)	2.22	0.67
	G-string	34 (29.82%)	60 (52.63%)	20 (17.54%)	2.12	0.67
	Garter/Suspender belt	37 (32.46%)	57 (50.00%)	20 (17.54%)	2.15	0.69
	Pettipants	35 (30.70%)	60 (52.63%)	19 (16.67%)	2.14	0.67

Table 3. Benefit of using Lingerie among female students

S/No	Item	SA	A	D	SD	Mean	SD	Rem.
1.	Lingerie usage modify one's body image	36 (33.33%)	66 (47.99%)	07 (6.14%)	03 (2.63%)	3.22	0.67	A
2.	Lingerie usage prepares every individual societal expectations	43 (37.71%)	49 (42.98%)	21 (18.42%)	01 (0.88%)	3.18	0.75	A
3.	Lingerie usage afford parental influence toward dressing	33 (28.95%)	49 (42.98%)	29 (25.44%)	03 (2.63%)	2.98	0.81	A
4.	Adolescent imitate lingerie usage through peer pressure	41 (35.96%)	41 (35.96%)	27 (23.68%)	15 (13.16%)	3.12	1.04	A
5.	The use of lingerie improve adolescent functionality	35 (30.70%)	53 (46.49%)	20 (17.54%)	06 (5.26%)	3.03	0.83	A
6.	Wearing of lingerie by adolescent female boost their self-esteem and body image	34 (29.82%)	31 (44.74%)	23 (20.18%)	06 (5.26%)	2.99	0.87	A
7.	Lingerie facilitate health lifestyle among female adolescent	25 (21.93%)	55 (48.25%)	24 (21.05%)	10 (8.77%)	2.88	0.87	A
8.	Lingerie promote independence and personal responsibility among adolescent female	29 (25.44%)	48 (42.11%)	26 (22.81%)	11 (9.65%)	2.83	0.92	A
9.	Lingerie enhanced comfort and support among adolescent female	30 (26.32%)	46 (40.35%)	26 (22.81%)	12 (10.53%)	2.82	0.94	A

Table 4. Factors influencing the use of Lingerie among female students

S/No	Factors	SA	A	D	SD	Mean	SD	Rem.
1.	Body Image Concerns	37 (32.46%)	55 (48.25%)	16 (14.04%)	06 (5.26%)	3.34	0.86	A
2.	Low Self-Esteem	20 (17.54%)	53 (46.49%)	29 (25.44%)	12 (10.53%)	2.71	0.88	A
3.	Societal expression	24 (21.05%)	59 (51.75%)	26 (22.81%)	05 (4.39%)	3.07	0.80	A
4.	Affordability	34 (29.82%)	43 (37.72%)	25 (21.93%)	12 (10.53%)	2.87	0.96	A
5.	Parental Influence	37 (32.46%)	48 (42.11%)	22 (19.30)	07 (6.14%)	3.01	0.87	A
6.	Influence (Fashion/Fad) trend	40 (35.09%)	49 (42.98%)	16 (14.04%)	09 (7.89%)	3.05	0.90	A
7.	Peer Influence	34 (29.82%)	47 (41.23%)	24 (21.05%)	09 (7.89%)	2.93	0.91	A

DISCUSSION

Bras

Training Bras are occasionally used by 23.68% of respondents, with 59.65% always using them. This suggests that training bras are still relevant but not predominantly favoured among this group with means of 2.43. Sport Bras are occasionally used by 57.89%, while 23.68% always use them, and

18.42% do not use them at all. The data indicates that sport bras are commonly used, possibly for activities or comfort, but not universally preferred with Mean of 2.05. Bracelets (likely referring to bra-like garments or accessories) are always used by 38.60%, 48.25% occasionally using lingerie, while only 13.16% of respondents do not use them with means of 2.25. Underwired Bras are always used by 33.33%, 48.25% were using them occasionally, and 18.42% not using them at all. This suggests a moderate preference for underwired bras,

though they are not universally accepted, possibly due to discomfort or specific needs with mean of 2.15. Brasques are always used by 21.92%, 50.88% were using them occasionally while 27.20% not using them at all with mean of 1.95. This is in support of Neethu (2014) that lingerie usage is mostly in support of human body and present the entire figure of every female individual.

