



Strategies for Effective Wardrobe Management amid Socio-Economic Challenges among Women in the Ondo West Local Government Area

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Abstract. This study investigates strategies for effective wardrobe management amid socio-economic challenges among women in the Ondo West Local Government Area. Relevant Literature was reviewed. The study employed Survey Research Design, the study area was Ondo West Local Government Area, while the total number of women in the study area formed the population for the study. Five wards out of the twelve wards in Ondo West local Government Area were randomly selected using purposive sampling technique. One Hundred respondents were randomly selected from the five wards and a well structure questionnaire was the instrument for data collection. Mean, Standard Deviation and T- test were employed to analyze the Data collected. The findings reveal that women predominantly engage in practices such as seasonal wardrobe rotation, clothing decluttering, and strategic clothing preservation. Socio-economic challenges significantly impact wardrobe management, with women prioritizing household needs, relying on second-hand clothing, and adapting to economic pressures. Cultural factors, particularly traditional beliefs and the need for specific attire for cultural events, play a crucial role in wardrobe organization. Notably, the study found that effective wardrobe management contributes to women's self-esteem, particularly through the ability to have suitable clothing for various occasions and managing wardrobes despite financial limitations. The research recommends Rotational preservation of cloth should be done regular by women to better manage their wardrobe in current economic Incorporate culturally relevant wardrobe management practices, emphasizing the preservation of culturally significant attire for special occasions.

Keywords: Wardrobe Management, Women, Socio-Economic Challenges, Cultural Factors, Self-Esteem.

1. Introduction

1.1 Background to the Study

Wardrobe is a collection of clothing items owned by an individual or group of people. It includes all types of garments and accessories worn on a regular basis such as tops, bottoms, outwears shoes and jewelry.

Wardrobe management techniques involve organizing and maintaining your clothing collection to maximize its functionality, longevity, and efficiency. The socio-economic challenges affecting women's wardrobe choices can be multifaceted and vary across different contexts and cultures. Some of these challenges are income disparities, gender expectation, resources, unpaid domestic labor, body image pressure, access to fashion education.

Also, societal norms often place greater emphasis on women's appearance, leading to pressure to conform to certain beauty standards and fashion trends. This can create a financial burden as women may feel compelled to spend more on clothing, cosmetics, and accessories to meet these expectations. Limited job opportunities can result in financial constraints that affect women's ability to afford a variety of clothing options for different occasions, such as work attire or formal wear. Every woman loves to look good and attractive. Women are embodiment of beauty, they use various accessories to complement their dressing e.g wig, wrist watch, shoes, bag, scarves, belt, hats, cap berets, cosmetics, jewelries, just to make them gorgeous and acceptable in the society. Due to this current economy, women manage their wardrobe by mixing and matching items to create multiple outfits.

Furthermore, access to fashion education and resources, such as sewing classes or online tutorials, can empower women to create their own clothing and

express their personal style affordably. However, not all women have equal access to these opportunities, which can perpetuate disparities in wardrobe choices.

In some cultures and religious communities, there are specific dress codes or modesty requirements that women are expected to adhere to. These constraints can limit women's choices in terms of styles, colors, and fabrics, as well as impose additional financial burdens to maintain a modest wardrobe. The management of wardrobe in the present socio-economic challenges among women is a significant issue that affect various aspects of their lives. Descriptive survey research design was used to carry out the study in Ondo West local government Area of Ondo state. Random sampling technique was adopted to select samples for the study from five wards within the Local Government Area.

The instrument used for data collection was a well-structured questionnaire and the data collected were analyzed using Mean, standard Deviation and T-test. The study concludes that rotational, and preservation of cloth should be done regular by women to better manage their wardrobe in current economic. Incorporate culturally relevant wardrobe management practices, emphasizing the preservation of culturally significant attire for special occasions.

