

“Breathable fabric revolution in the smart and sustainable era ”

Author: Akanksha Uttareshwar Payghan

Co-author: Bhumika waykos

B.voc fashion technology student.

Guided by: Dr. Deepali Joshi.

Fergusson college, pune.

ABSTRACT

Every day, we wear clothes, but we do not always think about how the fabric affects our comfort. Sometimes we feel cool and fresh, other times we feel hot and uncomfortable. This made me interested in learning about breathable fabrics and how they work.

Today, people want clothes that are comfortable, easy to wear, and good for the environment. Because of this, the textile industry is changing. Breathable fabrics let air pass through the fabric. They also absorb sweat and help it dry quickly. This keeps the body cool, dry, and comfortable in every season and during daily activities. Another new development is smart fabrics. These fabrics are made using modern technology. They can help control body temperature, remove sweat, protect the skin from the sun, and stop the growth of bacteria. These features make clothes more useful and comfortable.

The fashion industry also creates a lot of pollution and textile waste. To reduce this problem, many companies are using eco-friendly fabrics such as organic cotton, bamboo, hemp, linen, Tencel, and recycled polyester. These fabrics use less water and energy and create less pollution.

I chose this topic because I wanted to understand how breathable fabrics improve comfort and how they can also help protect the environment. In this research paper, I have explained the types, benefits, and uses of breathable fabrics. I have also explained the role of smart fabrics and sustainable materials in the textile industry. This study shows that breathable, smart, and sustainable fabrics are becoming an important part of the future because they make clothes more comfortable and help protect our planet.

INTRODUCTION

Clothes are an important part of our daily life. We wear them every day, so they should be comfortable in every season. Today, people do not want only beautiful and fashionable clothes. They also want clothes that keep them comfortable, last longer, and are good for the environment. Because of this, the textile industry is changing very fast. Many new fabrics are being developed to meet these needs. One of the most important changes is the use of breathable fabrics. These fabrics help people feel comfortable and are also helping the fashion industry become more sustainable. This is why I chose the topic “Breathable Fabric Revolution in the Smart and Sustainable Era.”

A breathable fabric is a fabric that lets air pass through it easily. It also absorbs sweat and helps it dry quickly. This keeps the body cool, fresh, and comfortable in every season. Breathable fabrics are used in sportswear, casual wear, workwear, medical clothing, and many other types of clothing. Today, people spend long hours at work, college, and outdoors, so comfortable clothing has become more important than before.

Another important term in this study is smart fabric. Smart fabrics are made using modern technology. They have special features such as temperature control, moisture management, UV protection, and antibacterial properties. These features make clothes more comfortable, useful, and suitable for different weather conditions and daily activities. Another important term is sustainable fabric. Sustainable fabrics are made in a way that causes less harm to the environment. Fabrics like organic cotton, bamboo, hemp, linen, Tencel, and recycled polyester are good examples because they use fewer natural resources and create less pollution.

Today, the fashion industry is growing very fast, but it also creates a large amount of pollution and textile waste. The production of many fabrics uses a lot of water, energy, and chemicals. Because of this, people are becoming more aware of environmental problems. Many fashion brands and textile companies are now trying to make clothes that are comfortable and also better for nature. Breathable and sustainable fabrics are helping to reduce these problems.

Many researchers have already studied breathable fabrics, smart textiles, and sustainable materials. Their studies show that breathable fabrics improve comfort by allowing air to move through the fabric and by removing sweat quickly. Researchers have also found that smart fabrics improve the performance of clothing, while sustainable fabrics help reduce pollution, save natural resources, and support eco-friendly fashion. These studies show that breathable, smart, and sustainable fabrics are becoming more important in the textile industry.

I chose this research topic because I wanted to understand how breathable fabrics work and why they are becoming more popular today. I also wanted to learn how smart technology and sustainable materials are improving clothing and helping the environment. In this research paper, I will explain the meaning, types, properties, benefits, and uses of breathable fabrics. I will also explain how smart fabrics and sustainable fabrics are changing the textile industry and making clothing better for people.

