

The Effectiveness of a Training Program in Enhancing Graduates' Knowledge and Skills Regarding the Manufacturing of Men's Outerwear

Mona Omar Ali Al-Omar

Assistant Professor, Department of Fashion Design, College of Arts and Design, Qassim University, Qassim, Saudi Arabia.
mo2233na@hotmail.com

Abstract:

The educational process represents one of the fundamental pillars for the advancement of any society seeking progress. Therefore, developed countries strive to enhance it by innovating systematic methods and teaching approaches based on scientific thinking that take into account students' individual differences. Training programs are considered one of the means of advancement in the garment industry and an outcome of scientific and technological progress, while at the same time serving as one of the pillars driving this progress. This has recently attracted the attention of researchers and specialists across various scientific and practical fields. Accordingly, the present study aimed to develop a training program to enhance graduates' knowledge and skills in the production of men's outerwear, apply the proposed program to the graduates, and assess its effectiveness in improving their knowledge and skills in this field, as well as exploring their opinions toward it. The study adopted the descriptive and experimental approaches, and the sample consisted of (35) graduates from the Department of Fashion Design, College of Arts and Design, Qassim University, in the academic year 1444 AH, particularly as they had not previously studied the "Men's Garment Manufacturing" course during their enrollment at the college, reflecting an educational and skill gap. The findings revealed statistically significant differences between the pre- and post-test mean scores of the graduates in the proposed training program in favor of the post-test, as well as statistically significant differences between the pre- and post-test mean scores in both the knowledge and skill tests in favor of the post-test. In addition, the graduates' opinions toward the proposed training program were positive. The results indicate the effectiveness of the proposed training program in achieving its objectives, as it significantly contributed to developing the graduates' knowledge and skills related to men's outerwear production.

Paper History:

Paper received August 14, 2025, Accepted September 26, 2025, Published online November 1, 2025

Keywords:

Impact, Academic course, Acquisition, Knowledge, Performance, Trainees, Fashion, Youth wear.

References:

- 1- Zaghoul, Sahar Ali; and Al-Arfaj, Mona Abdullah. (2022). Building a design system to innovate women's sportswear using hypermedia, Journal of Specific Education Research, Volume (2022), Mansoura University.
- 2- Zalat, Ali Al-Sayed; Omar, Raafat Hassan; and Mohamed, Ayman Mohamed. (2012). The possibility of preparing denim fabrics for use in manufacturing classic men's suit jackets, Journal of Specific Education Research, Issue (26), Mansoura University.
- 3- Saleem, Dina Abdo. (2017). The aesthetics of Islamic art and its impact on innovations that add aesthetic value to contemporary women's clothing designs, Master's Thesis, Faculty of Applied Arts, Helwan University.
- 4- Saleem, Magda Mamoun; and Abu Hashima, Medhat Mohamed. (2018). Developing students' skills in constructing a model of men's jeans using the blended learning strategy and measuring its effectiveness, Scientific Journal of the Faculty of Specific Education, Faculty of Specific Education, Volume (1), Menoufia University. Suleiman, Umaila Abdel Latif. (2018). Producing home clothes without a pattern that meets the product's functional requirements, Journal of Specific Education Research, Issue (52), Mansoura University.
- 5- Salah, Osama Fouad; Nabhan, Muhammad Abdul Karim; Ahmed, Alaa Taha; and Abdul Majeed, Marwa Mahmoud. (2021). The Effect of Using Educational Modules and Mental Visualization on Some Skill Variables in Physical Education Lessons for Primary School Students, Journal of the Faculty of Physical Education and Sports Sciences, Volume (26), Issue (9), Benha University.

