DRESS CODES IN UNIVERSITIES: NECESSITY OR RESTRICTION?

Joniuzoqova Mashhura Azizjon kizi

Student of Karshi State University

Foreign languages department

Abstract: University dress codes have been widely debated regarding their impact on academic environments and student self-expression. Supporters argue that dress codes promote professionalism, reduce distractions, and enhance the university's reputation, while critics claim they limit individuality and may lead to gender or cultural biases. This study explores perceptions of university dress codes through an experiment conducted at Karshi State University (KSU). A survey of 200 students and faculty members was used to assess opinions on dress codes and the implementation of National Dress Day, a university initiative encouraging students to wear traditional attire on Fridays. Results indicate a divide between students and faculty, with students favoring relaxed guidelines and faculty supporting formal dress codes for maintaining academic discipline. The findings suggest that a balanced approach—allowing flexibility while preserving academic decorum—could address both concerns.

Keywords: university dress codes, student self-expression, academic environment, professional attire, cultural identity.

Annotatsiya: Universitet kiyinish qoidalari ularning akademik muhitga va talabalarning o'zini namoyon qilishiga ta'siri bo'yicha keng muhokama qilinmoqda. Tarafdorlarning ta'kidlashicha, kiyinish qoidalari professionallikni targ'ib qiladi, chalg'itadigan narsalarni kamaytiradi va universitet obro'sini oshiradi, tanqidchilar esa individuallikni cheklaydi va gender yoki madaniy qarama-qarshilikka olib kelishi mumkin deb da'vo qiladi. Ushbu tadqiqot Qarshi davlat universitetida (QDU) o'tkazilgan tajriba orqali universitetlarning kiyinish qoidalari haqidagi tasavvurlarni o'rganadi. 200 nafar talaba va professor-o'qituvchilar o'rtasida o'tkazilgan so'rovda kiyinish qoidalari va talabalarni juma kunlari an'anaviy kiyim kiyishga undaydigan universitet tashabbusi bo'lgan Milliy liboslar kunini amalga oshirish bo'yicha fikr-mulohazalarini baholash. Natijalar talabalar va professor-o'qituvchilar o'rtasidagi tafovutni ko'rsatadi, talabalar bo'shashtirilgan ko'rsatmalarni va professor-o'qituvchilar akademik intizomni saqlash uchun rasmiy kiyinish qoidalarini qo'llab-quvvatlaydi. Muvozanatli yondashuv - akademik odobni saqlab, moslashuvchanlikni ta'minlash - ikkala tashvishni ham hal qilishi mumkin.

Kalit so'zlar: universitet kiyinish qoidalari, talabalarning o'zini namoyon qilishi, akademik muhit, professional kiyim, madaniy o'ziga xoslik

Introduction

University dress codes have been a topic of debate across academic institutions worldwide. While some universities enforce strict dress codes to maintain professionalism and decorum, others allow students to dress freely, prioritizing comfort and personal expression. This study

examines the benefits and drawbacks of dress codes in universities and explores student and faculty perspectives through an experiment at Karshi State University (KSU). Additionally, the paper analyzes the significance of National Dress Day, a university-wide initiative encouraging students to wear traditional attire every Friday.

Research Questions

1.   What are the advantages and disadvantages of university dress codes?

2.   How do students and faculty at KSU perceive dress codes?

3.   What is the impact of National Dress Day on campus culture?

Pluses and Minuses of Dress Codes in Universities

Pluses (Advantages) of Dress Codes

1.   Promotes Professionalism

Dress codes prepare students for formal workplaces by instilling discipline and encouraging professional behavior.

Fields such as law, business, and medicine benefit from early exposure to professional attire.

2.   Reduces Distractions

Uniform or formal dress prevents extreme fashion choices that could divert attention from academics.

Eliminates peer pressure related to fashion trends and expensive clothing.

3.   Enhances University Reputation

A well-dressed student body improves the university's image, especially in public events or conferences.

Strengthens discipline, making the institution appear more prestigious.

4.   Dress codes prevent inappropriate clothing that may cause discomfort or cultural misunderstandings.

Reduces risks of harassment and security concerns within the campus.

Minuses (Disadvantages) of Dress Codes:

1.   Limits Self-Expression

University students are young adults exploring their identities; a strict dress code may suppress

individuality.

Creativity in fashion can be an important aspect of personal development.

2. Gender and Cultural Bias

Some dress codes disproportionately affect certain genders (e.g., stricter rules for female students).

Fails to accommodate diverse cultural clothing preferences, potentially leading to discrimination.

3. Enforcement Challenges

Faculty members may struggle to enforce dress codes fairly and consistently.

Subjective interpretations can lead to conflicts between students and administrators.

4. Not Always Practical for Learning

Unlike corporate workplaces, universities are spaces for learning rather than formal business interactions.

Students may perform better academically when comfortable rather than in restrictive clothing.

Methods

A total of 200 participants from KSU were surveyed, including 150 students and 50 faculty members. Participants were selected through stratified random sampling to ensure a diverse representation of academic disciplines.

Data Collection: A structured questionnaire was used to gather qualitative and quantitative data.

Questions covered topics such as: Perceptions of dress codes at KSU

Views on professionalism and self-expression Opinions on National Dress Day and its cultural significance

Experiment

The study observed students at KSU over four weeks, analyzing attendance, classroom engagement, and faculty-student interactions on days with and without dress code enforcement. Data were compared with participation levels in National Dress Day.

Data Analysis: Quantitative data were analyzed using statistical tools to measure trends in student and faculty responses. Qualitative responses were thematically analyzed to understand common perspectives and concerns.

Results

Student and Faculty Perceptions of Dress Codes:

Students:

65% preferred flexible dress codes, citing comfort and self-expression. 25% believed moderate dress codes were necessary for maintaining a professional atmosphere. 10% were indifferent.

Faculty:

70% supported formal dress codes, arguing they promote discipline and respect.

20% believed dress codes should be more lenient. 10% were neutral.

Impact of National Dress Day

Awareness: 85% of respondents were aware of National Dress Day. Participation: 70% of students had participated by wearing traditional attire on Fridays. Perceived Benefits:

Increased cultural pride (60%)

Enhanced campus unity (50%)

Conclusion

University dress codes serve both functional and symbolic purposes, aiming to balance professionalism with individual freedoms. While they can instill discipline and enhance institutional reputation, they may also limit self-expression and create enforcement challenges. At Karshi State University (KSU), this study found that students prefer flexibility in dress codes, whereas faculty members emphasize professionalism. National Dress Day was positively received, promoting cultural pride and unity. However, some concerns about inclusivity remain. A hybrid dress code policy—allowing professional attire for formal occasions while granting students freedom on regular days—could be an optimal solution. Future research should examine the long-term effects of flexible dress codes on academic performance and student well-being.

References

1.Bámgbóṣé, A. (2019). The Role of Dress Codes in Higher Education Institutions. Journal of Educational Policies, 12(3), 45-60.

2.Dressel, J. (2022). University Dress Codes: Tradition vs. Modernization. Higher Learning Review, 8(2), 89-102.

3.Eurasian National University (2023). National Dress Day at ENU. Retrieved from https://www.enu.kz

4.Johnson, R. (2021). Professionalism and Attire in Academia: A Global Perspective. International Journal of Academic Studies, 15(1), 33-49.

5.Smith, L. & Patel, K. (2020). Cultural Identity and Dress Codes in Universities: A Comparative Study. Educational Research Journal, 9(4), 120-135.

6.YES Abroad (2024). Learning About Clothing in Ghana. Retrieved from https://www.yes-abroad.org