This research is important because it helps us understand how the textile and fashion industry is changing with new technology and eco-friendly ideas. Today, people do not want only stylish clothes. They also want clothes that are comfortable, easy to wear, long-lasting, and good for the environment. This study explains why breathable fabrics are becoming more important today and how they work by allowing air to pass through the fabric, absorbing sweat, and helping it dry quickly. This keeps people fresh and comfortable while studying, working, travelling, playing sports, and doing other daily activities. The research also explains the importance of smart fabrics and sustainable fabrics. Smart fabrics make clothes more useful by helping control body temperature, removing moisture, protecting the skin from the sun, and stopping the growth of bacteria. Sustainable fabrics help reduce pollution, save water and energy, reduce textile waste, and protect natural resources. This study will help students, fashion designers, researchers, manufacturers, and consumers understand the benefits of breathable fabrics and how they are changing the textile industry. It will also help people make better choices while designing, making, or buying clothes. I hope this research gives useful knowledge and creates awareness about breathable, smart, and sustainable fabrics. I also hope it encourages more people to choose comfortable and eco-friendly clothing. In the future, these fabrics can improve the quality of clothing, support sustainable fashion, reduce environmental problems, and help create a cleaner, healthier, and better future for both people and the environment.

BACKGROUND AND SIGNIFICANCE

The textile and fashion industry is growing very fast. Every year, new fabrics, new technologies, and new fashion trends are introduced. Today, people do not only want clothes that look stylish. They also want clothes that are comfortable, soft, lightweight, and suitable for different weather conditions. People are also becoming more aware of the environment. Because of this, breathable, smart, and sustainable fabrics are becoming more popular.

Breathable fabric is a fabric that allows air to pass through it. It also helps sweat dry quickly, so the body stays cool and comfortable. This is very useful in hot countries like India, where people sweat a lot because of the hot weather. Fabrics like cotton, linen, bamboo, and Tencel are good examples of breathable fabrics. These fabrics are used in daily wear, sportswear, and summer clothing because they provide better comfort.

The fashion industry is also creating many environmental problems. A large amount of water, energy, and chemicals is used to make clothes. Many factories produce pollution during textile production. Every year, a huge amount of old clothes is thrown away, which creates textile waste. Some synthetic fabrics take many years to decompose, so they remain in the environment for a long time. These problems are increasing every year, so the fashion industry needs better and more eco-friendly solutions.

Because of these problems, sustainable fabrics are becoming more important. Sustainable fabrics are made in a way that reduces harm to the environment. They use fewer natural resources and create less pollution. Some sustainable fabrics are made from recycled materials, while others are made from natural fibres. These fabrics help reduce waste and support a cleaner environment.

At the same time, smart fabrics are also becoming popular. Smart fabrics are special fabrics that can react to heat, sweat, moisture, or movement. Some smart fabrics help keep the body cool, while others help remove sweat quickly. These fabrics are used in sportswear, medical clothing, and outdoor wear. As technology improves, smart fabrics are becoming more useful in everyday clothing.

The main problem is that many people do not know much about breathable, smart, and sustainable fabrics. Most people buy clothes by looking at their colour, design, brand, or price. They do not think about the fabric or how it affects comfort and the environment. Many people also do not know that choosing the right fabric can improve comfort and reduce environmental pollution.

Another problem is that some sustainable and smart fabrics are expensive. They are not easily available in every market. Many clothing companies still use traditional fabrics because they are cheaper and easier to produce. Because of this, eco-friendly fabrics are not used as much as they should be.

This research is important because it explains how breathable fabrics can improve people's daily lives. Breathable fabrics help keep the body cool, reduce sweating, and make clothing more comfortable. Smart fabrics improve the performance of clothing, while sustainable fabrics help protect the environment by reducing pollution and saving natural resources.

