

**THE NEED FOR THE CORRECT SELECTION OF THE COLOR OF HOSPITAL CLOTHING FOR PATIENTS WITH SKIN DISEASES**

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**Abstract**

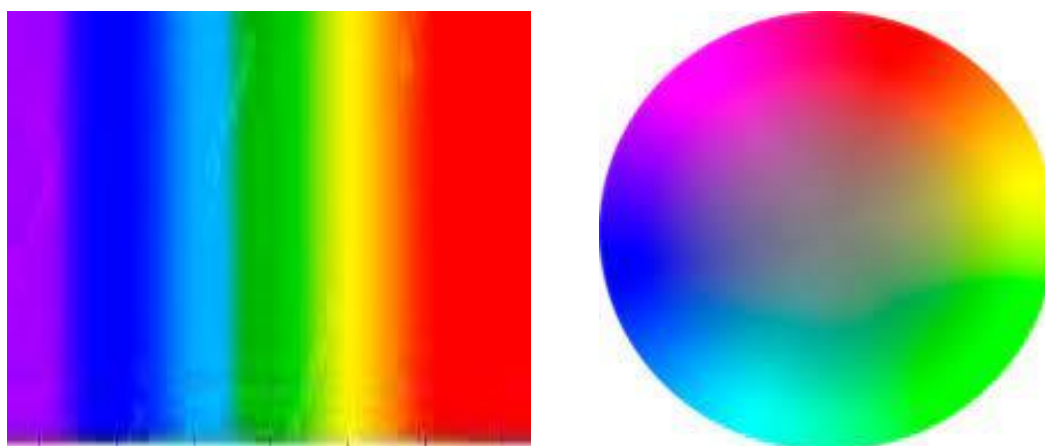
The article deals with the issues of the need for the correct selection of the color of hospital clothes for patients with skin diseases.

**Keywords:** colors clinic, hospital, hospital, special clothing, skin diseases, research results, active colors, passive colors, psychological impact, physiological impact.

**Introduction**

It is known that the condition of patients with skin diseases is influenced not only by the fibrous composition, but also by the color, color scheme and coloring (drawing 1) of hospital clothing. Since the perception of color is determined by a person's individuality, the question arises of the need to correctly select the color of hospital clothing for patients with skin diseases.

Hue determines the color's place in the spectrum (red, green, yellow and blue) and is the main characteristic of color. In a physical sense, color tone depends on the wavelength of light. Long waves are the red part of the spectrum. Short waves – shift to the blue-violet side. The average wavelength is yellow and green colors, they are most optimal for the eye.



**Drawing 1.** Color coloring

Selecting colors for clothing so that it stimulates patients to improve their condition is a very difficult task. The color solution in this case should be a thoughtful compositional combination of colors, based on knowledge of the laws of color composition, the basics of colorist and coloring



technologies. The perception of color largely depends on the color tone, the degree of its brightness and saturation. As a result of the right decision, color directly appeals to the feelings of patients.

### Research Methods

The choice of material based on fiber composition and color scheme is carried out during the development of technical specifications, since “Development of technical specifications is an important process in the development of hospital clothing of various assortments.”<sup>1</sup>

Let us consider the influence of the color scheme of hospital clothing on the recovery process of patients with skin diseases. Thus, experts on color problems believe that by emotionally influencing a patient with color, one can speed up the process of his recovery and have a stimulating effect on the work of medical staff [2].

The color design of the interior of hospitals and clinics, as well as the color scheme of hospital clothing, is important for the mental state of patients, which requires a special approach to the choice of color in clothing for patients. It is known that the use of color has specific characteristics due to individual differences in the perception of colors by patients. The attitude towards the color of the patient’s clothing is subjective, but it is based on objective laws.

### Research Results

Based on the studies conducted, it is possible to trace the relationship between the effects of color and the psychophysiological state of a person (Scheme 1).

Color				
Psychological impact			Physiological impact	
Warmth	Heaviness	Emotional impact	Impact on the body	Medicinal impact

**Scheme 1.** The relationship between exposure to color and the psycho physiological state of a person

The founder of the study of color and its use, Goethe, divided the color wheel into two parts based on its emotional impact - active and passive. The action of some therapeutic agents is based on this.