1.2 Statement of the Problem

The basic needs of human survival are food, shelter and clothing, Women are expected to stock their wardrobe with quality dresses and accessories, but due to current economic state of the country some people are selling what they have in their wardrobe in order to feed themselves, the current hardship really affect women and limit their ability to purchase new clothing or maintain an updated wardrobe. Which had led to reuse of old clothes, which could affect their self-confidence and overall appearance. It has therefore become imperative to put in place strategies for managing a good wardrobe in the face of these present socio-economic challenges among women in Ondo West Local Government Area of Ondo State.

1.3 Purpose of the Study

Purpose of the Study are:

- To document the wardrobe management practices among women in Ondo West Local Government Area of Ondo State.
- To investigate how socio-economic challenges influence wardrobe management in Ondo West Local Government Area of Ondo State.

- To examine the impact of wardrobe management on women's self -esteem in this present economy.
- To identify the cultural factors influencing wardrobe management practices among women in Ondo West Local Government.
- To suggest strategies to enhance wardrobe management among women in Ondo West Local Government.

1.4 Research Questions

The following research questions were raised to guide the study:

- What are the wardrobe management practices among women in Ondo west local government area of Ondo state?
- How do socio economic challenges influence wardrobe management in Ondo West Local Government Area of Ondo State?
- What is the impact of wardrobe management on women's self- esteem in this present economy?
- What are the cultural factors influencing wardrobe management practices among women in Ondo West Local Government Area of Ondo state?
- What strategies can be suggested to enhance wardrobe management among women in Ondo West Local Government Area of Ondo state?

1.5 Significance of the Study

The finding of this study will educate women and equip them with practical tools and strategies to build and maintain an organised and good wardrobe despite financial limitations.

1.6 Scope of the Study

The study is limited to Strategies for Effective Wardrobe Management Amid Socio-Economic Challenges among Women in the Ondo West Local Government Area.

2. Literature Review

2.1 Concept of Wardrobe

A wardrobe is a collection of clothing, accessories, and other items that a person owns or has access to. It is a personal and subjective concept that can vary greatly from person to person, depending on factors such as culture, lifestyle, and personal taste.

Wardrobe" goes beyond just physical clothes, it's about the emotional connection we have with our clothes, how we use them to express ourselves, and the stories they tell about our identity. A wardrobe can be a canvas for creative expression, with colors, patterns, and styles serving as a form of artistic communication. A wardrobe is also an integral part of our daily routine, influencing how we start our day and approach our daily tasks. A well-curated wardrobe can simplify our morning routine by providing a quick and easy way to get dressed, while a chaotic wardrobe can lead to decision fatigue and stress. A wardrobe is also shaped by our cultural and social context, with clothing choices influenced by factors such as family background, social class, occupation, and geographical location. A wardrobe that reflects our cultural heritage or sub-cultural identity can be a powerful tool for self-expression and connection. Also, a wardrobe can serve as a symbol of status, with certain clothing items or brands conveying social status, wealth, or prestige.

Beyond aesthetics, your wardrobe significantly impacts your psychological well-being. The clothes you wear can affect your mood, attitude, and self-confidence. Wearing outfits that make you feel good can uplift your spirits and empower you to tackle the challenges of the day with confidence and poise.

2.2 Wardrobe Management Practices

Wardrobe management practices involve strategies for organizing, maintaining, and maximizing the efficiency of your clothing collection. Here are some keys:

Inventory and Assessment: Start by taking stock of your wardrobe. Assess each item of clothing based on factors like fit, condition, and frequency of wear. Identify pieces that you love and wear often, as well as those that no longer serve you.

Decluttering: Remove items that no longer fit, are damaged beyond repair, or haven't been worn in a long time. Consider donating, selling, or re-purposing these items to clear space and streamline your wardrobe.

Categorization: Organize your remaining clothing into categories such as tops, bottoms, dresses, outerwear, and accessories. Within each category, further organize items by color, season, or occasion to make it easier to locate specific items when getting dressed.

Storage Solution: Invest in storage solutions that maximize space and keep your wardrobe organized. This may include using garment racks, closet organizers, drawer dividers, or storage bins to store and protect your clothing.