This study is also important because more people are now interested in sustainable fashion. Consumers want clothes that are comfortable as well as environmentally friendly. Fashion designers and textile companies are also trying to create better fabrics that are safe for both people and nature. This research will help explain why breathable fabrics are becoming an important part of the future of fashion.

Many researchers have already studied breathable fabrics, smart textiles, and sustainable fashion. Their studies explain different types of fabrics, their properties, and their benefits. However, most studies discuss these topics separately. There are fewer studies that explain how breathable fabrics, smart textiles, and sustainability work together. This research will bring all these ideas together and explain them in simple words.

This research will mainly use secondary data. Information will be collected from books, research papers, journals, textile magazines, government reports, and trusted websites. The information will be carefully read, compared, and understood. This will help explain the latest developments in breathable fabrics and their importance in the textile industry.

The main sources for this research will include books on textile technology, research journals, sustainable fashion reports, scientific articles, and reliable websites. These sources will provide correct and updated information and help make the research more accurate.

This research will mainly focus on breathable fabrics, smart textiles, sustainable materials, their features, benefits, uses, and future developments. It will explain how these fabrics improve comfort and help protect the environment. This research will not include detailed laboratory testing, textile machinery, chemical experiments, or business and marketing topics.

In this research, breathable fabric means a fabric that allows air and moisture to pass through easily, helping the body stay cool and comfortable. Smart textile means a fabric that can respond to changes such as heat, moisture, or movement. Sustainable fabric means a fabric that is made in a way that reduces pollution and protects natural resources. These meanings will be used throughout this research.

LITERATURE REVIEW

Breathable fabrics have been studied by many researchers because comfort is an important part of clothing. Researchers have looked at how air and moisture move through fabric, how fabric structure affects breathability, and how breathable fabrics can be used for different types of clothing. Some of the studies mainly focus on the science and structure of fabrics, while others focus on comfort, performance, natural fabrics, waterproofing, and new technologies. Together, these studies help us understand how breathable fabrics work and why they are becoming important in the textile and fashion industry.

Rajabov (2024), in his study “Development of a Theoretical Model for the Breathability of Textile Fabrics,” focused on understanding how the structure of a fabric affects its breathability. The study looked at factors such as fabric density, thickness, porosity, fibre shape, fibre type, and finishing. The researcher developed a theoretical model to understand how air moves through textile materials. He also tested elastic knitted fabric under controlled conditions. The study found that the structure of the fabric, especially the space between fibres and loops, has an important effect on airflow. The study is useful because it shows that breathability does not depend only on the type of fibre used. The way the fabric is made also plays an important role.

The article “The Science Behind the Breathable Fabrics” by Green Tailor explains breathable fabrics in a simple and practical way. It explains that breathable fabrics allow air to move and help moisture move away from the skin. The article discusses natural fabrics such as cotton, linen, hemp, bamboo, wool, and silk. It explains that the spaces between fibres help air movement and moisture management. It also compares natural and synthetic fabrics and explains that fabric structure is important when deciding whether a fabric is breathable. An important point from this article is that a fabric does not become breathable only because it is thin or lightweight. Its fibre structure and ability to manage moisture are also important.

Sharma’s article “Waterproof Breathable Fabrics: Product Modification and Recent Developments” focuses on fabrics that can provide both waterproofing and breathability. The study explains that these fabrics need to stop liquid water from entering while allowing moisture vapour from the body to move outside. It discusses different types of waterproof breathable fabrics, including densely woven fabrics, microporous membranes, hydrophilic membranes, coatings, and multilayer fabrics. The article also explains that multilayer fabrics are being developed to improve the performance of clothing. These fabrics are useful in sportswear, mountaineering clothing, military clothing, and protective clothing. This study shows that modern fabrics can provide more than one function at the same time.