Baby doll are always used by 35.09%, 38.60% were using them occasionally, and 26.32% not using them at all with mean of 2.09. Chemise, are always used by 28.95%, 47.37% were using them occasionally, and 27.20% not using them at all with mean of 2.03. Bloomers are always used by 30.70%, 42.98% were using them occasionally, and 28.70% not using them at all with mean of 2.01. Bustier, are always used by 30.70%, 42.98% were using them occasionally, and 21.98% not using them at all with mean of 2.09. Thongs are always used by 39.47%, 33.33% were using them occasionally, and 21.98% not using them at all with mean of 2.12.

Panties

Briefs are occasionally used by 47.37% of respondents, with 38.60% always using them and 14.04% not using them. Briefs appear to be a commonly accepted option among the respondents with mean score of 2.25. Hipsters have a balanced usage pattern, with 45.61% of respondents always using them and 40.03% occasionally using them. Only 14.04% do not use hipsters, indicating they are nearly as popular as briefs with mean score of 2.32. Boy-shorts are occasionally used by 46.49% of respondents, with 33.33% always using them and 21.93% not using them. The popularity of boy-shorts indicates a preference for comfort and coverage among them with mean score of 2.15. Pajama sets have a balanced usage pattern, with 31.58% of respondents always using them and 47.37% occasionally using them. Only 15.79% do not use hipsters, indicating they are nearly as popular as briefs with mean score of 2.20.

Neglige has a balanced usage pattern, with 41.23% of respondents always using them and 40.35% occasionally using them. Only 14.42% do not use negligee, indicating they are nearly using negligee with mean score of 2.23. Panties/Knickers are occasionally used by 55.63% of respondents, with 29.82% always using them and 14.91% not using them. Briefs appear to be a commonly accepted option among the respondents with mean score of 2.21. Tap pants are always used by 55% of respondents, with 40% using them occasionally, and only 5% not using them. This suggests that thongs are a relatively popular choice, perhaps due to their style or perceived comfort with mean score of 2.15.

Sleepwear

Night Gowns are always used by 43.86%, occasionally used by 46.49, making them the most popular sleepwear item. Only 9.65% do not use nightgowns, indicating a strong preference for this type of sleepwear with mean of 2.34. Robes are occasionally used by 43.86%, 43.86% always using them while 12.28% not using them. Robes are moderately popular, likely due to their functionality and comfort with mean of 2.31. Night shirts are always used by 31.58%, occasionally used by 51.75%, making them the most popular sleepwear item. Also, only 16.67% do not use nightshirts, indicating a strong preference for this type of sleepwear with mean of

2.15. Tanga are always used by 31.58%, occasionally used by 50.00%, making them the most popular sleepwear item. Only 14.91% do not use nightshirts, indicating a strong preference for this type of sleepwear with mean of 2.10.

Shape-wear

Camisoles and Tank Tops are occasionally used by 53.51% of respondents, with 30.70% always using them while 15.79% of them report of not using them, indicating that camisoles and tank tops are universally accepted as essential undergarments with mean score of 2.15. Shaping briefs are occasionally used by 50.00% of respondents, with 35.96% always using them, and 14.04% not using them. Shaping briefs are moderately popular, suggesting that body shaping garments are not a primary choice for this group but still holds some significance with mean score of 2.22. G-strings are occasionally used by 52.63% of them, 29.82% always using them while 17.54% of them were not using them, indicating that G-strings are majorly accepted as essential shape-wear with mean score of 2.12. Garter/Suspender belt are occasionally used by 50.00% of the respondents, 32.46% always using them while 17.54% were not using them, indicating that Garter/suspended belts are majorly accepted as essential shape-wear with mean score of 2.15. Pettipants are occasionally used by 52.63% of respondents, 30.70% always using them while 16.67% were not using them, indicating that Pettipants are universally accepted as essential shape-wear with mean score of 2.14.