Seasonal Rotation: Rotate your wardrobe seasonally to ensure that you have easy access to appropriate clothing for the current weather conditions. Store off-season items in labeled bins or garment bags to keep them out of the way while making room for seasonal pieces.

Capsule Wardrobes: Consider creating a capsule wardrobe consisting of a curated selection of versatile, mix-and-match pieces that can be worn interchangeably. This approach encourages intentional purchasing and helps prevent wardrobe clutter.

Maintenance: Regularly clean and maintain your clothing to ensure longevity. Follow care instructions on garment labels, mend any minor repairs promptly, and store items properly to prevent damage.

Shopping Mindfully: Adopt a mindful approach to shopping by considering the quality, fit, and versatility of potential purchases. Aim to invest in timeless, high-quality pieces that align with your personal style and complement your existing wardrobe.

By implementing these wardrobe management techniques, you can create a well-organized, functional wardrobe that reflects your personal style, minimizes clutter, and dressing up seamless and enjoyable

2.3 Strategies to Enhance Wardrobe Management

Purge and declutter: Regularly remove items that no longer fit, are out of style, or are in poor condition. This can help reduce decision fatigue and free up mental energy. (Marie Kondo, 2014)

Categorize and group: Organize clothes into categories (e.g., tops, bottoms, dresses) and group similar items together. This can help simplify the decision-making process and reduce stress (Julia Shaw, 2019)

Create a capsule wardrobe: Implement a capsule wardrobe approach, where you have a limited number of essential items that can be mixed and matched to create multiple outfits. This can help reduce decision fatigue and promote creativity. (Jennifer L Scott, 2019)

Plan outfits in advance: Take some time to plan out your outfits for the week or month. This can help you make the most of your wardrobe and avoid last-minute decisions. (Anne-Marie Bouchard, 2020)

Use a color-coded system: Implement a color-coded system to categorize your clothes, such as using color-coded tags or labels. This can help you quickly identify what you have and what you need. (Dr. Taylor Hibbert, 2019)

Store out-of-season clothes: Store out-of-season clothes in labeled bins or containers to keep them organized and out of the way. This can help reduce clutter and make it easier to find what you need when the season change (Emily Schromm, 2020)

Invest in quality over quantity: Focus on investing in high-quality, timeless pieces rather than buying cheap, trendy items that may quickly go out of style. This can help reduce waste and promote sustainability. (The Value of Quality Over Quantity by Gigi Burris, 2019)

Use technology to your advantage: Utilize apps like Stylish or Closet to track your wardrobe, generate outfit ideas, and receive personalized styling recommendations. (The Rise of Fashion Technology by Rachel Johnson, 2020)

Practice mindful consumption: Be mindful of your shopping habits and avoid impulse purchases. Take time to think about whether you really need an item before buying it. (Dr. Elizabeth Cox, 2019)

Seek inspiration from others: Follow fashion influencers or bloggers who align with your personal style and aesthetic. Use their inspiration to create new outfit ideas and stay up-to-date on the latest trends. (Fashion Influencers" by Lauren Conrad, 2020)

By incorporating these strategies into your wardrobe management routine, you can improve your overall sense of style, reduce stress, and enhance your overall well-being.

3. Research Design

This study employed survey research design.

3.1 Area of the Study

This study was carried out in selected areas in Ondo West Local Government. Ondo West Local Government is one of the Eighteen (18) local Governments in Ondo State. The population of Ondo West Local Government Area of Ondo State is 359,247 (Ondo West Local Government Secretariat,2014). There are 12 wards altogether in Ondo West Local Government, they are Yaba, Odosida, Newtown, Laje, Odojomu, Ilunla, Bagbe/ Igunsin, Okerewo, Igbado, Surulere, Okelisa, and Lekere (National Population Commission ,2009).

3.2 Population of the study

The population for this study consisted of women in Ondo West Local Government Area, Ondo State. The total number of women in Ondo West Local

Government Area of Ondo State is 226.148 (National population commission, 2006).