Bisht, Verma, Singh, and Rukhaya (2021), in “Breathability: An Important Feature for Waterproof Apparel,” studied the importance of breathability in waterproof clothing. The researchers explained that breathable fabrics allow water vapour from the body to pass through while stopping liquid water from entering. They also discussed the importance of breathability in sportswear and outdoor clothing. The study explains three main types of water-resistant and moisture-permeable materials: high-density fabrics, resin-coated fabrics, and film-laminated fabrics. The researchers also discussed moisture vapour transmission rate, which is used to measure how much water vapour can pass through a fabric. Their work shows that a good waterproof garment needs to provide both protection and comfort.

The article “Breathable Fabric Revolution: Unveiling Comfort & Performance Secrets” by Tanay Bhatt (2023) gives a wider view of breathable fabrics and their uses. The article explains how breathable fabrics allow air and moisture to move through the material and help reduce heat and moisture buildup. It discusses different types of breathable fabrics, including moisture-wicking fabrics, performance fabrics, natural fibres, and membrane fabrics. It also explains their use in fashion, sportswear, medical clothing, and outdoor products. The article

highlights comfort, moisture management, performance, and skin comfort as important benefits of breathable fabrics. It also explains that the type of fabric should be selected according to the activity, climate, and purpose of the clothing.

The sixth source, “The Science Behind the Breathable Fabrics,” also gives attention to the connection between breathable fabrics and sustainability. It explains that natural fabrics can provide comfort while also being renewable materials. It discusses fabrics such as cotton, linen, hemp, bamboo, wool, and silk and explains their ability to manage moisture and allow air movement. The article also connects breathable clothing with sustainable living because comfortable fabrics may need less frequent washing, which can help reduce the use of water, energy, and detergent. This gives an important connection between comfort and environmental care, which is also an important part of the present research topic.

When these studies are compared, they show some common points. Most of the researchers agree that breathability is connected with air movement, moisture movement, fabric structure, and comfort. Rajabov mainly explains the technical side of airflow and fabric structure. Sharma and Bisht et al. focus more on waterproof breathable fabrics and their use in protective and outdoor clothing. The Green Tailor article focuses more on natural fibres, comfort, moisture, and sustainability. Bhatt discusses the wider uses and benefits of breathable fabrics in fashion, sports, medical clothing, and outdoor products. Therefore, the studies look at the topic from different sides, but all of them show that breathability is an important property of modern textiles.

The studies also show that breathable fabrics are becoming more than just simple comfortable fabrics. Modern textile development is moving towards fabrics that can perform many functions at the same time. For example, waterproof breathable fabrics can protect the wearer from rain while allowing body moisture to escape. Other fabrics can manage moisture, improve comfort, and provide better performance. This development shows that the textile industry is trying to make clothing more useful for different needs.

However, there is still a gap in the research reviewed here. Many studies mainly focus on one area at a time, such as airflow, waterproofing, fabric structure, moisture management, or natural fibres. There is less simple and combined discussion of how breathability, smart textile technology, and sustainability can work together in modern clothing. The studies give useful information about individual properties, but there is still a need to understand these three areas together from a fashion and textile point of view.

Therefore, my research on “Breathable Fabric Revolution in the Smart and Sustainable Era” focuses on bringing these ideas together. This research will study how breathable fabrics work, what makes a fabric breathable, how they improve comfort, how new technology can make fabrics smarter, and how sustainable materials can make clothing better for the environment. The main aim is to understand how breathable fabrics are developing from simple comfort fabrics into more useful, smart, and environmentally friendly textiles. This research will help connect the information found in the selected studies and explain the future importance of breathable fabrics in a simple way.

