

Utilizing Aesthetics of Andalusian Art to design Contemporary, printed garments to Support the Psychological State of Women Over the Age of Fifty

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Abstract:

Islamic artistic heritage contains lots of different, variant values and aesthetic elements with all their details throughout the Islamic ages, each of which has its own aesthetics and characteristics. It has many different artistic aesthetic elements, including decorative elements of plant, geometry, and writing. Inspiration from this art adds originality to the works of art and can be used in the design of fashion and textile printing in various and multiple forms; modern and contemporary in line with the fashion. This is also due to the richness and variety of these sources, and what it carries inside from beauty, authenticity and contemporaneity.

The arts of Andalusia and its presence in the East and West in Morocco, Italy and Africa provide various interesting aesthetics and characteristics to the fashion designer. As printing of textiles, encourages him/her to look at every piece of art as an inspiration in design and also to add an aesthetic element to each piece of clothing on its own. For the variety of colors, daring designs and accuracy of implementation, it can also be used in the treatment of some of the psychological problems facing the user of clothing. Clothes are not only to be worn, they represent the person plus many personal and psychological aspects of his choice of clothes, and can also be used to influence the Psychological state of the individual. As clothing must perform a function, purpose, beauty and can also be used for treatment and influencing the psychological state of the person.

Keywords:

Andalusian Art ,Psychological Side ,the Age of Fifty.

المخلص:

يحتوي التراث الفني الاسلامي على الكثير من القيم والعناصر الجمالية المختلفة عبر كل العصور الاسلامية ولكل منها خصائصه المميزة. واستلهاماً من الخصائص الجمالية المميزة للفن الأندلسي وما يميزه من عناصر مبهرة ورائعة في تفاصيلها، فقد نضف الأصاله إلى تصميّات الأزياء المعاصرة. إن تأثر بلاد الأندلس بالمشرق والمغرب والبلاد الأوروبية والأفريقية أضاف الكثير في مجال تصميم الأزياء وطباعة المنسوجات من حيث تعدد الألوان وجرأة التصميمات ودقة التنفيذ. وعند النظر إلى كل تصميم على حدة، نجد أنه قطعة فنية في حد ذاتها تعكس الأصاله والتاريخ وتمزج روح العصر والحداثة في نفس الوقت. وبما أن الملابس قد تعكس شخصية الفرد وحالته النفسية عند قيامه باختيارها وارتداؤها،

فقد يكون لها دور وتأثير هام للغاية. وبالتالي، فقد حرصنا على التركيز في هذا البحث على النساء بشكل عام، وخاصةً النساء فوق سن الخمسين، وذلك لما يطرأ عليهن في هذا السن من تغيرات فسيولوجية قد تؤثر على حالتهم النفسية والمزاجية. لذلك، قدم هذا البحث بعض التصميمات المستوحاة من الفن الأندلسي تماشيًا مع روح العصر ومتطلبات الوقت الحاضر وبما يناسب تلك الفئة على وجه الخصوص، حيث أن الاهتمام بالملابس وطريقة ارتداؤها يساعد كثيراً في تحسين الحالة النفسية والمزاجية والعمل على استقبال اليوم بنشاط وحيوية. وقد تمثلت أهداف هذا البحث في ابتكار تصميمات من شأنها رفع الحالة المعنوية ومعالجة الحالة النفسية لدي المرأة في هذه المرحلة العمرية وخاصة لما تواجهه من صعوبات في اختيار الملابس المناسبة لها. كما أنه على الرغم من ثراء وتنوع الفن الأندلسي، إلا أنه لم يحظ بالقدر الكافي من الدراسة سواء من ناحية التحليل الفني أو تناول عناصره في تصميم وطباعة المنسوجات والأزياء.

الكلمات المفتاحية:

الفن الأندلسي، الجانب السيكلوجي، فوق سن الخمسين.

Introduction:

Islamic artistic heritage contains lots of different, variant values and aesthetic elements with all their details throughout the Islamic ages, each of which has its own aesthetics and characteristics. It has many different artistic aesthetic elements, including decorative elements of plant, geometry, and writing. Inspiration from this art adds originality to the works of art and can be used in the design of fashion and textile printing in various and multiple forms; modern and contemporary in line with the fashion. This is also due to the richness and variety of these sources, and what it carries inside from beauty, authenticity and contemporaneity.

The arts of Andalusia and its presence in the East and West in Morocco, Italy and Africa provide various interesting aesthetics and characteristics to the fashion designer. As printing of textiles, encourages him/her to look at every piece of art as an inspiration in design and also to add an aesthetic element to each piece of clothing on its own. For the variety of colors, daring designs and accuracy of implementation, it can also be used in the treatment of some of the psychological problems facing the user of clothing. Clothes are not only to be worn, they represent the person plus many personal and psychological aspects of his choice of clothes, and can also be used to influence the Psychological state of the individual. As clothing must perform a function, purpose, beauty and can also be used for treatment and influencing the psychological state of the person.

The most categories interested in clothes are women due to their personal appearance and their innate love to appear distinctively, plus their sense of beauty, which affects their mental and moral state. We find that women over the age of fifty go through many effects, as they are exposed (with a high percentage) to the symptoms of psychological depression because of (Menopause). This stage represents a great challenge for many women and perhaps the most common symptoms of hormonal transitions in women at this age is the feeling of depression and lack of desire to life, too, as they cannot find what is satisfactory to them from costumed designs for them, which can give them a sense of self-confidence and distinctiveness.

Therefore, caring about the general appearance of women has a great role at this stage. The more women feel that they are still beautiful and elegant, the less they feel in despair, and their self-confidence will be increased. As at the age of fifty, the woman reaches the peak of mental and intellectual maturity, thus, caring about the external appearance becomes one of the fundamentals of the psychological balance. Plus, caring about clothes and the manner of wearing them, help greatly to improve the psychological status, control of life, and the ability to live the day in a manner of vitality and activity.

Research problem:

Problem of the research are:

1. Women, over the age of fifty, face many difficulties in choosing the right clothes, as most tastes suit the youth, and fashion designers pay insufficient attention to this age
2. Despite the richness and diversity of the Islamic Andalusian Arts, yet there are not enough studies concerning this era, whether in terms of technical analysis or handling its elements in the design of textile printing and fashion concerning various elements.
3. The printed fashion role in improving the psychological status of women has not been dealt with sufficiently in studies whether in choosing colors or designs appropriate for this age.

Research Objectives:

1. The research aims to studying the artistic and formative values of the Andalusian art and shows its aesthetics.
2. Studying the psychological state of women over the age of fifty because of their physiological changes that clearly affect the psychological state.
3. Creating designs that raise the moral and spiritual state, and address the psychological state of women at this age.

Importance of research:

1. Strengthening the field of textile and fashion printing with new innovative designs resulting from studying the aesthetics of Andalusian art and utilizing this study to improve the psychological state of women over the age of fifty.
2. Andalusian art contains many elements of originality and tradition, which make it a source of innovative inspiration at the age group under study.

Research Assumptions:

The research assumes that:

1. Studying the artistic and plastic values of Andalusian art results in innovative designs suitable for women's fabrics over the age of fifty.
2. Fabrics and costumes have a large and effective role in the psychological treatment of women at this age and lead to increase in self-confidence and raising her spirits.

Research Methodology:

1. Historical Method: This includes the historical artistic study of Islamic arts in Andalusia.
2. Descriptive Analytical Method: The study deals with the psychological problems of women over the age of fifty and how to find therapeutic solutions through clothing and fashion. Besides, the research describes the analysis and selection of Andalusian elements and shows their artistic and formative values.

3. Experimental approach: deals with the innovative side of the work through experiments, studies and technical and applied solutions derived from the study.

4. Statistical method: The statistical method includes two surveys of the first general opinion of specialists of psychiatrists to show the problem of research, and the other one to the general public of women over the age of fifty to show them the design experiences and to ensure the achievement of research objectives.

Research Limits:

1. Time Limits: includes the study of Islamic art in Andalusia from (92-898) Hijri.

2. Spatial Limits: The study was carried out on selections of Andalusian art in the country of Andalusia, and the applied works were done on women's fabrics and costumes in the Arab Republic of Egypt.

3. Objective limits:

- Studying the aesthetics of Andalusian art.
- Studying the psychological problems of women over the age of fifty.
- The use of fabrics and costumes as means of psychological support for women at this age after the age of fifty.

Research Themes:

1. The aesthetics of Andalusian art.
2. The psychological problems of women over the age of fifty in terms of causes and symptoms.
3. The role of clothing and fabrics in supporting women psychologically plus accepting this age.
4. Creating designs and fashion inspired by Andalusian art.
5. Statistical analysis to confirm research objectives.

The First Theme:

The aesthetics of Andalusian art

Islamic artistic heritage contains various aesthetic values and elements with all its details, throughout all Islamic eras, each of which has its own aesthetics and characteristics. It also encompasses various artistic aesthetical elements; including the decorative elements of plant, geometry and calligraphy ⁽¹⁾. Inspiration from this art lends originality to the works of art and can be used in fashion design and printing textiles in various, renewable and contemporary forms and in line with fashion as well. This is due to the richness of these sources, the multiplicity and beauty of its originality and contemporaneity ⁽¹⁶⁾. Where Islamic arts occupy a prominent status among the artistic styles known to human civilization in general ⁽⁵⁾, these arts have been able to achieve a unique style between each other within the unity and diversity of Islamic art in the east and west. The Andalusian style originated at the territory of the Iberian Peninsula, and was characterized by independent characteristics; due to the factors of the local environment on one hand, and the history of the successive Islamic countries on the other ⁽⁸⁾. The Muslim artist turned to new worlds far away from drawing people, and also from simulating nature, therefore his genius has been emerged and his creativity has been manifested. In addition to the use of his imagination, his delicate sense, and authentic taste, thus appeared one of these worlds which was; the decoration and ornament world. The

decoration or ornament is considered one of the important means in the Islamic arts and is one of its most important features. Muslim technicians used magnificent decorative lines in their appearance and composition, and created models of the ornamentation groups, where their imagination shoved off to infinity, repetition, renewal, rotation and entanglement. They also invented star shaped polygons, forms of foliation, and also forms of Arabic ornamental designs which the European named it "Arabesque"⁽¹²⁾. Botanic elements, as well as geometric elements, are considered essential in the construction of this art, they collaborate with each other one time, and are separated from each other another time. Therefore, there are two types of decoration; plant and geometric decoration⁽⁴⁾, as shown in figure (1).



Figure (1)

The plant decoration (or the art of foliation) is based on motifs formed of different plant leaves and various flowers, and has been highlighted in various ways of individualization, pairing, opposition and embracing. The unit, in this decoration, is usually composed of a group of plant elements which is overlapping, interlocking, symmetrical, and is repeated regularly⁽¹⁰⁾.