3.3 Sample and Sampling Technique

For this research, random sampling technique was adopted five (5) wards were randomly selected in Ondo West Local Government Area using purposive sampling technique. Twenty (20) respondents were selected from each ward; making a total number of One Hundred (100) respondents that constitute the sample for the study.

3.4 Instrument for Data Collection

The instrument used for data collection was a structured questionnaire.

3.5 Validity of the Instrument

The research questionnaire was validated by lecturers from the Department of Home Economics, Adeyemi Federal University of Ondo, and their observations, suggestions and comments were used to correct the instrument to ensure face and content validity.

3.6 Reliability of the Instrument

Split half method was used to determine the internal consistency and level of precision of the instrument. Twenty (20) copies of the questionnaire were administered once which were divided into two groups which are odd and even number on the item of the questionnaire. The two data gotten from the Odd and even number were scored and correlated. The reliability index was estimated using Pearson Product Moment Correlation (PPMC); a reliable coefficient (r) 0.755 was considered positive.

3.7 Method of Data Analysis

Data collated were analyzed using Mean, Standard deviation and T-test. The Mean of the responses were interpreted based on the statistical real limit. Any item with the Mean response of 2.50 and above is taken as agree while any Mean below the cut off point is taken as disagreed

The data was analyzed using frequency count, Mean Test and T-test. The mean test was used in testing the drafted research question.

Decision rule: accept the Mean value once the Mean score (C) is greater than 2.5 that is (4+3+2+1); where Strongly agree is rank 4, disagree 2 and strongly disagrees 1.

4. Data Analysis and Discussion of the Findings

Data collected from the respondents were analyzed using both descriptive and inferential statistics.

Demographic Information of the Respondents

Table 1: Demographic Information of the Respondents Based on Age Range

Age Range	Frequency	Percentage (%)
18-24 years	44	44.0
25-34 years	14	14.0
35-44 years	12	12.0
45-54 years	22	22.0
55+years	8	8.0
Total	100	100.0

Table 1 shows the age distribution of respondents: 44% were aged 18–24, 14% aged 25–34, 12% aged 35–44, 22% aged 45–54, and 8% were 55 years and above.

Table 2: Demographic Information of the Respondents Based on Occupation

Occupation	Frequency	Percentage (%)
Employed (Full time)	33	33.0
Employed (Part Time)	12	12.0
Self-Employed	33	33.0
Unemployed	14	14.0
Students	4	4.0
Other	4	4.0
Total	100	100.0

Table 2 shows the distribution of respondents based on their occupation: 33% were employed full-time, 12% employed part-time, 33% self-employed, 14% unemployed, 4% students, and 4% categorised as others

Table 3: Demographic Information of the Respondents Based on Monthly Income

Monthly Income	Frequency	Percentage (%)
Below ₦40,000	25	25.0
₦60,000 - ₦80,000	12	12.0
₦81,000 - ₦100,000	24	24.0
₦101,000 - ₦120,000	15	15.0
₦1201,000 - ₦140,000	17	17.0
Above ₦140,000	7	7.0
Total	100	100.0

Table 3 shows the distribution of respondents based on their monthly income: 25% earned below ₦40,000, 12% earned between ₦60,000 and ₦80,000, 24% earned between ₦81,000 and ₦100,000, 15% earned between ₦101,000 and ₦120,000, 17% earned between ₦121,000 and ₦140,000, and 7% earned above ₦140,000.

4.1 Data Analysis and Interpretation

Table 4: What are the wardrobe management practices among women in Ondo West Local Government?

S/N	Items	\bar{X}	Std. Dev.	Decision Rule
1	I regularly organize my wardrobe to ensure easy access to clothes.	1.64	0.64	Rejected
2	I maintain a seasonal wardrobe rotation to manage my clothing effectively.	1.86	0.82	Accepted
3	I frequently declutter my wardrobe by donating or discarding clothes I no longer wear.	1.88	0.87	Accepted
4	I set a budget for clothing purchases to avoid overspending.	1.81	0.91	Rejected
5	I prefer buying versatile clothing items that can be used for multiple occasions.	1.74	0.80	Rejected
6	I store my clothes in a manner that preserves their quality (e.g., hanging, folding).	1.97	0.94	Accepted

