Through the Eyes of the Needles: Exploring the Lived Experiences of Filipino Fashion Designers in the State of Qatar, A Phenomenology

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Abstract

Background: Fashion could be dated back as to when humans had started evolving. The history of clothing began when humans had lost their fur and needed to protect themselves from the cold nights and the burning sun. Ever since clothes became in demand, the demand for quality and aesthetically pleasing clothes has never diminished. Looking around the State of Qatar, one can find numerous tailoring stores run by foreign designers or tailors, mostly Indians. The number of Filipino Fashion Designers in the country may even beless than a hundred. Different research studies regarding Filipino Fashion Designers are mostly rare as well. With much thought, the researchers have focused on the lived experiences of the Filipino Fashion Designers in the State of Qatar. **Methods:** This study made use of the qualitative approach focusing on phenomenology to fully understand the story of the unsung heroes of fashion designing with the central question, how Filipino fashion designers deal with challenges when it comes to providing designs. An in-depth interview was conducted among the participants to get what one designer has gone through in his/her day-to-day life. **Findings:** With the gathered data, the researchers were able to come up with three (3) main themes with three(3) subthemes; (1) Fashion Literacy: (1.1)Academics (1.2)Experience (1.3) Capabilities; (2)Stress and Mitigation: (2.1)Challenges (2.2)Adjustments (2.3)Fulfillment; (3) Fame and Association: (3.1)Collaboration (3.2)Recognition (3.3)Simulation.

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Recommendation: The results of this research study may be beneficial to students and other people with an interest with the topic being discussed in this paper. With the results of this phenomenology, one may continue an in depth analysis of the life of the Filipino designers, proposing new studies related to this paper. One may also gather information that can be used in studying the life of other nationalities when it comes to fashion designing as the results may differ for other people.

Keywords: Fashion Designers; Filipino; Learning; Association; Stress, Mitigation.

1. Introduction

Fashion is as old as time itself. The author in [1] talked about "how older civilizations have utilized clothing to keep themselves warm due to the colder winters they had back then." Ever since clothes became in demand, the demand for quality and aesthetically pleasing clothes has never dwindled as it is a creative force and a communicative aid. Fashion is a dynamic industry that is governed worldwide. It has major roles in different sectors; economic, political, cultural, and social. The author in [2] mentioned in her article that "clothes can be used in determining one's social status, the better the clothing, the higher the status. She also mentioned that clothes can display one's political statement, through the style and color of one's clothing." As features of culture change, so do the clothing styles. That is one of the ways that fashion designers come up with designs. By considering the clothing of different periods in history, one can understand the customs, beliefs, values, economics, and technology of that time. As stated by the authors of [3] "new sets of cultural manifestations for the clothing consumption milieu have been shaped by changing gender roles and household consumption practices. The rational and practical clothing consumption cultural manifestations and clothing consumption behavior of the said designers in their study are illuminated. A long-accepted practice or tradition is referred to as customs. People's clothing choices are influenced by a country's customs. For inspiration and themes, designers frequently look to the past or folk customs." Foreign visitors, on their departure, always carry away with them the priceless treasure and cultural clothing.

The idea of clothing, needing to be designed by someone with fashion authority and high-level skills has since evolved across the Western world. As mentioned by the reference [4] "Historical and folk or ethnic customs are the two types of customs. Folk or ethnic custom is a traditional national or regional dress, while historical custom is the fashion of a specific historical period. The long, white wedding gown, for example, is common in Western countries." Looking left and right, tailoring shops are always found, however most of them are owned by foreigners, and only a few are owned by Filipinos.

Presently, Overseas Filipino Workers are making a name for themselves in the industry. Without a doubt, they have a penchant for beauty, thus they are able to create their own masterpieces. OFWs who are working as fashion designers have their ups and downs when it comes to starting their own title in a foreign country which results in a possible greater success in the fashion industry. The fashion industry is innately unstable and seasonal that it is asserted on change. Currently, the fashion industry is comprehensive and has increased credibility gradually, validated by the media and can express inspirations. Fashion could be used to change someone's appearance and behavior. Moreover, it can influence the perceptions of beauty or status.

Surfing the net, one can find articles and research papers about fashion trends, popular fashion designers, and fashion history. With much thought, there was little to no phenomenological research regarding (Filipino) fashion designers. This paved the way for the researchers to conduct a study regarding the life of Filipino fashion designers residing and practicing their profession in the State of Qatar. In this study, the researchers have gathered information about the lived experiences of the said participants, from their academic life to their road to succession as fashion designers. The data gathered by the researchers may provide insights and vivid information regarding the behind the scenes of every masterpiece ever made by the Filipino designers.

Given this context, the present study focuses on the lived experiences of fashion designers in the State of Qatar. The paper relates to the central question "How do Filipino fashion designers deal with challenges when it comes to providing designs?" Moreover it adheres to the specific question "What are the common motivations of Filipino Fashion Designers that have helped them navigate success in their career?"