-
- 6- Ali, Itidal Abdel Rahman. (2012). The Effect of Transformational Training in Reducing Unemployment among Female Graduates of Science Colleges in the Kingdom of Saudi Arabia, *Journal of the Faculty of Education*, Issue (78), Mansoura University.
 - 7- Abdul Majeed, Sahar Abdel Majeed (2019). Preparing a Training Program "Textile Printing Using the Knot and Binding Method" for Female Students in the Vocational Preparatory Stage, *Scientific Journal of the Faculty of Specific Education*, Issue (7), Menoufia University.
 - 8- Omar, Ala Ali. (2018). A proposed training program to develop the skills of trainees at the Vocational Rehabilitation Center in the clothing industry, *Journal of Home Economics*, Volume (28), Issue (4), Menoufia University.
 - 9- Farghali, Zeinab Abdel Hafeez; Mustafa, Ahmed Wahid; Asem, Hesham Ahmed; and Mustafa, Asmaa Saleh. (2016). A virtual training program to acquire ironing skills in ready-made garment factories in light of ergonomic rules, *International Design Journal*, Volume (6), Issue (3), Scientific Society of Designers.
 - 10- Mahmoud, Manal Talaat. (2013). Human Resources and Local Community Development, Modern University Office for Publishing and Distribution, Alexandria.
 - 11- Maqlan, Samar Mahmoud. (2012). Design and implementation of ready-made garments that are functionally and aesthetically suitable for people with special needs, PhD thesis, College of Design and Arts, Umm Al-Qura University. Saudi Vision Document (2016), Economic and Development Council, Kingdom of Saudi Arabia, available at: https://www.vision2030.gov.sa/media/5ptbkbn/saudi_vision2030_ar.pdf
 - 12- Mustafa, Jihan Fahmy. (2016). The Effectiveness of a Training Program to Develop Sewing Techniques in the Ready-Made Garments Industry, *Journal of Qualitative Education Research*, Issue (43), Mansoura University.
 - 13- Youssef, Rasha Ali. (2023). A Training Program to Develop Mannequin Design Skills to Qualify Graduates of Non-Specialized Colleges to Work in the Garment Industry, *International Journal of Design*, Volume (13), Issue (3), Scientific Society of Designers. References:
 - 14- Abu Al-Nasr, Medhat Mohamed (2016). Stages of the Training Process: Planning, Implementation, and Evaluation of Training Programs, Arab Group for Training and Publishing, 20th ed., Cairo.
 - 15- Abu Hamdeh, Hanaa Mohamed; and Ali, Rehab Mohamed (2022). The Effectiveness of a Training Program for Technical Education Students to Develop Their Skills in the Ready-Made Garment Industry to Meet Labor Market Needs, *Journal of Research in the Fields of Specific Education*, Vol. (8), No. (42), Minya University.
 - 16- Abu Musa, Ihab Fadel (2017). Fashion Design and Its Development: Its Concept, Development, Accessories, and Applied Methods, Dar Al-Zahraa, Riyadh.
 - 17- Ahmed, Kifaya Suleiman; and Nour El-Din, Ashraf Abdel-Hakim (2007). Foundations of Men's Outerwear Design, Alam Al-Kutub, Cairo.
 - 18- Al-Thabeti, Najla Jaber (2022). The Effectiveness of a Training Program in Mannequin Design to Develop the Knowledge and Skills of Female Graduates in the Field of Small Enterprises, *Scientific Journal of Specific Education Sciences*, Volume (15), Issue (15), Tanta University.
 - 19- Al-Jasser, Haifa Abdullah. (2022). Setting Technical Specifications for Designing Women's Occasional Wear in Light of Customs and Traditions in the Kingdom of Saudi Arabia, PhD Thesis, College of Design, Qassim University.
 - 20- Al-Hosary, Mushira Muhammad; Wishar, Hanan Hosni; and Yassin, Samah Helmy. (2019). The Effect of Using Educational Modules to Teach a Work Unit in Artwork Using Irish Crochet to Students in Colleges of Specific Education, *Scientific Journal of the College of Specific Education*, Volume (6), Issue (18), Menoufia University.
 - 21- Al-Kholi, Ghada Abdullah; and Ibrahim, Rasha Wagdy Khalil. (2024). The Effect of Using Natural Dyes on the Physical and Mechanical Properties of Environmentally Friendly Fabrics, *Journal of Science, Arts, and Humanities*, Volume (9), Issue (45), Arab Society for Islamic Civilization and Arts.
 - Al-Kharaz, Tahani Suleiman (2023). The Effectiveness of Using Task Analysis to Develop the Skills of Drawing Basic Patterns for Children's Clothing for Deaf Female Students, *Arab Journal of Scientific Publishing*, Issue (61), Tamim Center for Studies and Research.
 - 22- Al-Kharaz, Tahani Suleiman (2024). The Effectiveness of a Proposed Educational Unit to Develop Female Students' Knowledge and Skills in Manufacturing Women's Sportswear in the Course of Preparing and Implementing Women's Clothing Patterns, *Journal of Educational and Human Sciences*, Emirates College of Educational and Psychological Sciences, Issue (37), European University of Arts and Humanities.