Muslims excelled in the use and formulation of geometric lines into wonderful artistic forms, where they were able to extract various geometric shapes from the circle; including the hexagonal, octagon and decagon⁽⁴⁾, then triangle, square and pentagon. From the overlapping of these forms with each other, filling some areas and leaving some of them empty, we get an infinite number of these beautiful motifs, which are very attractive to the eye that moves slowly from the part to the whole, and from each part to the bigger whole⁽¹³⁾. This is shown in figure (2).



Figure (2)

Muslims conquered Andalusia and reached the Pyrenees mountains in the far north, and lived there for almost eight centuries. During this period, they built mosques, castles, and palaces, plus developing various industries⁽⁷⁾.

It is very well-known that various groups of people lived in Spain in general and they all contributed in the development of arts in it, but the Arab-Islamic influence; specifically, Islamic architecture in Andalusia (Iberia peninsular); especially in its southern and southwestern sections remains the most important. This is due to the various constructions that remained as witnesses to the Renaissance era⁽²⁶⁾ as shown in figure (3).



Figure (3)

The era of the Arab rule of Andalusia was an era of significant civilizational development, as the Arabic civilization reached these countries with its Islamic-Arabic characteristics which had been developing in the Levant (El-Cham countries) during the Umayyad rule. The Arabic language, its sciences and the arts of writing (Arabic calligraphy) are among the important things that were introduced by Muslim Arabs to Andalusia. The decorators used stone, marble, mosaics, porcelain, faience, brick tiles and enameled bricks. They also used the semi-circular arch, or the horseshoe shape, and the rounded lobed arches in most buildings, especially in the suites of the Mosque of Córdoba. These arches had been developed and varied in the era of Marabouts and Monotheists⁽²⁶⁾.

The lobed arch had various shapes; including the branched and the muqarnased (ornamented vaulting), and colored stones were used alternately; especially red and yellow, or red and white, and the same method was followed in the Medina Azahara, but with little salient sculpture, and its motifs' elements were derived from ancient arts such as pearl beads, snail, heart ornament and tree leaves⁽⁸⁾. This is shown in figure (4).

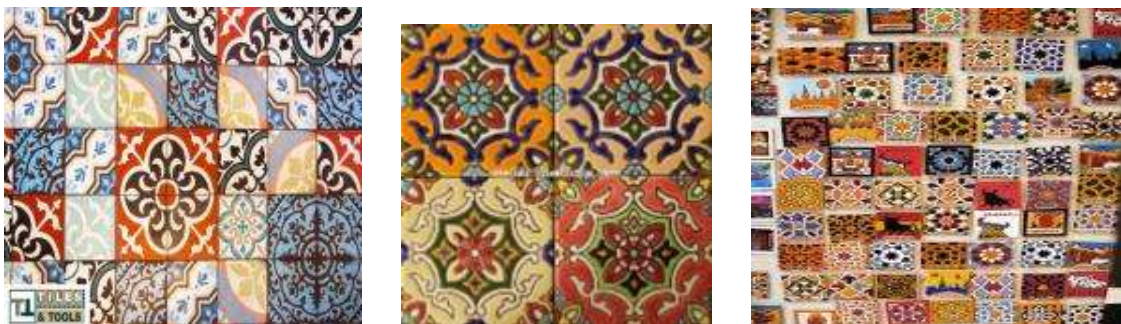


Figure (4)

We notice the variety and brightness of colors in Andalusian arts, in addition to the harmony and consistency together in artistic and integrated sentences and paintings that give a spirit of joy and happiness to everyone looking at them. Moreover, they deliver various meanings and feelings, besides their aesthetics, colors and designs; thus they became a great source of inspiration and influence for any artist or designer in general, and for clothes and printings designers in specific.

This issue raised the designer's attention and pushed him/her to take advantage of the aesthetics of Andalusian art to design a contemporary printed fashion to support the psychological side of women over the age of fifty, where we find that women at this stage are going through some different psychological effects ⁽⁷⁾.

The Second Theme:

The psychological problems of women over the age of fifty in terms of causes and symptom

Women over the age of fifty go through many influences as they are exposed with high percentage of them to symptoms of psychological depression due to going through the menopause stage. This stage is a major challenge for various women and perhaps the most common symptoms of hormonal transformations at this age is feeling of depression and lack of desire in life. In addition, they could not usually find any satisfactory designs of her own clothes which give her a sense of self-confidence and excellence ⁽²⁷⁾.

This feeling can be addressed and treated by identifying the cause of depression, as this is the first step that should be done. Any woman should be able to determine the cause of her sense of depression and seek to treat it, including many causes and symptoms ⁽²⁸⁾.

Some of the physiological effects on women at this stage and on their psychological state as well:

Perhaps the most common symptom of hormonal transformations in women happened to those who are exposed to menopause, with some neurological and psychological symptoms ⁽³¹⁾. Women should know that menopause is an incomplete phrase, and the correct thing is that it is a menopause of reproduction, i.e. the inability to reproduce or to have babies at this age, hence came the name. Menopause, it is not a disease so that women are afraid of it; it is a natural biological transitional stage, like puberty, pregnancy and giving birth ⁽²⁹⁾.

It may develop into disease symptoms ⁽³⁰⁾, some of the most famous ones are:

- Rapid feeling of fatigue, exhaustion and stress.
- Feeling nervous, jittery and sleep disturbance.
- Loss of appetite and unwillingness to do any work even if it is routine work.
- Stress and anxiety that may increase till the extent of depression.
- Some women suffer during this period from increased suspicions and obsession.
- Heat flashes
- Sleep disorders
- Joint pain
- Breast pain
- Migraine headaches

- Skin changes
- Weight gain

At this stage, woman feels that her femininity is over, that she has lost her ability to give, and even her role as a wife and female is completely over. All these things lead to worsening her psychological state, but it is possible for the woman and those around her to deal with it simply, provided that they are aware of the nature of this stage.

Paying attention to the appearance also has a big role at that stage; as the more women felt that they are still beautiful and elegant, the less they feel the sense of despair.

Among the reasons of depression is also the general appearance of women, and that they are not totally convinced of their appearance, besides the feeling of lack of beauty, which is an inherited feeling in women that manifests through her clothes and public appearance⁽³²⁾.

On the other hand, doctors advise women to deal with menopausal symptoms by resorting to natural options such as changing the lifestyle altogether.

Upon consulting a number of psychiatrists on the role of clothing at this stage and whether it is influential among the reasons for depression, and whether it has a role in treatment, the questions asked were:

- Are there any psychological problems in women over the age of fifty?
- Do clothes have a role in improving the psychological state of women at this stage
- Does the psychological state of women affect the choice of colors and clothing?
- Do the general shape of woman and her appearance at this stage affect the psychological state?
- Do the physical changes of women and the lack of suitable clothes at this stage affect the psychological state?
- Is there an effect of colors in fashion and clothing on the psychological treatment of women at this stage?
- Does woman's care of herself, her shape and her clothes raise and improve her psychological condition and self-confidence

Through a questionnaire for 10 psychiatrists, the number of votes were the following:

Questionnaire	Yes	No	To some extent
Are there any psychological problems in women over the age of fifty	5	1	4
Do clothes have a role in improving the psychological state of women at this stage	8	-	2
Does the psychological state of women affect the choice of colors and clothing	9	-	1
Do the general shape of the woman and her appearance at this stage affect the psychological state	9	0	1
Do the physical changes of women and the lack of suitable clothes at this stage affect the psychological state	7	0	3
Is there an effect of colors in fashion and clothing on the psychological treatment of women at this stage	8	0	2
Does woman's care of herself, her shape and her clothes raise and improve her psychological condition and self-confidence	9	0	1

Table (1) shows the axes of the questionnaire and the number of votes

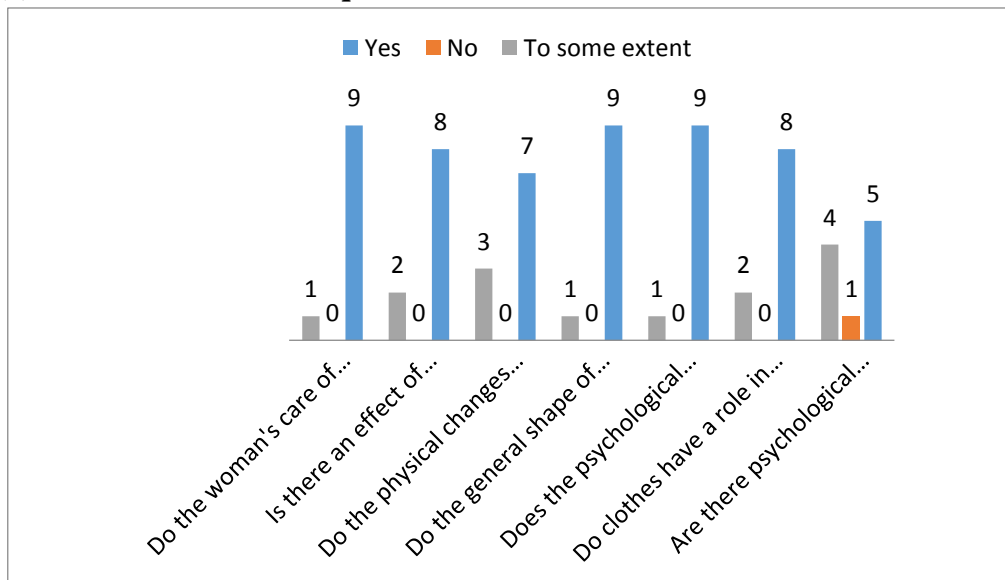


Chart (1) of the questionnaire and the number of votes

Throughout the questionnaire, psychiatrists reported:

- When asked whether there are psychological problems for women over the age of fifty? 50% of doctors reported Yes, 10% reported No, and 40% reported To some extent. Thus, we find and conclude that women are experiencing relative problems in this age.
- When asked about the role of clothing and fashion in influencing the psychological state and treatment, we found the following:

90% of physicians report that:

- The psychological state of women affects their choice of colors and clothes.
- The general shape of the woman and her appearance at this stage is affecting her psychological state.
- Women care about themselves, their shape and clothes raise their psychological state and self-confidence and improve them.

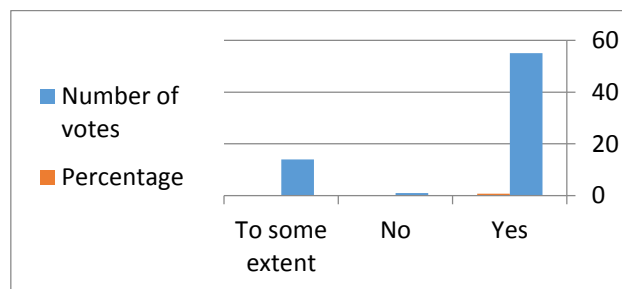
80% of physicians report that:

- clothes have a role in improving the psychological status of women at this stage
- There is an effect of colors in fashion and clothing on the psychological treatment of women at this stage

70% of physicians reported that:

- Physical changes of women and the lack of suitable clothes for them at this stage affect their psychological condition

	Yes	No	To some extent
Number of votes	55	1	14
Percentage	78.6%	1.4%	20%

Table (2) Percentage**Chart (2) percentage of number of votes**

Thus, we find that clothes, their designs, prints on them and their fabrics have a very influential role in the psychological state of women in this age, and they can be used also for treatment and as means of assistance in the psychological treatment of women at this stage.