According to his teaching, active colors have a stimulating effect, that is, they give a slight “shake-up” to the body and are able to speed up vital processes. Such abilities are possessed, first of all, by bright red and bright orange, and to a lesser extent by yellow. Red color is used for hormone

<sup>1</sup> AF UCHKUNOVNA JournalNX 6 (10), 407-409 “The theoretical basis for the development of a technical proposal for hospital clothing for patients with skin diseases”.



therapy. Yellow color in combination with light green color and blue color reduces the fear of patients, that is, in a certain sense creates a comfortable state for patients.

Passive colors are varied in their effects and can be divided into the following.

- Soothing and calming colors - light shades of green, pink, blue, partly white;
- Neutral colors - green, blue, light brown;
- Colors that instill uncertainty, anxiety, melancholy, despondency - lilac, violet;
- Frightening and depressing - dark brown, black.

For example, with the help of blue they distract, eliminate insomnia, prepare for pain, lower blood pressure, with the help of dark blue they suppress irritability, with blue they calm down [3].

Characteristics of the psycho physiological effects of color on humans, including patients, are presented in table 1.

### Characteristics of the psychophysiological effects of color on patients skin diseases

Table 1

Color	Psychological impact			Physiological effects	
	Warmth	Heaviness	Emotional impact	Impact on the body	Medicinal impact
White	Cold	Light	Has a neutral effect, somewhat calms	Rest and relaxation, evens out your mood	Reduces nervous fatigue
Black	-	Heavy	-	Helps focus	Lowers blood pressure
Yellow	Warm	Light	Amuses, excites, provides psychological contact with the environment, causes a complacent mood	Inspiring and stimulating. Effect on the nervous system, the best effect on metabolism, increases appetite, promotes clear expression of thoughts	Can be used in cases of mental deficiency and tuberculosis, reduces stomach spasms, stimulates vision
Red	Warm	Heavy	Causes excitement, agitation, restlessness, increases anxiety levels	Increases stimulation of the nervous system, increases heart rate and blood pressure. Increases muscle tension, quickens breathing, causes fatigue	Recommended for the treatment of sunburn, inflammation, rheumatism
Blue	Cold	Heavy	Leads to a state of inner peace, promotes positive manifestations of strong emotions, strengthens intuition	Reduces breathing rate, pulse, concentrates attention, relaxes muscles	Reduces muscle tension, pain, stops the inflammatory process
Green	Cool	Heavy	State of calm, balance, ability to be in a cheerful mood	Reduces muscle and nervous tension, mental, respiratory rate, pulse, increases tone and performance	Normalizes blood pressure, has a mild analgesic effect

It should be noted that the combination of different colors has a great influence on the condition of patients with skin diseases:

- red and blue cause excitement and can repel;



- red and green impart some aggressiveness and impulsiveness;
- red and black give a feeling of danger, mourning, suppression of vitality, drama;
- gray with blue color, cause neutrality, coldness;
- red and yellow give strength, energy, speed;
- gray and green communicate passivity.

Color saturation also affects the psyche of patients, that is:

- dark colors have a very significant effect - they cause a pessimistic mood, a feeling of oppression, heaviness;
  - light saturated colors - stimulate the maintenance of order;
  - rich combinations of colors with a large color contrast - enliven the space, lift the mood and stimulate the activity of the senses;
  - low-saturated, diluted color shades - have a calming effect, promote concentration and attention.
- As a color scheme for hospital clothing for patients with skin diseases, colors will be used that have a beneficial effect on the human condition (not irritating, but soothing, relieving tension).

### Discussion

An analysis of the literature showed that in medical clothing [3] some colors are assigned a certain functionality. Blue and white are used in the clothing of general medical personnel, green is used in surgical products, and pink was used in the clothing of nurses in departments. Therefore, it is not advisable to use these colors in their pure form. It is much more convenient to use them as a general color scheme for fabric. This could be a checkered pattern with a faintly defined texture (for men's clothing), a small "floral" or "blurred" pattern (for women's clothing) [3]. The main thing is that the overall color tone of the material matches the colors we have chosen for the clothes. Also, when choosing a color, we will rely on data from sociological research and personal data, which will be carried out according to the scientific work plan.

### Conclusions

1. The basic concepts of color and color scheme of materials are defined.
2. According to the studies conducted, the relationship between the effects of color and the psychophysiological state of a person has been traced
3. As a color scheme for hospital clothing for patients with skin diseases, colors that have a beneficial effect on the human condition are recommended, that is, colors are recommended (not irritating, but soothing, relieving tension).

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