The researchers have made use of a qualitative approach in this particular study. They interviewed selected participants with a criterion in mind. Afterwards, the researchers have gathered and analyzed the answered questions, putting them into groups, thus creating three (3) major themes. These are: (1) Fashion Literacy, (2) Fame and Association, (3) Stress and Mitigation.

The study focuses on the lived experiences of Filipino fashion designers in the State of Qatar. Making inquiries that shed light on their struggles, stresses, rigors, and hardships and how they are able to cope with them on a daily basis. With these questions in mind, the researchers set out to find answers by interviewing Filipino fashion designers in the state of Qatar and organizing them in a way that follows the qualitative approach of research.

2. Methods

This part shows the research design used in the study, the qualitative approach employed, and the procedure in conducting the study. It also extrapolates the research locale and gives a brief background of the participants' profiles. Furthermore, it illustrates the data analysis process to understand better the participants' lived experiences of becoming overseas Filipino workers here in Qatar.

2.1. Research Design

The researchers proceeded to use qualitative research which authors of [5] defined as "An iterative process in which improved understanding to the scientific community is achieved by making new significant distinctions resulting from getting closer to the phenomenon studied." since it was based around the phenomenology of Filipino fashion designers in Qatar, understanding what the unsung heroes of fashion designing had gone through. In accordance with the research of reference [6] a phenomenology "is the study of human experience and of the ways things presents themselves to us in and through such experience." This research also introduces fashion designers' struggles, coping mechanisms, inspirations and many more. The interview questions were based around the phenomenology of Filipino fashion designers in Qatar, pursuing a more in-depth style of questions to really get to the bottom of what they go through on a day-to-day basis.

2.2. Research Locale and Sample

The study was conducted in Philippine School Doha (PSD).It is a leading Filipino community learning institution located in Mesaimeer, Doha, Qatar. On October 3, 1992, the school was founded under the support of the Philippine Embassy to provide the educational needs of the Filipino community in Qatar.

The participants in this study were selected according to the following criteria: (1) Filipino nationality; (2) currently working in the fashion industry in Qatar; and (3) have 3 years of migrant work experience in the aforementioned country. Six of the participants were identified as male and only one as female. The created criteria were strictly followed in order to capture their true worldview and their life experience as designers in the fashion industry will be accurately studied.

Figure1: Map of Qatar(Google Images).

Figure2: Philippine School Doha(Google Map).

2.3. Data Collection and Ethical Consideration

In order to have a deeper understanding, the researchers have conducted an inductive approach in theme development: In referral to the journal of [7], to attain the definition of the data collected and determine patterns and relationships of this study. (1) Create 25 Developmental questions, Central questions, and sub-questions, for the participants to answer on the day of the interview. (2) Make validation letters for the validators to sign after finalizing the interview questions. (3) Request 7 people to participate in the study. (4) Provide consent forms to the emails of the participants for them to fill up. (5) Communicate with the participants and schedule a date for the interview that will be held on an online platform.

Before conducting a recorded interview, the researchers first requested consent from the interviewee for recording the whole interview. The researchers also need to make sure that the respondent's confidentiality is secured. (6) After the interview session, attentively listen to the audio recording of the interview. (7) Make an encoded transcription of the interview based on the exact words of what the respondent said (Emic) to the

researcher's understanding (Etic).

2.4. Data Analysis

The study's significant data were gathered by means of a semi-structured interview composed of twenty-five (25) questions. All copies of the robofoto were initially sent to the seven (7) participants through private messages and email, which contained the needed personal information for the study. Their demographic sketch was also gathered (name, age, years in the fashion industry, and how long they have lived in Qatar).

The data gathered were transcribed via a recording device used during the interview (personal), and another built-in recording device (virtual). The raw recordings were transcribed through the means of emic- etic transcription, followed by an examination by means of cool-warm analysis in which answers were summarized in preparation for the dendrogram. Data from the warm analysis is then put into the dendrogram, in an attempt to group the data into subsequent major themes and subthemes. (1) Fashion Literacy: (1.1) Academics (1.2) Experience (1.3) Capabilities; (2) Fame and Association: (2.1) Collaboration (2.2) Recognition (2.3) Simulation; (3) Stress and Mitigation: (3.1) Challenges (3.2) Adjustments (3.3) Fulfillment. The results of the thematic analysis were reflected in the simulacrum.