The Third Theme:

The role of clothing and fabrics in supporting women psychologically, plus accepting this age

- Women's clothing and its importance

Clothes are of great importance in the life of women since early childhood as they love to appear distinctively unique among people. Any woman always tends to pay attention to herself and her shape, that gives her a lot of elegance and self-confidence. When a woman reaches the age of fifty, she sometimes passes through some psychological problems, including the lack of suitable clothes and personal conviction of her external appearance, besides people's perception of her is influenced by her psychological part.

We find that clothes and their designs have a very big role for women and they have to choose clothes in a satisfactory shape, so designer must study the needs of women in this age to satisfy the psychological and moral side of them and to make them appear in a distinctly elegant way.

At the age of 50, woman reaches the peak of psychological and intellectual maturity as she no longer needs to prove herself. Rather, time has become available for her to enjoy her life, and this means to refine her look with a special, sober and distinctive impression. ⁽²²⁾.

Many women neglect their elegance after the age of forty or fifty, and they do not realize that women must maintain their sophistication and distinctive looks at different ages, as the elegance of women reveals a lot of personality as well ⁽³²⁾.

Whoever believes that beauty and elegance are linked to a certain age or time is totally mistaken, on the contrary, beauty has no age, lady who used to take care of her beauty and elegance since her youth will remain elegant no matter how old she is. Even if she becomes a grandmother, she must pay attention to her external appearance and her own world in order to raise the moral side, enjoy life, and to become closer to be a beautiful young grandmother ⁽³³⁾. Age and maturity does not conflict with elegance at all as she can shine elegantly and beautifully; taking into account the choice of colors and cuts which are appropriate for her age ⁽²³⁾.

If we look at superstars' appearance in the fifties, we wonder what might be the secret behind their younger look, as those superstars gave great importance to their clothes besides adopting the right makeup that suits their age, and they know how to choose them in a way that makes their looks appear younger ⁽³⁴⁾.

We find that women over the age of fifty face difficulties in choosing the right clothes, as all tastes fit the age of youth and there is no interest from fashion designers. The clothes have an impact on the psychological side ⁽³⁵⁾ ⁽³⁶⁾.

- The effect of clothing on the psychological state

The quality of clothing improves the psychological state, as the pressures of life affect it very much. We will find that some people suffer from psychological problems and are not even aware of them; others suffer from depression, anxiety or other psychological problems. There are many ways to help improve the psychological condition, including clothing, style of wearing clothes, and the choice of colors, so we have to focus on the selection of the quality of clothing and their suitability to the state so as not to make it even worse ⁽³⁶⁾.

Among the most interesting things about the effect of clothing on an individual's psychological state is that:

- Our clothes affect us subconsciously even if we do not know the opinion of people. For example, if we are sitting in a room alone, the clothes we wear affect our psychological state, mood and behavior. Once we understand this, we will be able to choose the most appropriate clothes⁽³⁷⁾.

- If we want to wear red, it will overwhelm us with a lot of energy; as many studies have shown that when men and women wear red clothes, they look thrilling. Sports teams also when they wear red or black training suits, they play more enthusiastically and have a greater chance of winning. Wearing comfortable clothes gives you the opportunity to do better exercises.

- Regardless of how elegant and bold the clothes we want to wear; yet we must maintain a sense of comfort while wearing them so as to increase self-confidence and the sense of happiness. Thus, the person becomes at the peak of his magnificence, and this is not applied only for comfortable clothes but also clean ones.

When you feel a change in the psychological state, you should wear clothes that help you to feel comfortable and soft.

- Psychiatrists proved that there is an opposite color for each psychological case

- When you feel depressed, you should avoid wearing dark colored clothes as a whole because these colors increase the feeling of agony and depression.

When you spend the day in an open area, choose soft and comfortable clothes featuring soft colors that increase vitality, such as yellow, green and pink.

Psychologists point out that clothes with cheerful colors help in the treatment of depression, and adds that human eye distinguishes 250 degrees of different colors, and everyone has his favorite color, especially women. In addition, there are other colors that women dislike too, and that women who suffer from depression can wear delightful colored clothes as a type of psychotherapy⁽²³⁾.

Colors and effects:

Effect of some colors on the psychological state:

- **Red:** When you wear red, you will feel as if there is a strong force pushing you forward, like a desire to progress, as well as a sense of personal strength, and the ability to draw attention of others and to impress them.

- **Pink:** This color increases the individual's feeling of warmth, love and softness; besides, it increases the feeling of calmness and internal stability to the one wearing them.

- **Orange:** Rather the color of vitality and this is because the one wearing it feels self-esteem, confidence and dignity, and we mean here the color of the vibrant orange. As for the pale orange, it may be a sign of grief to the one wearing it, so if you feel sad you wear a vibrant orange and it will totally transform your condition to the better.

- **Yellow:** is the color of happiness and the one wearing it feels energetic as if he/she has the ability to get things done in the best way, and it enables him/her to face difficulties of life with a big heart, so it is ideal for picnics and trips.

- **Green:** the one wearing it is characterized by a delicate, dreamy personality, and you can choose the green color mixed with yellow to look more alive and welcome those around you.

- **White:** increases the individual's sense of being positive, optimistic and the ability to balance things, as well as the sense of comfort, tranquility and self-control.
- **Brown:** a color that expresses respect, honesty, determination and humility, and is one of the best colors that help to feel confidence, independence and self-expression.
- **Light blue:** a color that expresses creativity, magnificence, and the reception of life simply, but it is advised not to wear it at times when you feel uncomfortable or depressed.
- **Black:** expresses the independence of the one wearing it and the ability to control things, as he/she is characterized by strong and attractive personality, but still it is required to be moderate in the use of black color though it hides the excess kilos, makes you look thinner but it will also make the person looks older by five years at least⁽²⁸⁾.

There are colors that improve psychological and mood health, most notably blue and gray, as there are 4 colors that have an effective influence on the psychological and mood state, as they help to feel relaxed and reduce stress and fatigue. These colors include:

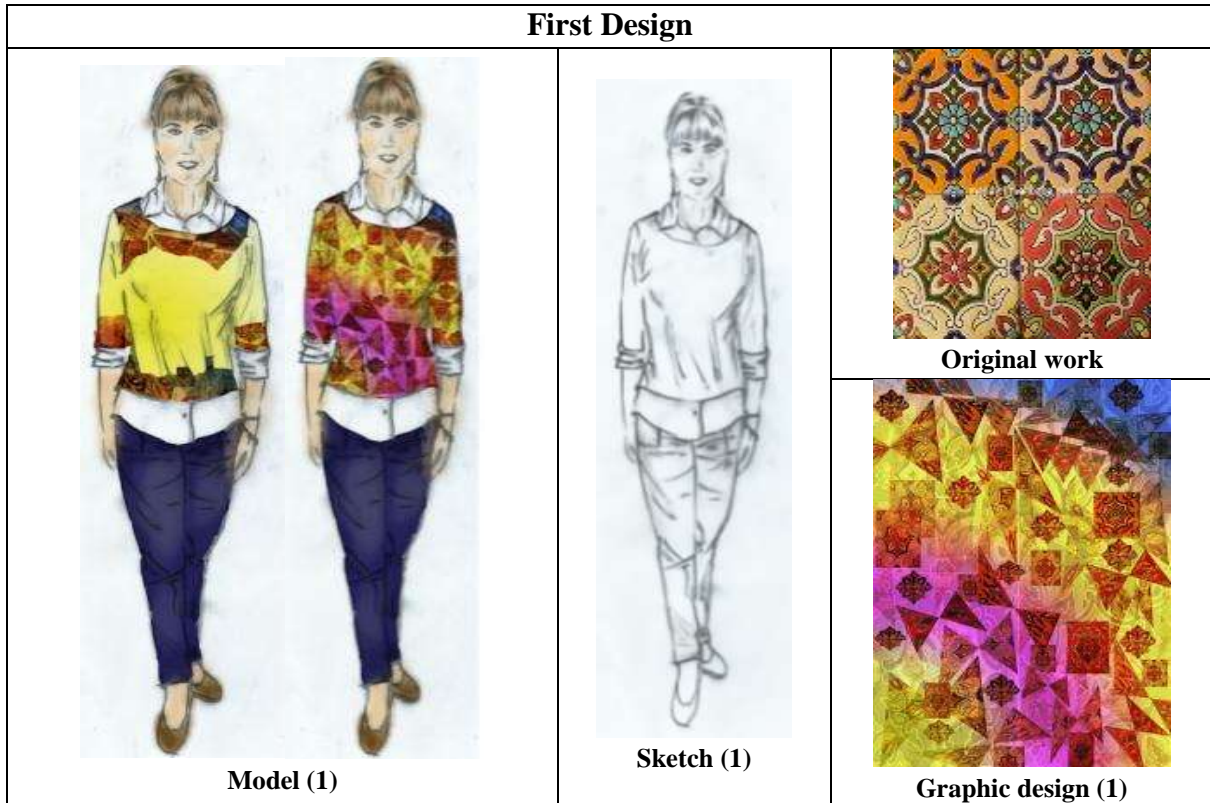
- **Blue:** This color is calm and has a tremendous ability to manage stress, as it is a very soothing color to the mind; slowing the heartbeat, lowering blood pressure, and reducing anxiety⁽⁴⁰⁾.
- **Green:** The color of comfort and calm, because it symbolizes the green nature and is considered one of the most beautiful and comfortable colors that help in reducing anxiety and keeping the one calm and active. Concerning the pale green color, it is one of the colors that reduce tension in the family.
 - **White:** symbolizes freshness and serenity, so this color is suitable to overcome stress and tension and helps to arrange ideas.
 - **Gray:** Many people think that gray is a dull color, but in fact it is very calming and stress reducing, and when combined with blue or white, it can create a relaxing atmosphere⁽³⁷⁾.

The Fourth Theme:

Creating designs and fashion inspired by Andalusian art:

As a result of the different effects of colors and their meanings, they were used in treatment by doctors. Therefore, designers also can use clothes to influence the users and make use of colors to improve the psychological state of women over the age of fifty. This can be done by using multiple color groups which are consistent with each other to provide a complete artistic painting. By doing this, the designer could benefit from the Andalusian art, the beauty of color consistency and designs, besides using them in designing the printed costumes for ladies over the age of fifty to support their psychological state.

