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***DRESSING AND PERSONALITY DEVELOPMENT***

Dressing can be simultaneously linked with clothing. Clothing is items worn on the body. They include apparel and attire, and the type to be worn depends on gender, body shape, social, and geographic factors. Evidence about dressing became plentiful only after humans began to live together in greater numbers in discrete localities with well-defined social organizations, with refinements in art and culture, and with a written language. There is no easy way to determine the origin of clothing. However, estimates by various experts have ranged from 40,000 to 3 million years ago.

Clothing is a complex but fascinating part of everyone's life knowing something about the role of clothing helps you understand yourself and others better. The clothes we wear are an intrinsic part of who we are, or whom we want to be before the eyes of our beholders as we embody them through different practices. Clothes are worn for many different reasons. Some of which are physical. Clothes are worn for protection against adverse temperature by insulating the body. They act as a buffer between the body and accidental burns, scratches, and rough surfaces aiding comfort. They can also be worn for safety reasons to protect the skin from harm or injury during work, sport, or any other activity. Clothing also serves psychological and social reasons. Clothing is used to be people to show their level of importance. They also give the wearer a sense of feeling important, they are also used to enhance appearance. They help improve looks and attract favorable attention.

Apart from serving various functions, dressing also plays a role in a person's personality development. Personality enhances moods, attitudes, and opinions and is most clearly expressed in interactions with other people. Personality development hence entails the development of an organized pattern of behaviors and attitudes that makes a person distinctive. Science shows that dressing affects our personality and mood of interaction with others. Dressing portrays a strong demonstration of purity, beauty. It is no better or more appropriate than when it comes to expressing our way of being and living chosen to express our individuality.

An individual's dressing sense speaks volumes of his/her character and personality. Dressing reflects your mood, style, and what you are as an individual. You can make out what sort of individual a person is by his/her dressing. It also reflects the taste of a person according to occasion, time, or mood. Clothes reflect who you are, how you feel at the moment, and sometimes even what you want to achieve in life. Clothes reflect the real you, expressing innermost thoughts, kindness, and feelings.

Dressing relates to a person's thinking and perception. Fashion choices can affect both a person's self-image, the impression conveyed to others, and the way people behave to you. In many societies, dressing embodies personal wealth and taste. Dressing also impacts personality development, in the aspect of communication. It conveys nonverbal clues about a speaker's personality, background, and financial status. It also demonstrates culture, mood, level of confidence, age, values, and sexual identity.

By looking at a person, we can know and realize what he/she is thinking of and their feelings by just looking at their way of dressing. This is a very simple way of knowing personalities rather than keep noticing every single movement or manner of speech. Without regarding emotions, this can also be a big and important factor for distinguishing personalities.