

## Men's Front Open Trunks

Catherine Samson<sup>1</sup>, Haripriya A<sup>2</sup>

<sup>1</sup> *UG - Dep. of Costume Design and Fashion , Sri Krishna Arts and Science College ,Kovaiputhur, Coimbatore*

<sup>2</sup> *Assistant Professor - Dep. of Costume Design and Fashion , Sri Krishna Arts and Science College ,Kovaiputhur, Coimbatore*

### ABSTRACT

This project is about finding the issues men are facing using regular briefs and trunks that are currently available in our market. As we all are aware that men are facing certain issues by using briefs and front open trunks. These issues includes fertility problems ,style , problems while they pee, genital allergies etc. Undies too tight: This can really get to you and ruin your entire game. In a tightly-packed room.Waistband impressions: Itchy, irritating and unbearable. That's waistband impressions for you. .Chafing: Caused because of sweat and the rubbing of your underwear fabric with your skin. This can be quite problematic.Belly Lip: The belly lip is to men what muffin top is to women. Belly fat bulging out of tight waistbands, that's not the best thing to flash by the beach or anywhere really.Dampness could this be the worst of all underwear problems? Many men seem to agree. The moisture can get so bad for some it's like walking out of a pool with your clothes on.Wearing tight underwear can be uncomfortable, and in some cases it may have adverse effects on your health. For men , wearing tight underwear can push the scrotum against the body, causing the testes to rise in temperature. This has shown in some research to correlate with a lower sperm count.Here we study about all the issues faced by men using under-wears.Design and Styling of Men's Front Open Trunks . The objective is to come up with a modern and stylish design that is comfortable to wear and is also functional. The project has involved the use of CAD software to create the design, and the final product was made and let few selected members have used it to know the exact review of the product.

**Keywords—Designing and styling**

### 1. Introduction

This project is based on Men's TRUNKS [a type of underwear].Men's front open trunks, or men's singlets, are a garment worn by men who prefer to wear a lightweight, loose fitting style of undergarment.The trunk typically covers no more than a third of the thigh. There's no fabric to bunch up in tight pants or ride up while you work out. At the same time, the pouch is well supported by a firm grip on the waist and legs. It's the same support as a brief with added comfort.The best reasons to choose trunk underwear is their use for exercising. Their size is perfect for a variety of physical acts. You have the support you need for jogging. Trunks have enough fit for you to wear a protective cup if you're going to be tackling something like martial arts training or sparring. There's nothing that puts a damper on your day like an accident at the gym.The length of trunk underwear is perfect for preventing chub rub without inhibiting your natural movements. Chunky thighs save lives, as the saying goes, but they can get in the way at the gym. You can run longer, or bike harder, when every movement isn't aggravating your raw skin. On the other hand, because trunks aren't as long as boxers, you don't risk anything bunching or riding up.Trunks are much like boxer briefs, except they have a shorter fit. Despite being a perfect pair of underwear for any guy, trunks are especially better suited for men with a shorter build

### 2. Experimental Methods or Methodology

Research on men's front open trunks.Find it's;Health issues , Style & Trend with the help of survey & survey results. In this survey the questions will be about regular briefs,trunks with pouch opening & it's merits & demerits. We are also finding solutions for those problems. Suggesting treatments

for health issues & precautions that can be taken while purchasing & post purchasing. Create a new design & construct a sample of the product. followed by the usage instruction for newly constructed & introduced product. As the primary stage of my project on men's front open trunks i started collecting articles for the review of literature. Studied about men's trunks and other types of underwear. My second step was conducting a survey to investigate and analyse about the facts, opinions, merits & demerits about men's front open trunks. the survey was attended by the youngsters between the he age group of 18-30. I selected this particular age group for my survey is because they will be mostly involved in physical activities [sports, gym, students etc]. After conducting the survey I analyzed the responses I received from the survey and made a survey report. I found some issues with using normal briefs .So, with the help of survey responses & the survey report I investigated about the health issues that men are facing using normal briefs and trunks. Found precautions & treatments for those health problems. Designed a new trunks. Constructed the newly designed trunk with front opening.. Instructions to use the newly designed trunk with pouch opening.

### 3. Results and Discussion

#### 3.1 Findings

From the survey and studies we can found that men are having common problems with the usage of underwear