Decision Rule/Weighted mean = 1.82

Table 4 presents an overview of the wardrobe management practices among women in Ondo West Local Government. Several practices were assessed to understand how women organize and manage their wardrobes. The data indicates that certain practices are commonly accepted, while others are not. Women in the community appear to engage in seasonal wardrobe rotation to manage their clothing effectively ($\bar{X} = 1.86$, Std. Dev. = 0.82), and they also frequently declutter their wardrobes by donating or discarding clothes they no longer use ($\bar{X} = 1.88$, Std. Dev. = 0.87). Additionally, they store their clothes in a manner that helps preserve their quality, such as hanging or folding ($\bar{X} = 1.97$, Std. Dev. = 0.94). However, other practices are less frequently adopted. For instance, regularly organizing wardrobes for easy access to clothes ($\bar{X} = 1.64$, Std. Dev. = 0.64), setting a budget for clothing purchases to avoid overspending ($\bar{X} = 1.81$, Std. Dev. = 0.91), and buying versatile clothing items for multiple occasions ($\bar{X} = 1.74$, Std. Dev. = 0.80) were rejected based on the decision rule. With a weighted mean of 1.82, it can be concluded that the predominant wardrobe management practices among women in Ondo West Local Government include seasonal rotation, decluttering, and quality preservation of clothes, while practices related to budgeting, organizing for easy access, and purchasing versatile items are less commonly observed.

Table 5: How do socio-economic challenges influence wardrobe management among women in Ondo West Local Government?

S/N	Items	\bar{X}	Std. Dev.	Decision Rule
7	Financial constraints limit my ability to purchase new clothing items.	1.97	0.97	Rejected
8	I often prioritize other household needs over buying new clothes.	2.13	1.05	Accepted
9	The current economic situation has made me more conscious of my wardrobe management.	2.03	0.90	Rejected
10	I rely on second-hand clothing due to financial limitations.	2.17	1.06	Accepted
11	I try to make my clothes last longer due to the high cost of new items.	1.95	1.02	Rejected
12	My wardrobe management practices have been affected by inflation and rising costs.	2.06	0.97	Accepted

Decision Rule/Weighted mean = 2.05

The socio-economic challenges faced by women in Ondo West Local Government significantly influence their wardrobe management practices, as shown in the above table. Financial constraints appear to limit their ability to purchase new clothing items ($\bar{X} = 1.97$, Std. Dev. = 0.97), although this particular assertion was rejected based on the decision rule. Similarly, while women tend to make their clothes last longer due to the high cost of new items ($\bar{X} = 1.95$, Std. Dev. = 1.02), this was also rejected. Conversely, other socio-economic factors were deemed influential. Women often prioritize other household needs over buying new clothes ($\bar{X} = 2.13$, Std. Dev. = 1.05), and many rely on second-hand clothing as a result of financial limitations ($\bar{X} = 2.17$, Std. Dev. = 1.06). Moreover, the rising costs of items and inflation have significantly impacted their wardrobe management practices ($\bar{X} = 2.06$, Std. Dev. = 0.97), leading to a heightened consciousness about their wardrobe choices ($\bar{X} = 2.03$, Std. Dev. = 0.90), though this was rejected in the decision rule. Overall, with a weighted mean of 2.05, it is evident that socio-economic challenges, particularly financial constraints and inflation, play a critical role in shaping wardrobe management among women in this region.

Table 6: What is the impact of effective wardrobe management on women's self-esteem amid socio- economic challenges?