The following is a presentation of the design collections of fabrics and the suggested models inspired by Andalusian art and its aesthetics to support the psychological state of women over the age of fifty:



Technical Analysis of Design (1):

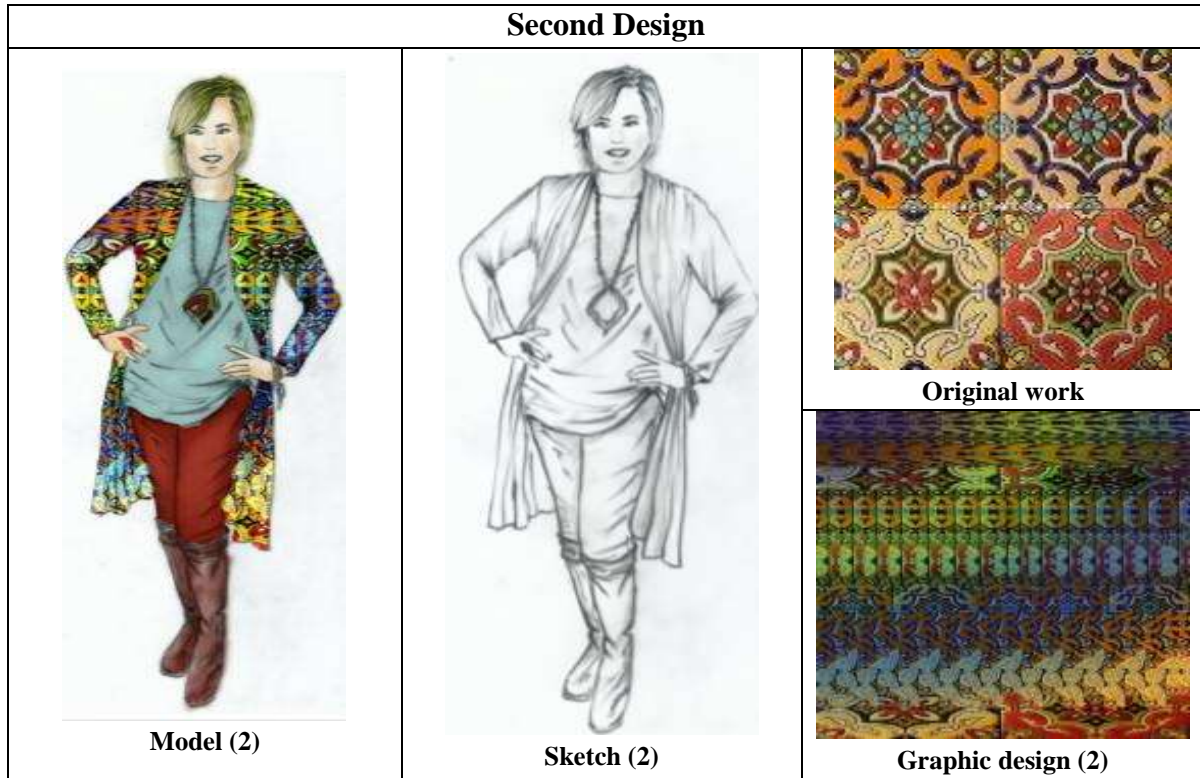
The design was inspired by one of the Andalusian art tiles and its distinctive colors. Graphic design techniques were used to select the elements, make technical adjustments, and show them in perspective, which gives depth in the design as well as the distribution of elements in the form of consecutive semi-circles thus reflecting the sense of extension and expansion.

Technical Analysis of Model (1):

The first model was designed for women casual wear; it is consisted of trousers, shirt and a blouse above it. The blouse graphic design was inspired by the distinctive Andalusian art tiles and the design at first was only put as parts of the outfit, which are the neck, bottom of the blouse and the sleeves tips and once more on the entire blouse. The design was made from more than one layer to hide any imperfections in the body, the colors of the entire model was inspired by the delightful distinctive colors of Andalusian art due to its positive impact on the psychological side of women.

Technical analysis of the color group used and its role in the design (1):

The color group contains yellow color with large proportion, a little blue, pink, and red colors came in the form of fulcrum points and lighting centers throughout the design. The color group is derived from the original work and the red color to give a sense of strength and pushing forward. The pink color gives feelings of warmth and internal stability, the yellow color gives a sense of activity and the ability to face difficulty of life, and light blue color expresses creativity and ability to receive life simply. All these colors inspire women over the age of fifty to complete the requirements of life with power, freedom and calmness.

**Technical Analysis of Design (2):**

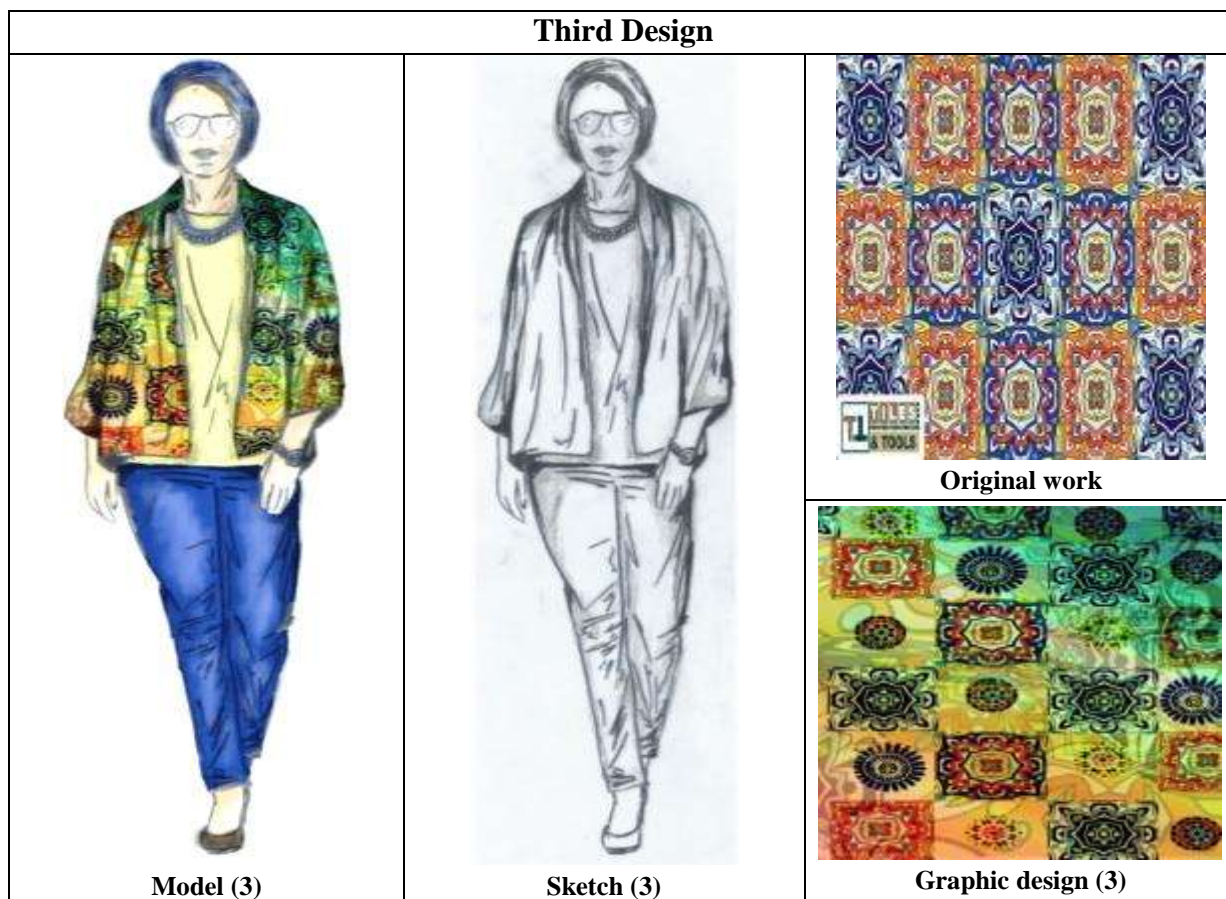
The design was inspired by one of the Andalusian art tiles and its distinctive colors. The design was based on the selection of a number of units and distributing them in consecutive horizontal shape in the form of horizontal stripes, to give a sense of firmness and stability which is very suitable to the target age group to employ the design.

Technical Analysis of Model (2):

The second model was designed for women for casual wear consisting of trousers, light blouse and above it a long sagging jacket. The jacket graphic design was inspired by the distinctive Andalusian art tiles, and the use of accessories; including the chain and the ring, have the Andalusian design on them. Moreover, the design of the clothes was made from more than one layer to hide any defects in the body. The whole model colors were inspired by the Andalusian art bright, distinctive, and cheerful colors due to their positive impact on the psychological state of women.

Technical analysis of the used color group and its role in the design (2):

The design contains a color group consisting of blue, yellow, green and a little red color. It is also derived from the original work and the blue color came in with large proportion in the design to give a sense of calmness, the ability to manage stress, and soothing tension and psychological disorder, also the green color gives a sense of comfort and tranquility, and it also symbolizes the green nature, and the red color came in with a little proportion to inspire the feeling of power, strength and overcoming problems of life.



Technical Analysis of Design (3):

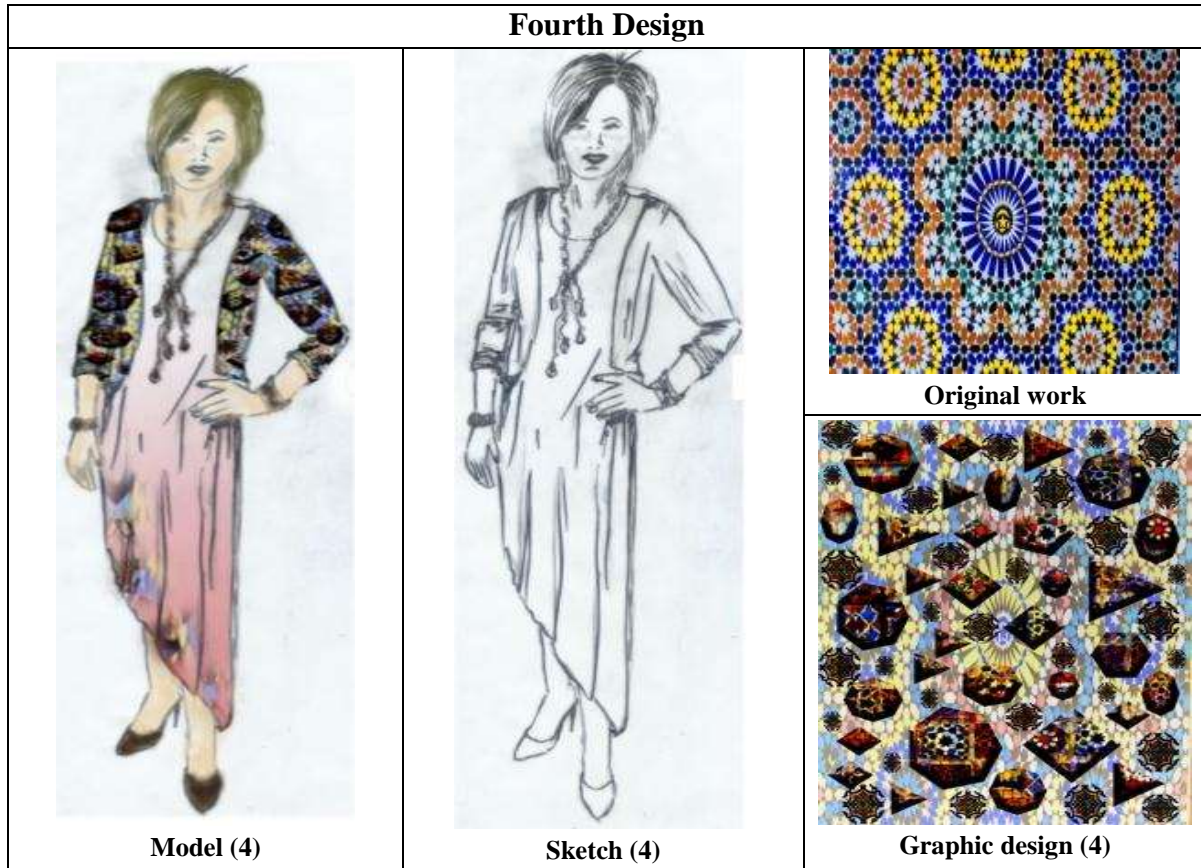
The design was inspired by another design of the Andalusian art tiles, but with a different artistic distribution where the units were cut off and distributed interchangeably with circular icons. A background of the same units was used, but in perspective and high transparency ratio to create a link between the design elements and the background.