Sujatha and Sarada (2016) were of the opinion that comfort was the most influential factor when most of the adolescent girls decide to select their lingerie. The adolescent girls under study selected inner wear with the influence of peer group, parental and fashion trends, hence it was selection from both parents and colleague within their residences in majority of cases. Various designs may not be the only key factor when respondents decide to buy lingerie. Most of the respondents supported different kinds of shape wears, sleep wear, panties and bras as their easiest way of using lingerie. Greggianin, Tonetto and Brust-Renck (2018) also of the opinion that an intimate garment like lingerie, adolescent girls value bras for several reasons, as they feel that being an innerwear garment which undergoes numerous washes, it is important that the usage is much better, instead of style or colour as the inner garment is not visible outside.

Benefits of lingerie among women now prefer to talk about their innerwear to people who can help offer them the products they are looking for. The selection and usage of lingerie is now being decided by individual from their adolescents stage. However the findings is in support of the opinion of Sujatha and Sarada (2021) that piece of lingerie (size, fit and brand) that are suitable are being selected by every adolescents female by themselves. Today, the adolescent girls are engaged in numerous activities both inside and outside their home, they need to attend to their self-care and dressing to function confidently which demands well-fitting inner wear. Furthermore, the fitness factor which has given rise to the sales of sports brassieres and briefs that suit the sporting activities of women. The present study is aimed at assessing the knowledge, attitude and practice of adolescent girls on lingerie selection, healthy usage and care and development of a need based educational intervention programme. However, the factors and benefits of lingerie has been the major concern of the study through which has added adequate knowledge of the respondents and their usage.

Conclusion

Findings from the study indicate that 300-level female students of the Federal College of Education (Special), Oyo, show varied preferences in lingerie usage. There is a clear inclination towards functional and comfortable lingerie, such as sport bras, boys shorts, and camisoles. The results suggest that while there is diversity in choices, certain items like underwired bras and shaping briefs are less popular, potentially due to comfort concerns. This reflects a broader trend where practicality and comfort influence lingerie choices among the respondents. The types of lingerie used among female adolescents reflect a combination of comfort, style, and emerging personal preferences. From training bras and sports bras to various styles of panties and sleepwear, the choices available cater to the diverse needs and evolving tastes of young women. Understanding these helps in addressing both the practical and emotional aspects of lingerie for adolescents, providing them with choices that support their development and self-expression. The study also concludes that, comfort was the most influential factor when most of the adolescent girls decide to select their lingerie. Also, adolescent girls value quality most over colour and style, as they feel that being an innerwear garment which undergoes numerous washes, it is important that the quality of product is much better, instead of style or colour as the garment is not visible outside.

Recommendation

Based on the study, the following recommendations were made:

- i. Schools and community centers can organize workshops focused on educating young girls about the importance of wearing well-fitting lingerie.
- ii. Programs that promote body positivity and self-confidence can help adolescents feel more comfortable and confident in their bodies, leading to better choices in lingerie that suits their individual needs and preferences.
- iii. Ensuring that quality lingerie is accessible and affordable can prevent adolescents from settling for ill-fitting or uncomfortable options.
- iv. Older adolescents can mentor younger girls, sharing their experiences and providing guidance on choosing and caring for lingerie.
- v. Encouraging lingerie brands to offer inclusive size so as to have access to lingerie that meets their needs and respects their cultural values.
- vi. Government institutions at all levels and Non-Governmental Organizations should sensitize awareness of indecent dressing among adolescents which equipped with the uses of appropriate garments and the risk of not using them as at when required.
- vii. There must be awareness for the use of lingerie among adolescents before reaching adulthood age.

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