S/N	Items	\bar{X}	Std. Dev.	Decision Rule
13	Maintaining an organized wardrobe boosts my confidence.	2.03	0.92	Rejected
14	Knowing I have suitable clothes for various occasions positively affects my self-esteem.	2.23	0.98	Accepted
15	Effective wardrobe management reduces stress when deciding what to wear.	1.82	0.94	Rejected
16	I feel more empowered when I can manage my wardrobe effectively despite financial challenges.	2.27	0.99	Accepted
17	Wearing clothes that fit well and look good improves my self-image.	1.97	1.07	Rejected
18	Good wardrobe management helps me feel more prepared and confident in social settings.	2.10	0.93	Accepted

Decision Rule/Weighted mean = 2.07

The table above highlights the impact of effective wardrobe management on women's self-esteem in the current economic climate. While some items were rejected based on the decision rule, significant insights were observed. Maintaining an organized wardrobe, though potentially beneficial, was not strongly linked to boosting confidence ($\bar{X} = 2.03$, Std. Dev. = 0.92). Similarly, the notion that wearing well-fitting clothes improves self-image ($\bar{X} = 1.97$, Std. Dev. = 1.07) and that effective wardrobe management reduces stress when choosing outfits ($\bar{X} = 1.82$, Std. Dev. = 0.94) were also rejected. On the other hand, certain practices were found to positively influence self-esteem. Knowing one has suitable clothing for various occasions positively impacts self-esteem ($\bar{X} = 2.23$, Std. Dev. = 0.98), and the ability to manage one's wardrobe effectively despite financial challenges fosters a sense of empowerment ($\bar{X} = 2.27$, Std. Dev. = 0.99). Additionally, good wardrobe management contributes to feelings of preparedness and confidence in social settings ($\bar{X} = 2.10$, Std. Dev. = 0.93). With a weighted mean of 2.07, the findings suggest that effective

wardrobe management can play a significant role in enhancing women’s self-esteem, particularly in areas related to empowerment, preparedness, and managing appearances in various social and economic contexts.

Table 7: What cultural factors influence wardrobe management practices among women in Ondo West Local Government?

S/N	Items	\bar{X}	Std. Dev.	Decision Rule
19	Traditional beliefs influence my choice of clothing and wardrobe organization.	2.33	0.94	Accepted
20	I maintain separate attire for cultural or religious events, which affects how I manage my wardrobe.	2.28	1.09	Accepted
21	The local fashion trends in my community affect the way I select and organize my clothes.	1.56	0.66	Rejected
22	I prioritize clothing styles that reflect cultural values when managing my wardrobe.	1.68	0.76	Rejected
23	Cultural expectations influence how often I update or replace items in my wardrobe.	1.78	0.91	Rejected
24	I keep specific cultural or traditional attire even if I do not wear them frequently. Eg. sanyan, etu, alaari.	1.81	0.91	Rejected

Decision Rule/Weighted mean= 1.91

The cultural factors influencing wardrobe management practices among women in Ondo West Local Government reveal both traditional and community-related influences, though not all cultural factors showed a significant impact. Two key factors were accepted based on the decision rule. Traditional beliefs strongly influence women’s choice of clothing and wardrobe organization ($\bar{X} = 2.33$, Std. Dev. = 0.94), and the need to maintain separate attire for cultural or religious events also plays a major role in wardrobe management ($\bar{X} = 2.28$, Std. Dev. = 1.09). However, other cultural factors were found to have less of an impact. Local fashion trends in the community ($\bar{X} = 1.56$, Std. Dev. = 0.66), the prioritization of clothing styles reflecting cultural values ($\bar{X} = 1.68$, Std. Dev. = 0.76), cultural expectations regarding how often items should be updated or replaced ($\bar{X} = 1.78$, Std. Dev. = 0.91), and the retention of specific cultural or traditional attire ($\bar{X} = 1.81$, Std. Dev. = 0.91) were all rejected in the decision rule. With a weighted mean of 1.91, the data suggests that while traditional beliefs and the necessity to maintain attire for cultural or religious purposes significantly influence wardrobe management practices, other cultural expectations or trends are less impactful in shaping how women in this community organize and manage their wardrobes.

Table 8: What strategies can be suggested to enhance wardrobe management among women in Ondo West Local Government?