Technical Analysis of Model (3):

The third model was designed for women casual wear consisting of trousers, light blouse and above it a baggy short jacket. The design on the jacket was inspired by the distinctive Andalusian art tiles. The design was made from more than one layer to hide any defects in the body; the colors of the entire model were inspired by the distinctive bright colors of Andalusian art due to its positive impact on the psychological state of women.

Technical analysis of the color group used and its role in design (3):

The color group had the original design features and was inspired by its colors, but the blue color was hidden and replaced by green with a large percentage, yellow and pink represent more than half of the design in the background. The distribution of the design elements in the form of a geometric grid contains the original work colors, which are red, blue and orange, to combine both characters of strength of red, calmness and stability of blue, returning to nature of the green color and many of the yellow color for sense of activity and vitality.

**Technical Analysis of Design (4):**

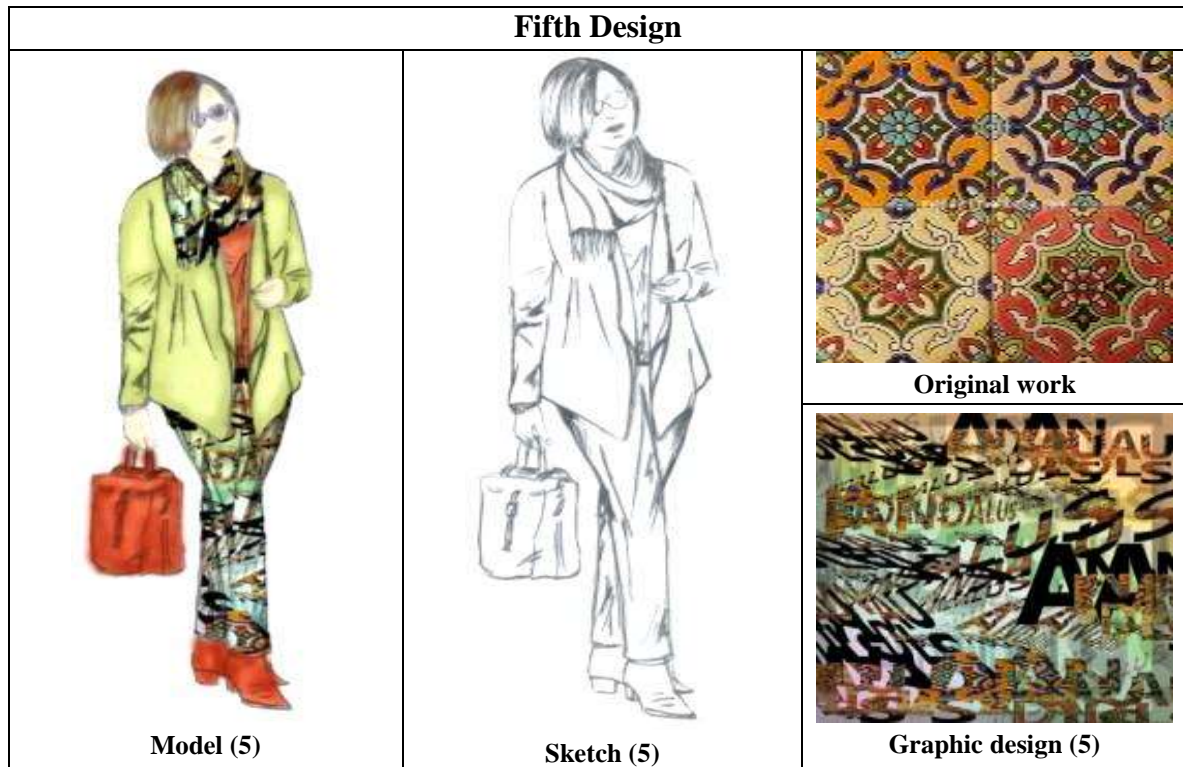
The design was inspired by other type of tiles that tend to the form of Islamic mosaic. The tile shape itself was used as a background in high percentage of transparency, elements were extracted and distributed haphazardly in a shape that contain a lot of activity and vitality, they seem as if they are suspended in air but seemingly in vertical lines to give a sense of expansion and infinity.

Technical Analysis of Model (4):

The fourth model was designed for women casual dress consisting of long loose dress and short tight jacket. The jacket graphic design was inspired by the distinctive Andalusian art tiles, the design of the dress was long from one side and short from the other side, and has printed parts from the bottom of the dress of the same design. The accessories were added, including a chain that had pendants of the same element of inspiration. The model colors as a whole were inspired by the distinctive bright Andalusian art colors, due to their positive influence on the psychological state of women.

Technical analysis of the color group used and its role in design (4):

The design contains a lot of colors of the original work, which are blue, red and a little yellow and the color groups with high transparency in the background of the design give a sense of beauty, but not crystal clear. Elements of design were separated and framed by black to give a sense of independence, clarity and the ability to control things. Blue color gives a sense of calmness, and red color for the clear force to help women over the age of fifty to continue in working and giving.

**Technical Analysis of Design (5):**

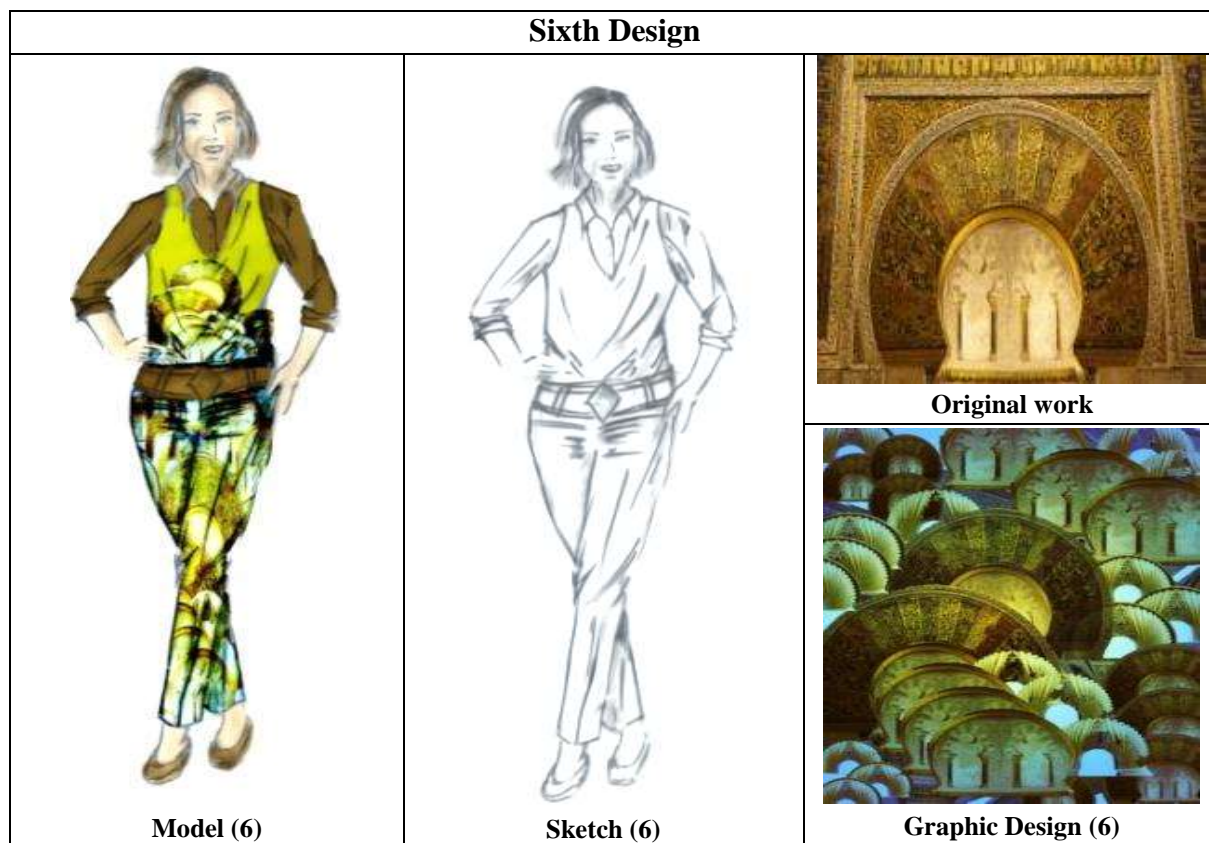
The design was inspired by the Andalusian tile, but by using the English letters of the word (ANDALUS) and the distribution of the word in a perspective of different direction and size throughout the design. The original work inside the letters of the word was emptied by the clipping mask tool to look as if the decorative element was written on it and a colorful background inspired by the basic colors of the artwork was placed.

Technical Analysis of Model (5):

The fifth model has been designed for women casual wear consisting of trousers, light blouse and above it a medium-long loose jacket in a suitable size for the body. The graphic design of the trouser was inspired by the distinctive Andalusian art tiles and the use of the shawl is used as a complementary piece with the same design of the trouser to complement the design. The accessories contain bag and shoes of the same color of the blouse, and the design of the dress was made from more than one layer to hide any defects in the body. The shawl was used on the neck to hide any neck wrinkles; the entire model colors was inspired by the distinctive bright colors of the Andalusian art colors due to their positive influence on the psychological state of women.