METHODOLOGY

This research is based on a survey method to understand people’s knowledge, use and opinion about breathable fabrics. A questionnaire was prepared using Google Forms and shared with different people. The survey included people from different age groups, genders and occupations. Around 76 responses were received, but some questions had 74 or 75 responses because everyone did not answer every question. The questions were mainly about awareness of breathable fabrics, types of breathable fabrics people know, how often they use them, why they choose them and in which season they prefer them. The survey also asked about the comfort of breathable

fabrics, sweat and body odour, sensitive skin, sustainability and smart breathable fabrics. Some questions were also asked about the problems people face while using breathable fabrics, such as high cost, maintenance, durability and availability. Open-ended questions were included so that respondents could give their own suggestions. The responses were collected through Google Forms and shown in the form of pie charts and bar charts. The percentages from the charts were studied to understand the common answers. The open-ended answers were also read to find the common suggestions given by people. Some respondents suggested making breathable fabrics more affordable, easily available and durable. Some also suggested more designs, better maintenance and more eco-friendly options. A few respondents mentioned the need for GOTS-certified cotton and Kala cotton in the market. The survey also helped to understand people's interest in smart breathable fabrics and sustainable clothing. The collected information was used to understand the present use of breathable fabrics and the areas that need improvement. The survey results are connected with the main topic of the research, which focuses on breathable, smart and sustainable fabrics.

ANALYSIS

The survey results show that most people know about breathable fabrics. 89.3% of the respondents said that they were aware of breathable fabrics, while 10.7% were not aware. Among the different fabrics, cotton was the most familiar with 58.7%, followed by linen with 24% and bamboo fabric with 8%. This shows that people know more about commonly used fabrics like cotton and linen. Most people learned about breathable fabrics through education, friends and family, and social media. Around 40% of respondents said they use breathable clothes daily, while 32% use them occasionally. The main reason for choosing breathable fabric was comfort, selected by 60% of respondents. Many people also liked breathable fabrics because they help with sweat absorption and are comfortable for the skin. Summer was the most preferred season, with 45.3% of responses, but 38.7% said they prefer breathable fabrics in all seasons. The survey also shows that people have a positive opinion about the comfort of breathable fabrics. Around 85% agreed or strongly agreed that breathable fabrics improve overall comfort. Around 83% agreed or strongly agreed that they help reduce sweat and body odour. Around 85% also agreed or strongly agreed that breathable fabrics are suitable for sensitive skin. When asked about sustainability, 62.2% said breathable fabrics support sustainable fashion. Also, 68.9% said they would prefer eco-friendly breathable fabrics over regular fabrics. This shows that many people are interested in sustainable clothing. Around 59.5% agreed that smart breathable fabrics can be the future of fashion and textiles. However, some problems were also found in the survey. The biggest problem was high cost, with 38.9% of responses. Other problems were difficult maintenance, low durability and limited availability. People also suggested making breathable fabrics more affordable, durable and easily available. Some respondents wanted more designs and varieties. Overall, the survey shows that people like breathable fabrics mainly because of their comfort, airflow and sweat control. People are also becoming interested in sustainable and smart fabrics. However, cost, durability, maintenance and availability are the main areas that need improvement.

CONCLUSION

This research shows that breathable fabrics are becoming an important part of modern fashion because they provide comfort, good airflow and help control sweat. The survey results show that most people are already aware of breathable fabrics, especially cotton and linen. Comfort is the main reason why people prefer these fabrics. Many respondents also feel that breathable fabrics are good for sensitive skin and can help reduce sweat and body odour.

The research also shows that people are becoming more interested in sustainable and eco-friendly fabrics. Many respondents are ready to choose eco-friendly breathable clothing, and some are also willing to pay more for

sustainable products. There is also interest in smart breathable fabrics, which can provide better performance and new functions in clothing.

However, some problems still need to be improved. The main problems found in the survey are high cost, maintenance, durability and limited availability. Making breathable fabrics more affordable, durable, easy to maintain and easily available can help more people use them.

Overall, breathable fabrics have good potential in the future of fashion. Combining comfort, technology and sustainability can make breathable fabrics more useful and suitable for modern clothing. The development of smart and sustainable breathable fabrics can help create clothing that is comfortable for people as well as better for the environment.

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