S/N	Items	\bar{X}	Std. Dev.	Decision Rule
25	Workshops on wardrobe management would be beneficial for women in the community.	1.67	0.82	Rejected
26	Budgeting for wardrobe updates should be included in personal finance training.	1.75	0.90	Rejected
27	Local thrift markets can help improve wardrobe options affordably.	1.91	1.00	Accepted
28	Community sharing programs (e.g., clothing swaps) can help manage wardrobes.	1.98	0.99	Accepted
29	Guidance on clothing care can help extend the life of garments.	1.77	0.87	Rejected
30	Introducing wardrobe planning tools would assist in better wardrobe organization.	2.09	1.11	Accepted

Decision Rule/Weighted mean= 1.86

The suggested strategies to enhance wardrobe management among women in Ondo West Local Government reveal a mix of potential solutions, with some being more acceptable than others based on the decision rule. Several strategies were rejected, including workshops on wardrobe management ($\bar{X} = 1.67$, Std. Dev. = 0.82), incorporating budgeting for wardrobe updates into personal finance training ($\bar{X} = 1.75$, Std. Dev. = 0.90), providing guidance on clothing care to extend garment life ($\bar{X} = 1.77$, Std. Dev. = 0.87), and promoting clothing care education ($\bar{X} = 1.91$, Std. Dev. = 1.00). However, there are a few strategies that were accepted as valuable for improving wardrobe management. Local thrift markets, which provide affordable clothing options, were found to be beneficial ($\bar{X} = 1.91$, Std. Dev. = 1.00). Similarly, community sharing programs, such as clothing swaps, can aid in managing wardrobes effectively ($\bar{X} = 1.98$, Std. Dev. = 0.99). Furthermore, introducing wardrobe planning tools to assist in better organization was also

accepted as a useful strategy ($\bar{X} = 2.09$, Std. Dev. = 1.11). With a weighted mean of 1.86, the findings suggest that practical, community-oriented approaches—such as thrift markets, clothing swaps, and the introduction of planning tools—are seen as more feasible solutions to enhance wardrobe management, while more formal interventions like workshops or budgeting strategies were less favored.

5. Discussion of the Findings

Wardrobe management practices are an important aspect of personal organization and can significantly influence how individuals manage their clothing and resources. In many cultures, including those in Ondo West Local Government, the way women organize, store, and manage their wardrobes is shaped by various factors, including socio-economic status, cultural values, and practical constraints. Recent studies have indicated that seasonal rotation of

clothing is a common practice for effectively managing wardrobes, as it allows individuals to keep their clothing fresh, organized, and accessible (Miller et al., 2020).

The socio-economic challenges faced by women in Ondo West Local Government significantly influence their wardrobe management practices, as demonstrated by the data. While financial constraints were not found to significantly limit the ability to purchase new clothing items, women's wardrobe decisions are still strongly shaped by broader economic factors. Despite the rejection of the claim that the high cost of new items encourages women to make clothes last longer, it remains evident that financial limitations continue to influence wardrobe management in other ways. For example, many women in the region prioritize household needs over clothing purchases, reflecting a common strategy in resource-constrained environments where the immediate demands of family care take precedence (Muthoni et al., 2020).

Similarly, the impact of rising costs and inflation cannot be overlooked. With the increasing cost of living, many women in Ondo West have become more conscious of their wardrobe choices, even though this heightened awareness was not strongly supported by the data. Inflation often leads to shifts in consumer behavior, where spending on clothing becomes more calculated, and purchasing decisions are made with greater consideration of durability, utility, and necessity (Anderson & Clark, 2022). Overall, despite some rejected assertions, the findings underscore the crucial role that financial constraints, inflation, and household priorities play in shaping wardrobe management practices among women in Ondo West Local Government. These challenges force women to adopt practical strategies, such as relying on second-hand clothing, to cope with economic pressures, while also maintaining a heightened awareness of their spending choices. This reflects broader socio-economic patterns where low-income women balance their clothing needs with other financial obligations, highlighting the resilience and adaptability of women in the face of economic adversity.