Technical analysis of the color group used and its role in design (5):

The design colors are inspired by the original work in the background, and the color combinations have been harmoniously integrated from the light pink color, which gives calmness and internal stability. Mixing the green with yellow color gives vividness, and light blue color gives comfort and reduces depression. The design elements came within the written word and the black color to give a kind of stability and steadiness in the design.



Technical Analysis of Design (6):

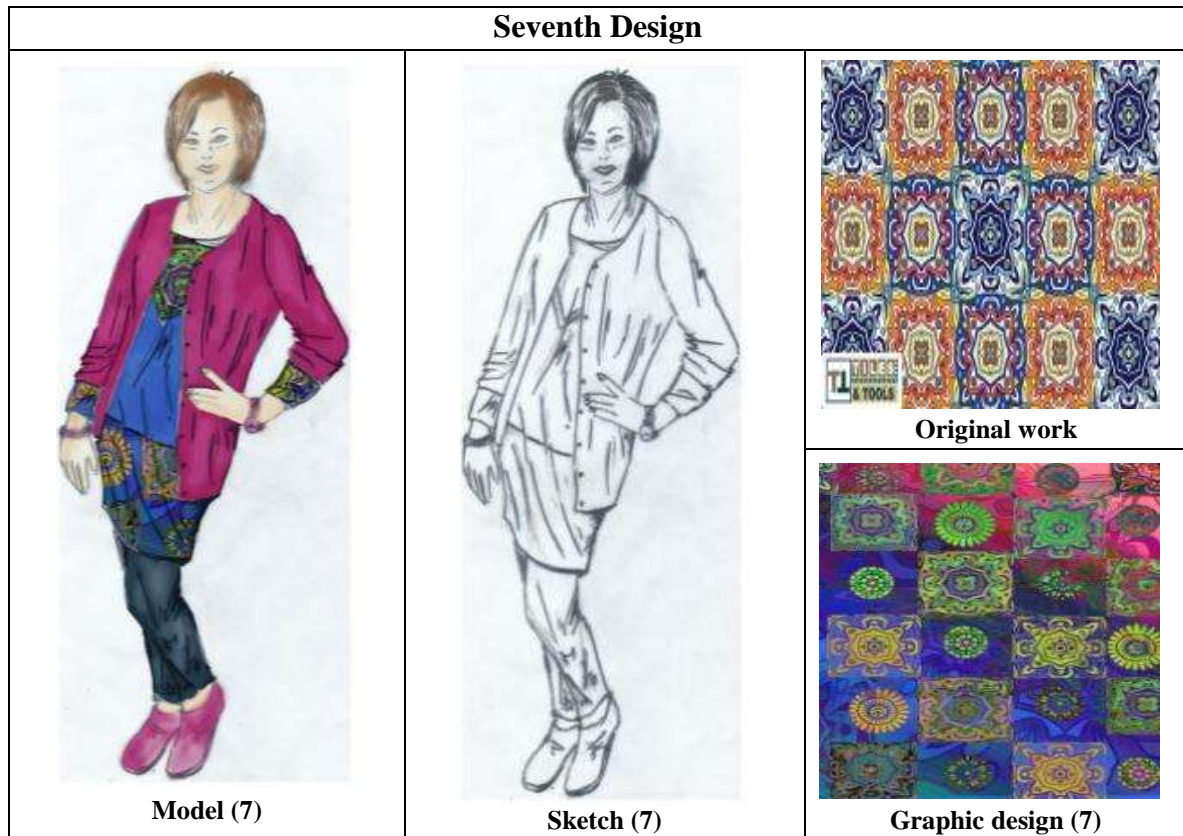
The design was inspired by one of the gates of Andalusian architecture. A group of semi-circular domes were carved out and used consecutively, overlapped on different sizes and areas in a horizontal and perspective shape, giving a sense of depth and extension. The distribution of white color in the form of dim light sources shows the dimensions of the design and to link elements together as well.

Technical Analysis of Model (6):

The sixth model was designed for women casual wear consisting of trousers, shirt and a short vest above it. The vest graphic design was inspired by the distinctive Andalusian art of the domes, in addition to the graphic design of the trousers which combined the art of domes and Andalusian architecture. The graphic design of clothes was made of more than one layer to hide any defects in the body. The entire model colors were inspired by the distinctive bright Andalusian art colors due to their positive impact on the psychological state of women.

Technical analysis of the color group used and its role in design (6):

The design is predominantly brown with its shades, to reflect respect, modesty and self-expression, as well as light blue to emphasize calmness and psychological stability. The white color appeared at distant positions to give a sense of freshness, serenity and overcoming stress and anxiety.

**Technical Analysis of Design (7):**

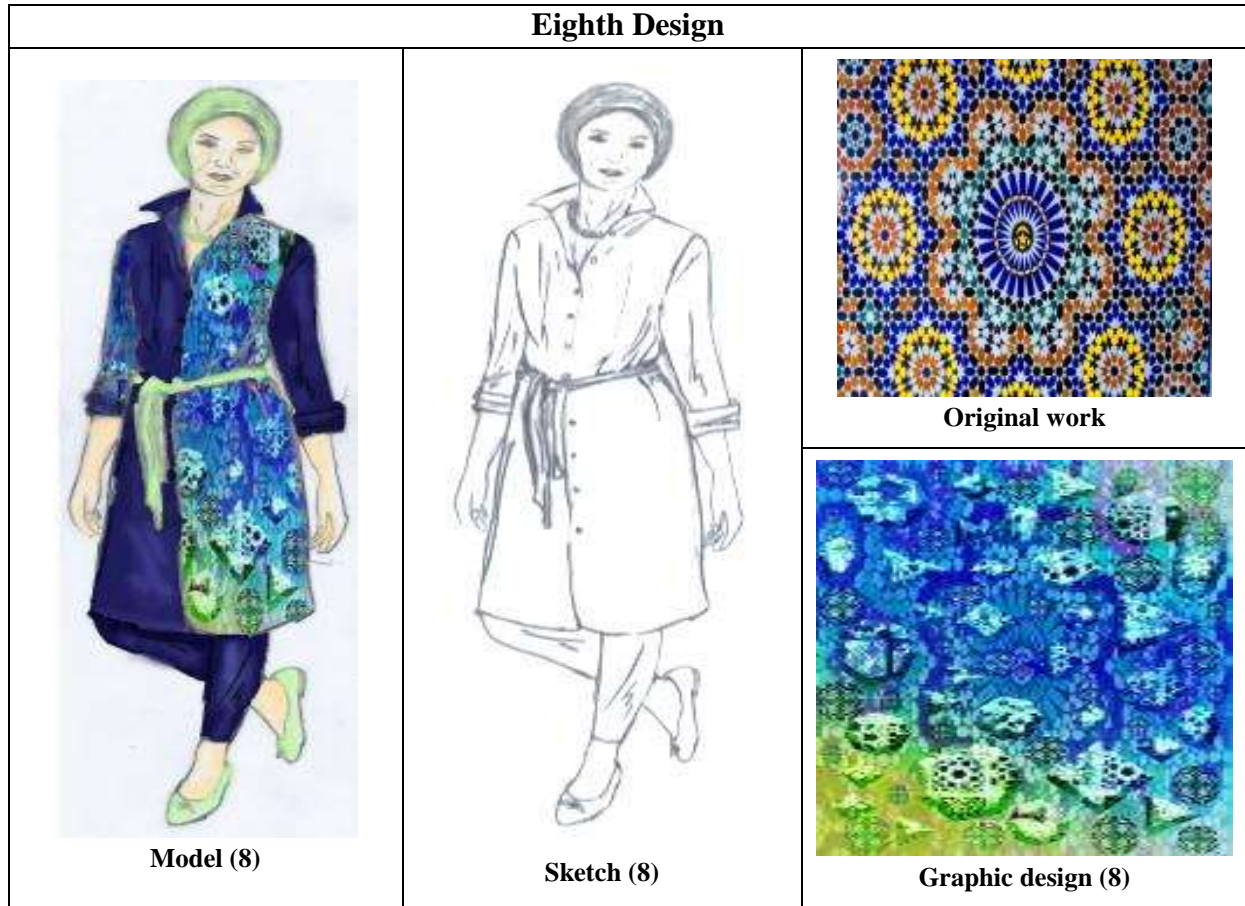
This design was inspired by one of the Andalusian art tiles where elements were cut out and distributed interchangeably between the squared motif shape, and circular icons. A background perspective with some elements of the design was put to combine the shape and the background. The color group combined quiet colors suitable for women in the age group under study.

Technical Analysis of Model (7):

The seventh model was designed for women for casual wear consisting of trouser, long blouse and a long jacket above it but shorter than the blouse. The graphic design of the blouse was inspired by the distinctive Andalusian art tiles and the graphic design was put on the lower third part of the blouse and on top of the blouse around the neck which in the form of V neck, and also on the bracelets at the end of the sleeves. The cloth design was made of more than one layer to hide any defects in the body, and the model colors are inspired by the distinctive bright Andalusian art colors due to their positive influence on the psychological state of women.

Technical analysis of the color group used and its role in design (7):

The design comes with a simple color group, but very expressive of its purpose, the blue color was used in various shades of light and dark in the middle of the design to combine the color characteristics of each, so that to provide calmness, stress-control, lowering blood pressure, and reducing tension for the dark blue, and for the light one; it provides creativity, magnificence, and welcoming life. The fuchsia color; in its shades of light and dark, was used to improve the mood, for relaxation, and reduction of tension and stress.