-
- 23- Al-Suhaibani, Wafaa Nasser; and Mansour, Alfat Shawqi (2024). Setting Standards for Designing Contemporary Men's Clothing Inspired by Saudi Heritage Motifs, *Journal of Arts, Literature, Humanities, and Sociology*, Issue (105), European University of Arts and Humanities.
 - 24- Al-Tami, Ahmed Saleh; Al-Humaid, Abdulrahman; Al-Mazid, Ibrahim Mazid; Al-Watban, Muhammad Suleiman; Hassan, Muhammad Saleh; Ismail, Khairy Misbah; Al-Salhi, Abdullah Suleiman; and Al-Saif, Ali Muhammad. Al-Muhaimid, Abdul Karim Abdullah. (2009). The General Framework for Preparing Curricula at Qassim University. Available at: <https://apsp.qu.edu.sa>
 - 25- Al-Aboudi, Noha Abdulaziz. (2025). The Effectiveness of a Mini-Learning Unit in Developing Female Students' Knowledge and Skills in Manufacturing Men's Sportswear, *Saudi Journal of Art and Design*, Volume (5), Issue (1), Princess Nourah bint Abdulrahman University - College of Designs and Arts - Saudi Society for Art and Design.
 - 26- Al-Attiyah, Raghad Abdullah. (2024). Innovating Designs for Elderly Clothing and Accessories Using Wearable Technology to Monitor Vital Signs and Meet Age-Related Requirements, PhD Thesis, College of Arts and Design, Qassim University.
 - 27- Al-Farmawi, Iman Farouk; Al-Hindawi, Adel Jamal Al-Din; Al-Naasan, Ihab Muhammad; and Labshti, Aya Muhammad Fawzi. (2015). The Impact of Integrated Design and Implementation of a Sample of Jeans on the Production System and Reducing Final Costs, *Scientific Journal of Specific Education Sciences*, Volume (1), Issue (1), Tanta University. Al-
 - 28- Zahrani, Abdullah Abbas; and Al-Ghamdi, Abdullah Ahmed (2022). The Reality of Training Students with Learning Disabilities in Social Skills at the Primary Level in Taif City from the Perspective of Their Teachers, *Journal of the Faculty of Education*, Volume (38), Issue (12), Assiut University.
 - 29- Al-Najjar, Alaa Ahmed (2007). The Efficiency of Ready-Made Garment Production Requirements and Their Impact on Product Quality, Master's Thesis, Faculty of Home Economics, Helwan University.
 - 30- Thabet, Ne'ma Yousry; and Mubarak, Shaimaa Mustafa (2022). Using the Moodle Learning Platform to Develop Knowledge and Skills in Preparing and Implementing the Sweatshirt Model, *Journal of Qualitative Education Research*, Volume (2022), Issue (70), Mansoura University.
 - 31- Gawhar, Imad El-Din Sayed; and Al-Zahrani, Maha Taleb (2022). The Effect of Production Line Design on the Time Spent in Producing Men's Garments, *The International Arab Journal of Digital Art and Design*, Volume (1), Issue (3), Arab Foundation for Knowledge Management.
 - 32- Hajji, Mona Mohammed; Al-Sharif, Dalal Abdullah. (2013). Surface Design Aesthetics Using Felting of Wool Hairs to Create Non-Woven Scarves, *Journal of Specific Education Research*, Vol. (2013), No. (31), Mansoura University.
 - 33- Khalaf, Amani Mustafa; and Al-Nawawi, Hanaa Abdullah. (2019). Utilizing the Properties of Knitted Fabrics in the Design and Production of Variable-Size Children's Clothing, *Journal of Architecture and Arts*, No. (15), Arab Society for Islamic Civilization and Arts.
 - 34- Rizk, Sawsan Abdel Latif; Malek, Maha Mohamed; and Abdel Qader, Alaa Ahmed. (2009). Sliding Knits in the Clothing Industry, *Alam Al-Kutub*, Cairo.
 - 35- Zazaa, Mona Salem; and Shaheen, Mona Abdel Hadi. (2018). The Effectiveness of Using the Gemini Program in Learning the Basic Pattern of a Child's Dress, *Journal of the Faculty of Specific Education for Educational and Qualitative Studies*, No. (1), Benha University.
 - 36- Zaghloul, Sahar Ali; and Al-Arfaj, Mona Abdullah. (2022). Building a Design System for Innovating Women's Sportswear Using Hypermedia, *Journal of Qualitative Education Research*, Vol. (2022), Mansoura University.
 - 37- Zalat, Ali Al-Sayed; Omar, Raafat Hassan; and Mohamed, Ayem
 - 38-
 - 39- Frith, H., & Gleeson, K. (2004). Clothing and embodiment: Men managing body image and appearance. *Psychology of men & masculinity*, 5(1), 40.
 - 40- Groves, A., & Sprecher, D. (2024). *Inside the Westminster Menswear Archive*. Bloomsbury Publishing.
 - 41- Hossain, M. J., Chang, H. J. J., & Jones, R. P. (2025). I bought it and I feel good! An examination of fit factors and self-evaluation related to confident clothing decisions and psychological well-being. *Journal of Retailing and Consumer Services*, 84, 104167.
 - 42- McNeil, P. (2023). Men's Fashion 200822. In *The Routledge History of Fashion and Dress, 1800 to the Present* (pp. 411–436). Routledge. <https://doi.org/10.4324/9780429295607-27>
 - 43- Parker, J. (2020). *All About Cotton: A Fabric Dictionary & Swatchbook*. Rain City Publishing
 - 44- Patty, B., (2001) "Ready to Wear Apparel Aalysis", 3rd Ed, Upper Saddle "River, New Jersey, U.S.A
 - 45- Salaün, F. (2019). *Cotton fabrics: Preparation, synthesis and applications*. Nova Science Publishers
 - 46- Xodjayevea, K., & Rasulova, M. (2023). Study of operating modes in the process of selection and