The cultural factors influencing wardrobe management practices among women in Ondo West Local Government reveal a blend of traditional and community-related influences, with some factors playing a more significant role than others. Traditional beliefs, for example, strongly influence women's choices of clothing and how they organize their wardrobes. Clothing in many African communities is not just a functional necessity but also a means of

expressing cultural identity and values. In this context, wardrobe management is deeply tied to cultural pride and tradition, where garments are viewed as symbols of heritage (Ijeoma & Uche, 2021). Studies have highlighted that in many African societies, including Nigeria, maintaining culturally significant clothing is considered a vital part of preserving cultural identity and respecting societal expectations (Ajayi & Akinlabi, 2022). The necessity of maintaining separate attire for cultural or religious events also plays a crucial role in wardrobe management. Women in Ondo West, for example, retain specific garments for occasions like religious ceremonies, weddings, and festivals, as these events often require distinct attire to mark social and cultural milestones. This practice of setting aside special clothes for particular occasions is prevalent in many African communities and is closely tied to religious and cultural observances (Ogunjimi & Fapohunda, 2020). Such attire is not only functional but also symbolic, serving to reinforce social and cultural bonds within the community.

Overall, the findings suggest that traditional and religious values significantly shape how women in Ondo West manage their wardrobes. While local fashion trends and the frequency of updating wardrobes are secondary, the need to maintain culturally appropriate attire for specific events and to preserve traditional clothing practices remains central to wardrobe management. These cultural practices ensure that clothing is not just a personal necessity but a reflection of the community's values and traditions, highlighting the strong link between clothing, identity, and cultural preservation (Fletcher, 2020).

Summary

This study investigated the management of wardrobe in the present socio-economic challenge among women in Ondo west local government area of Ondo State. Specifically, the study intends to: document the wardrobe management practices among women in Ondo West Local Government Area of Ondo State, investigate how socio economic challenge influence wardrobe management in Ondo West Local Government Area of Ondo State, examine the impact of wardrobe management on women's self-esteem in this present economy, identified the cultural factors influencing wardrobe management practices among women in Ondo West Local Government and Suggest strategies to enhance wardrobe management among women in Ondo West Local Government. Five (5) research question and two (2) research hypotheses were raised in line with the objectives of the study. The study employed survey research design and five (5) research questions guided the study. The instrument use for data was self-developed questionnaire. The

following are summary of findings from the study: The study highlights how socio-economic factors, cultural values, and personal preferences influence wardrobe management among women in Ondo West, with seasonal rotation and decluttering commonly adopted. Community-driven strategies like thrift markets and clothing swaps are preferred for their practicality and cost-effectiveness in overcoming financial constraints.

6. Conclusion

In conclusion, the study on Strategies for Effective Wardrobe Management Amid Socio-Economic Challenges Among Women in the Ondo West Local Government Area revealed that socio-economic factors, cultural values, and personal preferences shape how women manage their wardrobes. While practices such as seasonal rotation, decluttering, and quality preservation of clothing are commonly adopted, other strategies like budgeting for clothing and organizing for easy access are less frequently practiced. Financial constraints, including the prioritization of household needs and reliance on second-hand clothing, play a significant role in influencing wardrobe management choices. Additionally, while socio-economic status does not significantly impact the factors affecting wardrobe practices, cultural traditions, such as maintaining attire for specific cultural or religious events, remain central. Strategies like thrift markets and clothing swaps, are favored for their practicality and cost-effectiveness in the face of economic limitations. Overall, these findings highlight the resilience of women in Ondo West in navigating the complexities of wardrobe management within the context of limited financial resources.

7. Recommendations

Based on the findings and implications of this study, the following recommendations were made:

- Rotational, and preservation of cloth should be done regular by women to better manage their wardrobe in current economic
- Introducing low-cost wardrobe planning tools, such as apps or planners, to help women organize and manage their clothing efficiently.
- Self- esteem should become part of women daily life
- Incorporate culturally relevant wardrobe management practices, emphasizing the preservation of culturally significant attire for special occasions.

- Measure like thrift market, clothing swaps amid feasible solution to enhance wardrobe management amid current socio-economic challenges among women in Ondo Local Government Area.

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