Technical Analysis of Design (8):

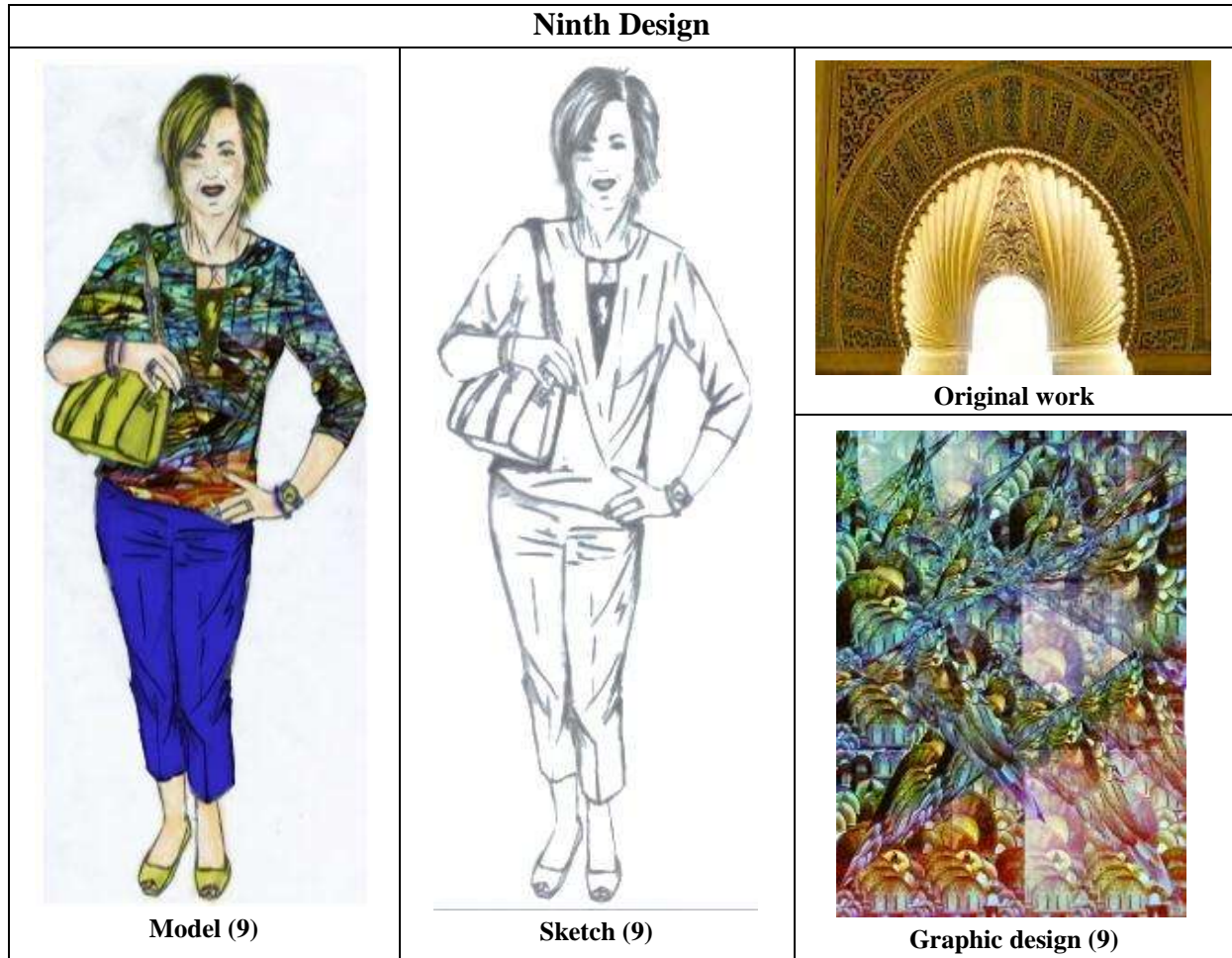
The design was inspired by mosaic tiles of Islamic art where elements were carved out and distributed randomly in a variety of sizes and movements, and the color group came with a lot of blue that was inspired by the original work and was inlaid with simple parts of light green and pink, all colors tend to calmness and sobriety.

Technical Analysis of Model (8):

The eighth model has been designed for women casual wear, consisting of pants, long shirt that reaches the knee with where using the design inspired by the art of Andalusia in the front half of the shirt and on one sleeve, while the rest of the shirt, the second sleeve, bracelets at the end of both sleeves and collar were all in plain blue of the design colors. A belt and hair turban using another color of the design which is plain green, that was also used in the shoe. The model colors were inspired by the colors of the distinctive bright Andalusian art, due to their positive influence on the psychological state of women.

Technical analysis of the color group used and its role in design (8):

The color group contains a lot of light blue and green mixed with yellow in order to prepare for life welcoming simply and bypassing everyday problems. The green color mixed with yellow was used to inspire how to deal with others with calmness, serenity, and constant greeting for all those who are around you.

**Technical Analysis of Design (9):**

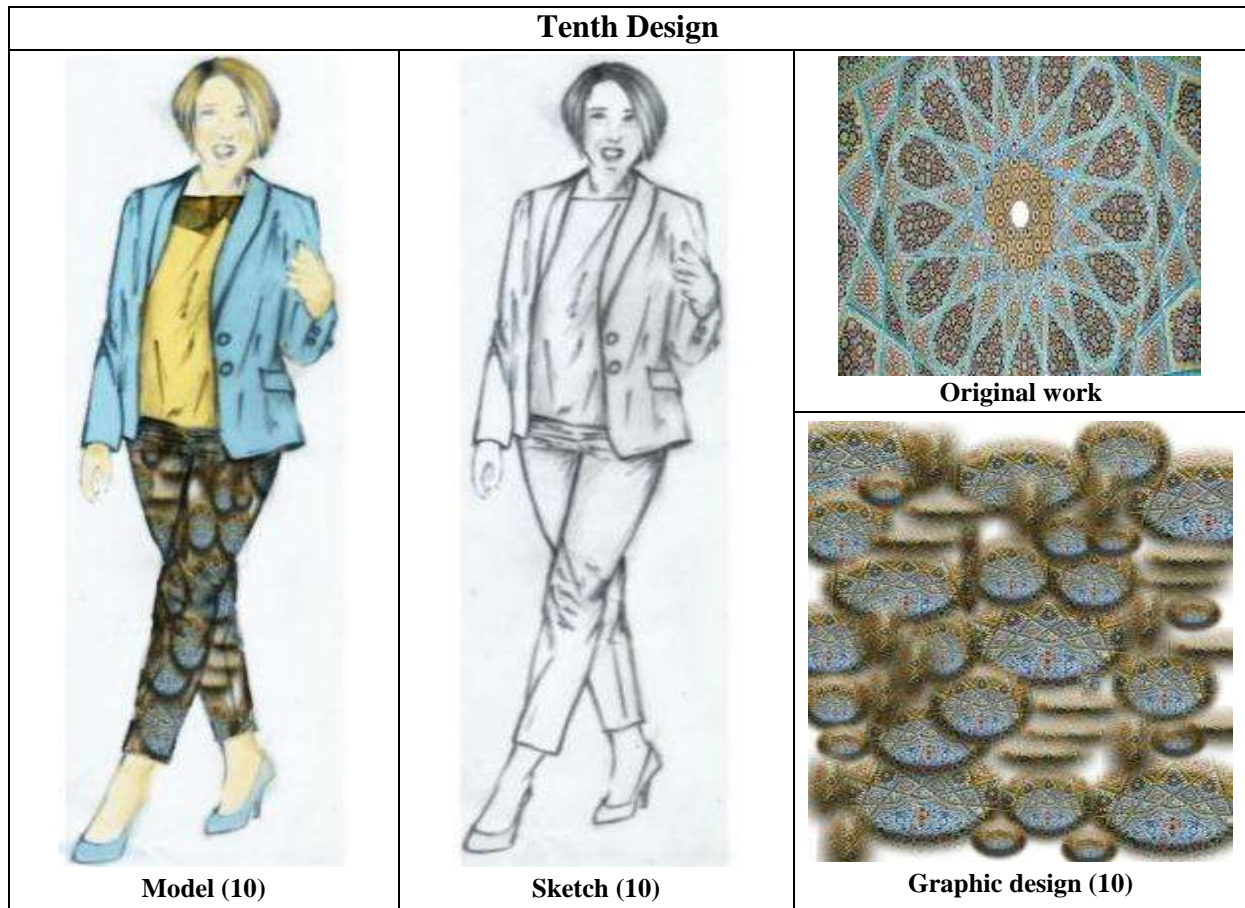
This design was inspired by one of the domes and architecture of Andalusian art, but with a different distribution where the elements were minimized and distributed on a regular square shape to work as a background. Another network of the same elements was added, but with a perspective distribution plus putting a number of white and colored shades on the design elements as a whole to give a various color range and an innovative sense of elements.

Technical Analysis for Model (9):

The ninth model has been designed for women casual clothes consisting of trouser, light blouse with sleeves and a tight body under it. The blouse graphic design as a whole was inspired by the domes in the Andalusia architecture and the use of accessories including the bag and shoes with the same color of the blouse body in light green of the same design. The entire model colors were inspired by the distinctive bright Andalusian art colors due to their positive influence on the psychological state of women.

Technical analysis of the color group used and its role in design (9):

The design also contains the colors fuchsia, light pink, light blue and green mixed with yellow; all of which call for joy, calmness, comfort and reception of life differently as well as coexistence with everyday issues beautifully. This matter helps to improve the psychological and moral state of women over the age of fifty in a great way.

**Technical Analysis of Design (10):**

The design was inspired by one of the ornate ceilings of Andalusian art, but by cutting a number of different shape and size of units and making some graphic modifications to them, from casting shadows and diversity in transparency and introducing several colors to serve as a tool for determining the element itself. The distribution came between verticals and horizontals to provide more movement and vitality for the design.

Technical Analysis of Model (10):

The tenth model has been designed for women for casual wear consisting of trousers, light blouse and above it a medium-length jacket. The graphic design of trousers and top of the blouse was inspired by Andalusian art decorations, and the shoes was in the same color of the jacket, the clothes design was made of more than one layer to hide any defects in the body. The entire model colors were inspired by the distinctive bright Andalusian art colors due to their positive impact on the psychological state of women.

Technical analysis of the color group used and its role in design (10):

The design has a light blue color in very large proportions and a little light yellow that framed the elements used to give a sense of calmness and the ability to manage stress. Moreover, it is a calming color to the mind, slows the heartbeat, and also reduces tension and stimulates activity, movement and vitality for women at the age of fifty.

After the completion of the work of the proposed design groups, and to know the views of the target group, the following statistical analysis was made:

Statistical analysis:

An exploratory study was conducted to measure the extent to which the research objectives were achieved through a number of design ideas expressing the aesthetics of Andalusian art and its artistic and formative values to help supporting the psychological state of women over the age of fifty and also to provide a number of clothing suggestions to improve their overall appearance and moral state. This questionnaire was presented to a group of women over the age of fifty to get their opinions about the designs of fabrics and fashion suggested in the research. The criteria of the questionnaire included three main axes:

- The general design
- The color role in the design
- The importance of clothing for women at this age

First: the general design

It included:

- How far the design graphic elements inspired by the Andalusian art were compatible
- Design consistency in general.
- Appropriate distribution of units within the design idea of the proposed functioning.

Second: The color role in the design:

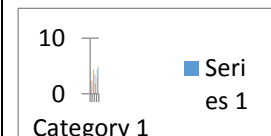
It included:

- Color consistency and suitability of the colors group for the design idea.
- Suitability of color processing style for the target age group.
- Suitability of design and model for the target age group.