- **STICKING TO SKIN** :- One of the most uneasy situations men are facing is when the underwear is damp and sticky due to heavy sweating or water. It can happen on a hot and humid day, a rainy day, or even when out on the beach. The best bet is to pick underwear made from cotton or fabric blends that have moisture-wicking and breathability features. Even if they tend to sweat heavily, choose pairs with slimmer waistbands.
- **HEATING DOWN BELOW**:- Because of the tight underwear, the genital area will be sweaty and heated up down there, with skin rashes and redness. Too loose and you will feel a lack of support while the fabric will bunch up under the pants and create itchiness and discomfort. Always pick underwear with the right fit for your body.
- **WAISTBAND WOES**:-A tight waistband will leave visible and sometimes painful impressions on the skin. On the other hand, once a perfect fit, an old underwear could now lose its elasticity, lacking the hold it gave you earlier. In both cases, it is time to change these pairs and go for a brand new one. Check your current size and refer to the size chart.
- **ITCHY & SCRATCHY** :-Intimate hygiene is of utmost importance. If you are not changing your underwear after one use, then you are potentially risking your health. You are exposing yourself to a host of health problems like skin infections and allergies, sores, itchiness, and even urinary tract infections. Adopting a personal hygiene regime is crucial. Put away your underwear for washing after daily use.
- **CONSTANT ADJUSTING**:-Men adjusting themselves in the lower part of the body is not an uncommon scene. It also looks awkward and unbecoming. The most common reason is the formation of wedgies. It can be because of fitting issues in the leg bands, which create problems in keeping them in shape and place. Constant wedgies are a sure sign of getting a new properly fitted pair
- **MISMATCHED WITH GARMENTS WEARING**:-A common mistake by men is to wear the same type of underwear under any and every attire. The various kinds of undergarments are suited to different outfits and purposes. Briefs give maximum support and go well with perfect for everyday dressing and formal occasions. Trunks are perfect under any outfit and even moderate sports. Boxer briefs are best suited with denim, coarse and woolen fabrics, whereas boxers go well with loose pants, pajamas, and shorts. You should have a healthy mix of the various types of underwear in your wardrobe.
- Wearing tight underwear can push the scrotum against the body, causing the testes to rise in temperature

- Itchy genitals can be a symptom of many conditions. These may include vaginal infections in females or jock itch in males. In either sex, itching can be caused by skin irritation, sexually transmitted diseases and allergies
- Tighter underwear may reduce sperm count. That said, it's unlikely to reduce sperm health enough to cause infertility. In healthy fertile men, even when briefs reduced sperm counts, vital sperm health measurements were still in the normal range.
- non-cotton underwear can also cause rise in temperature especially to people who are involved in sports, gym and long hours of job in torridity[glass,iron,gold mines].
- Pthiriasis Trusted Source refers to a Phthirus pubis or pubic lice infestation. Pubic lice are parasitic insects that live on coarse body hair, such as pubic hair. Pthiriasis spreads through sexual contact or contact with infested clothing, towels, or bedding.

### 3.2 Precautions & Treatments

- Men should take the following steps to help avoid genital itching:
- Wash the penis well, including the area under the foreskin in uncircumcised men.
- Keep the area dry, since moisture in the genital area can lead to infections. Cornstarch powders during the summer may be helpful.
- The treatment needed for a genital rash depends on the underlying cause. Regardless of the cause, however, the itchiness of a rash can be treated with over-the-counter (OTC) creams such as hydrocortisone. Your doctor may also prescribe you a cream to reduce the symptoms while treating the underlying condition.
- Apply a cold, wet cloth or ice pack to the skin that itches. Do this for about five to 10 minutes or until the itch subsides.
- Take an oatmeal bath. ...
- Moisturize your skin. ...
- Apply topical anesthetics that contain pramoxine .Pramoxine is used to temporarily relieve pain and itching from insect bites; poison ivy, poison oak, or poison sumac; minor cuts, scrapes, or burns; minor skin irritation or rashes; or dry, itchy skin.]
- Apply cooling agents, such as menthol or calamine.
- Your underwear should not be so tight that it leaves deep marks in the skin. Thongs, underwear, and shape-wear that are too tight can lead to nerve irritation and damage in the vulvularr region and this can lead to pain vaginally, rectally, and all around the pelvis.
- Boxer shorts and loose pants can boost sperm count. For about one-half of couples with fertility problems, experts say low sperm count is the cause.
- Always opt for natural fabrics like cotton which naturally absorb moisture.
- If you're between sizes in underwear, go for a size up.
- You've heard it before, but change your underwear (at least) once a day to prevent bacteria accumulation.
- When working out, try to wear moisture-wicking underwear with a little stretch to it, which may help prevent bacteria buildup and chafing.
- If you're a person with a penis trying to conceive, boxers may be a better choice because they help keep the scrotum cool.
- Avoid wearing lace, polyester, or super-tight shapewear for long periods of time.
- It's safe and may actually be advisable not to wear underwear at night (aka going commando while you sleep), which allows your vulva or penis to air out. You can wear very loose-fitting bottoms if you prefer not to be naked.
- Launder your undergarments in hypoallergenic detergent.

## 4.CONCLUSION

### 4.1 Product photo shoot



Fig:-4.1.1



Fig:-4.1.2



Fig:-4.1.3



Fig:-4.1.4

### 4.2 Product Usage [step by step]



Fig:-4.2.1 (step1)



Fig:-4.2.2 (step2)



Fig:-4.2.3 (step3)



Fig:-4.2.4(step4)

During this journey we learned many things about men's underwear and problems/issues they face while using underwear that are currently available in the market. Fertility problems are commonly found these days. To avoid such issues make sure you are selecting right fitted underwear. Rather than using regular briefs try switching to trunks/boxer briefs. As a fashion designing student & as a person who has done research on men's front open trunks, I strongly suggest you to use trunks/boxer briefs. I here by conclude my project on men's front open trunks



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