tailoring of package materials in the preparation of men's outerwear. Scientific and Technical Journal of Namangan Institute of Engineering and Technology, 8(3), 34-41.

- 47- <https://alameedmilitary.com/%D9%83%D8%B1%D8%AF%D9%88%D9%86-%D8%B0%D9%87%D8%A8%D9%8A/p1244620797>
- 48- <https://ar.mhchine.com/%D8%A7%D9%84%D9%85%D9%84%D8%A7%D8%A8%D8%B3>
- 49- <https://ar.zjmeixin.com/printing-fabrics/cotton-and-linen-fabric/cotton-linen-gingham-fabric.html>
- 50- <https://aradbranding.com/ar/%D8%A3%D9%81%D8%B6%D9%84-%D9%85%D9%85%D9%8A%D8%B2%D8%A7%D8%AA>
- 51- <https://aradbranding.com/ar/%D8%B3%D8%B9%D8%B1-%D9%82%D9%85%D8%A7%D8%B4>
- 52- <https://aradbranding.com/ar/todays-linen-cloth-textile-is-soft-transparent-crystals-and-paper-cotton-fabric/>
- 53- <https://aradbranding.com/ar/types-of-natural-silk-fabric-for-sale-in-the-market-distinctive-colors/>
- 54- <https://aranwoollenmills.com/products/raheen-tweed-roll-neck-mens-sweater-green?srltid=AfmBOoqKw5AHAWmgJBLjJ>
- 55- <https://hreer.net/ZqdgQW?srltid=AfmBOoorogFtxCAw2GITfPqG3MRPxfCG8NHGNK1mLiEnlk3qYvHHxyx>
- 56- https://ibrawkhait.com/?app=product.show.502&srltid=AfmBOoqHpdknEqs3z0XXaMt4qmmNx5kgJ61rQM518Ada_4cYbDux-K0J
- 57- <https://m.arabic.accessoriesgarment.com/sale-7646434-multi-coloured-sports-shoe-laces-braided-clothing-accessories.html>
- 58- <https://mahitab.com/products/%D9%82%D9%85%D8%A7%D8%B4-%D8%AC%D9%8A%D9%86%D8%B2>
- 59- <https://mahitab.com/products/%D9%82%D9%85%D8%A7%D8%B4-%D8%B5%D9%88%D9%81>
- 60- <https://ua-tex.com/viscose-yarn-advantages-and-disadvantages-scope-of-use/>
- 61- <https://www.bespecialteam.com/applique-work/>
- 62- <https://www.lcwaikiki.eg/en/regular-fit-long-sleeve-mens-shirt-blue-o-3094485>
- 63- <https://www.mytheresa.com/int/en/men/dolce-gabbana-wool-blend-suit-jacket-grey->
- 64- <https://www.neshanstyle.com/blog/%D8%A7%D9%81%D8%B6%D9%84-%D8%AB%D9%88%D8%A8>
- 65- <https://www.nextdirect.com/eg/en/shop/gender-men-category-trousers-0>
- 66- <https://www.startsewing.co.uk/buttonholes-and-buttons.html>
- 67- <https://www.woolovers.us/mens/sleeveless/lambswool-vest-grey-1327>

CITATION

Mona Al-Omar (2025), The Effectiveness of a Training Program in Enhancing Graduates' Knowledge and Skills Regarding the Manufacturing of Men's Outerwear, International Design Journal, Vol. 15 No. 6, (November 2025) pp 371-393