Third: The importance of clothing for women at this age

- The design is characterized by distinction, innovation and modernity
- The design fits the daily lifestyle and requirements of the modern age.
- Achievement and clarity of the purpose of design in raising the state of morale and increasing self-confidence

Table (3) Average Relative Values of the Research Sample Estimations for the First Axis (General Design)

	Design 1	Design 2	Design 3	Design 4	Design 5	Design 6	Design 7	Design 8	Design 9	Design 10	Average %
 <p>Category 1</p>	96.3%	99.2%	98.7%	94.6%	93.7%	92.6%	98%	97.2%	96%	99.3%	96.5
How far the design graphic elements inspired by the Andalusian art were compatible											

Design consistency in general	97.5%	99.3%	98.2%	95.3%	94.6%	93.6%	98.4%	95.3%	96.4%	98.7%	96.7%
Appropriate distribution of units within the design idea of the proposed functioning	96.3%	97.8%	97.2%	92.1%	95.3%	91.7%	98.3%	93.8%	96.2%	98.6%	95.7%

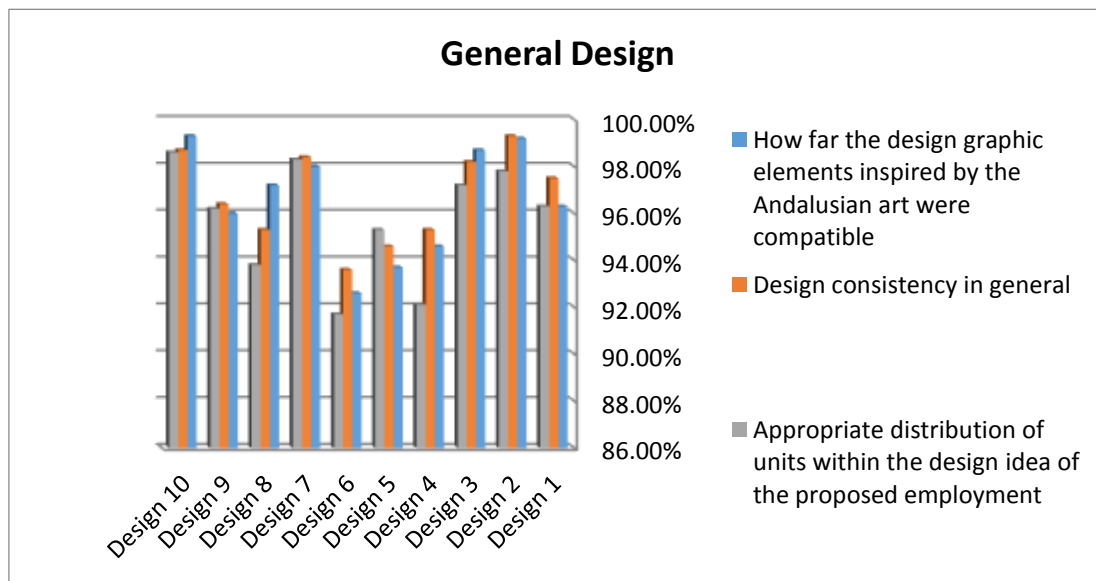


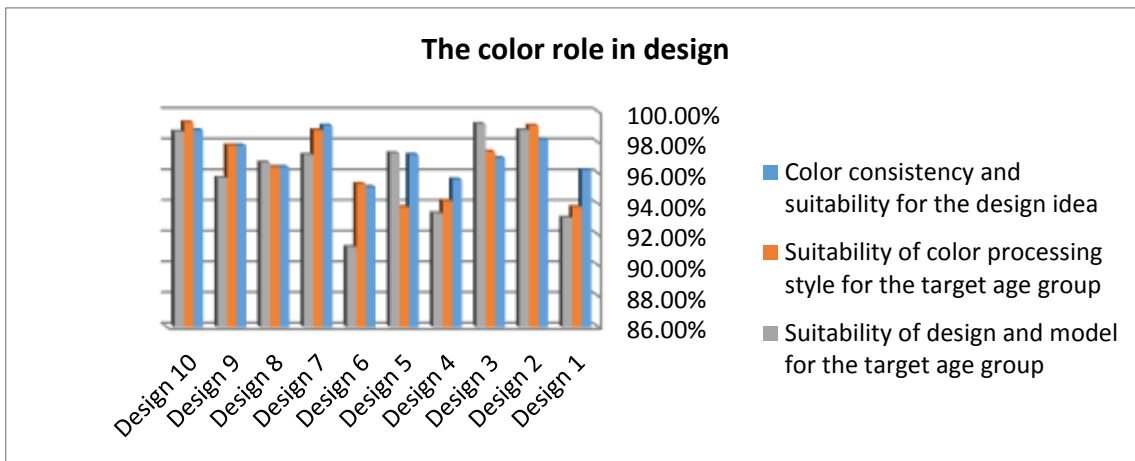
Chart (3) Average Relative Values of the Research Sample Estimations for the First Axis (General Design)

It is clear from Table (3) that there are statistically significant differences between the averages of the research sample regarding the questionnaire. The average of opinions for axis 1 (general design) was varied between (91.7 – 99.3%) as the design (2) and (10) were in the highest estimate (99%) in the suitability of plastic elements inspired by the Andalusian art of the design. Design (2) came at the highest estimate (99%) in the design consistency in general and design (7) and (10) came at the highest estimates (98%) in the appropriateness of the distribution of units within the design idea of the proposed functioning.

Design (6) was at the lowest estimate (92%) in the suitability of the plastic elements inspired by the Andalusian art of the design and consistency of the design in general, besides the appropriateness of the distribution of units within the design idea for the proposed functioning.

Table (4) Average Relative Values of the Research Sample Estimations for the Second Axis (The color role in design)

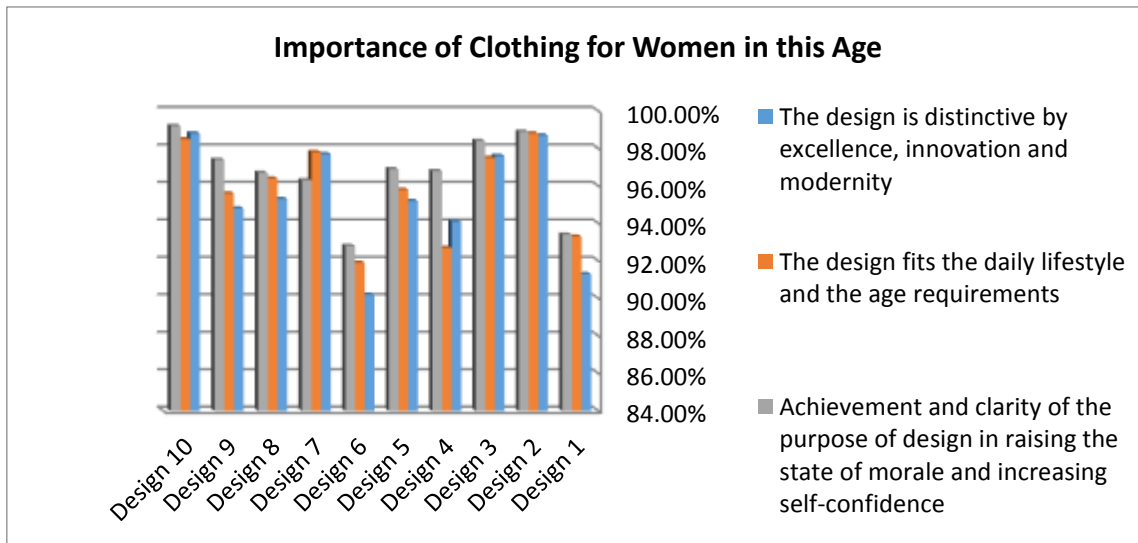
Questionnaire	Design 1	Design 2	Design 3	Design 4	Design 5	Design 6	Design 7	Design 8	Design 9	Design 10	Average %
Color consistency and suitability for the design idea	96.2%	98.2%	97%	95.6%	97.2%	95.1%	99.1%	96.4%	97.8%	98.8%	97
Suitability of color processing style for the target age group	93.8%	99.1%	97.4%	94.2%	93.8%	95.3%	98.8%	96.4%	97.8%	99.3%	95.5%
Suitability of design and model for the target age group	93.1%	98.8%	99.2%	93.4%	97.3%	91.2%	97.2%	96.7%	95.7%	98.7%	96%

**Chart (4) Average Relative Values of the Research Sample Estimates for the Second Axis (The color role in design)**

Design (7) had (99%) and was the highest estimate in the consistency of colors and the suitability of the color group to the design idea. Design (2) and (10) came at the highest rating (99%) in the suitability of color processing style for the target age group. Design (2) had (99%) in the suitability of design and model for the target age group. The lowest estimates for design (4) and (6) were (95%) in the consistency of colors and the suitability of the color group for the idea of design and the lowest estimates for design (1) and (5) were (93%) in the suitability of color processing style for the target age group. The lowest estimates for design (6) as it had (91%) in the suitability of design and model for the target age group.

Table (5) Average Relative Values of Estimations of the Research Sample for the Third Axis (Importance of Clothing for Women in this Age)

Questionnaire	Design 1	Design 2	Design 3	Design 4	Design 5	Design 6	Design 7	Design 8	Design 9	Design 10	Average %
The design is characterized by distinction, innovation and modernity	91.3%	98.7%	97.6%	94.1%	95.2%	90.2%	97.7%	95.3%	94.8%	98.8%	95.3
The design fits the daily lifestyle and the modern age requirements	93.3%	98.8%	97.5%	92.7%	95.8%	91.9%	97.8%	96.4%	95.6%	98.5%	95.8%
Achievement and clarity of the purpose of design in raising the state of morale and increasing self-confidence	93.4%	98.9%	98.4%	96.8%	96.9%	92.8%	96.3%	96.7%	97.4%	99.2%	96.6%

**Chart (5) Average Relative Values of Estimates of the Research Sample for the Third Axis (Importance of Clothing for Women in this Age)**

Design (2) and (10) had (98%) with the highest estimates in its excellence, innovation and modernity, as well as its suitability of the daily lifestyle and age requirements. Design (10) had (99%) in achievement and clarity of the design aim in raising morale and increasing self-confidence.

The lowest estimate was for design (6) by (90%) in the excellence, innovation, modernity and suitability of the design to fit the daily life-style, age requirements, achievement and clarity of the design purpose in raising the state of morale and self-confidence.

Results:

- The research achieved to the following results:

- The research proved that the inspiration of the artistic and plastic elements of Andalusian art with its distinctive colors and designs to create design collections of fabrics and clothes for women over the age of fifty that work to raise and improve the psychological state of women
- Clothes in general greatly affect the psychological and moral state of women over the age of fifty
- The research provided (10) design ideas of fabrics, in addition to (10) designs for clothing attires for women over the age of fifty that significantly showed inspiration of the Andalusian art.
- Clothing can be used in the treatment of depression and psychological problems experienced by women at this age.
- Women should look after their appearance and choose the right clothes due to their significant role in improving the psychological state of women as they provide self-confidence and a sense of excellence and uniqueness.

Recommendations:

- Emphasizing on the inspiration from Islamic arts in general and Andalusian art in particular due to their exciting and rich aesthetic and artistic values for any designer in the fields of arts in general and fields of clothing and textiles in particular.
- Paying attention to clothes of women, especially over the age of fifty, by making special designs for them, as they represent a large category of society, and specially designed attires for them are really few.
- Paying attention to the psychological state of women during the process of cloth designing due to their effective influence in raising the moral side of her and use them in treatment as well.

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