3. Findings

Filipinos are mostly known for their diligence and resilience. However, Qatar became a difficult place to penetrate, despite the population of the Filipino nationality in Qatar. Rounding up to about 236,000 Filipinos. Making up 7.35% of the population. [17] The host country, Qatar, perceives a high standard when it comes to accommodating and employing. Thus, the country became one of the flourishing in employment slots upon one's search for job hirings. Indeed, it is nothing but effortless to land a stable job in a country with a very stable economic system. In this year's second quarter, Qatar's economic progress was in the process of staying back on track, with the non-energy sector paving the way. By the year's third quarter, the non-energy sector averaged noticeably higher than Q2 ever since the spread of Covid-19 has significantly been lowered and controlled. GDP growth is also expected to grow appreciably by 2022, along with the help of the continuous growth of positive relations with neighboring Gulf countries. The upcoming FIFA World Cup which is expected to be held from November to December 2022 is also anticipated to help by boosting the country's visitor arrivals. The threat of Covid-19 being able to make a rebound in the country remains a key risk, especially with its various and recently developed variants. Despite the high standards set upon the possible employees and employers, aspiring Filipinos had established footprints along the road of the economic industry of Qatar. Employment in Qatar is primarily governed by Qatar Labor Law No. (14) of the year 2004 and a series of related Ministerial Resolutions. However corporate non corporate entities when dealing with employment in Qatar shall first consider the Sponsorship and Immigration Rules and Regulations which are mainly emphasized through the provisions of Law No. (4) of the year 2009 Regulating the Entry, Exit, Residence & Sponsorship of Foreigners (the "Sponsorship Law") The present phenomenological study explores the battles that the Filipino fashion designers had to go through to achieve the peak of their career. Considering that the fashion industry plays a huge role in everyone's lives, fashion is considered a means of self-expression, which many find hard to

achieve. Fashion is also a form of showing one's financial position, one which Qataris take pride in. The present analysis puts forward a discourse on the journey of how Filipino Fashion designers struggled to achieve their dreams despite the diversity of their environment. The verbal deliberations and utterances of the participants revealed three major events that the Filipino fashion designers had gone through to attain success in their careers. These are (1) FASHION LITERACY which indulges the designers' academic life, experiential learning and capabilities that had led them to their current profession. (2) STRESS AND MITIGATION then focuses on the challenges, adjustments, and fulfillments the fashion designers had; and (4) FAME AND ASSOCIATION emphasized the collaborations, recognitions, and stimulations the fashion designers have had.
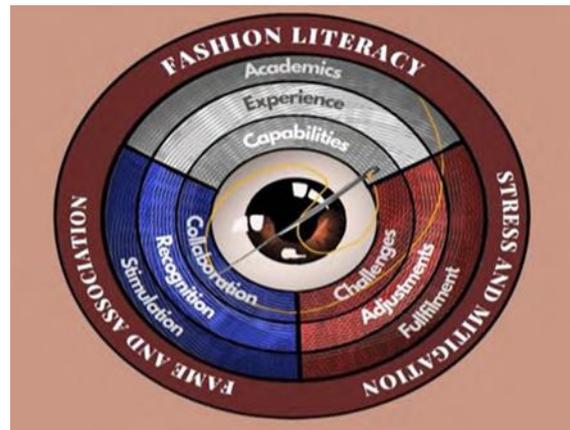
Figure3: Simulacrum.

The circular shape of the representation shows the continuous progress of the fashion designers in the industry despite their ups and downs. The eye (iris) and the needle then represents the participants of the study, they were described as someone who has an eye for the art of clothing, no specific sex was given as fashion industry is diverse when it comes to its members.

The maroon and white colors in the main themes represent the current location of the participants, the State of Qatar. Maroon also represents the intense passion the designers have. White on the other hand represents the balance between the designers' personal life and working life. The sub themes of every main theme were put into different sections with different colors; the colors of these sections first represent the nationality of the chosen participants, Filipinos. The white section under Fashion Literacy reminds the designers of promising possibilities in the industry that they want to conquer. The red section symbolizes the strength of the Filipino designers in hope of getting back up from the ashes which symbolizes their struggles. Lastly, the blue section represents the support that Filipino designers have received in their journey in their walk of life.

3.1. Fashion Literacy

Literacy is one of the first major events when it comes to artistic works. This Fashion Literacy primes fashion

designers with the knowledge that they need to create their own interpretation of art, and to penetrate the different markets that they are targeting. According to the author of [3], Fashion Literacy is the basic knowledge of fashion, how to dress well, common fashion biases, and how to dress in a way that reserves your cognitive resources. Fashion is an important factor that plays a subconscious role in our decision-making process. She also mentioned that clothes impact two independent things – the symbolic meaning of the clothes and the physical experience of wearing them. In accordance with the response under the academic subtheme, fashion designers mostly realize their passion for designing while in a different path or course. For instance, most designers did not study in a fashion school; some of them took different courses far from their current career. As the respondents have observed,

"I took fine arts as my course in college and I must say that it has helped me develop my skills that are essential in entering this kind of industry." (P5)

Some of the Fashion designers are, at most, aware of their own inexperience. As the respondents have discovered,

"I came from a zero introduction in fashion design...I was self-taught because I see fashion design as a craft and talent in which you can learn from" (P1)

"I don't feel that we have a hierarchy of who is better than whom because, as designers, we all have our own different styles, ideas, and clients." (P4)

"I have an experience with a senior designer in our workplace. He doesn't want me to get in the way, but we are working together, so I will get in his way…Back in the Philippines, I have no mannequins, so I put my dresses on the table and work with it there, and that is what amazed him because he did not know such technique." (P1)

"The clients are always right. I always take every suggestion they give. Suggestions from customers are one of the most important things, and it will serve as our reference. My work will be better with their suggestions and objections."(P2)

"I had difficulty with it but most of the time I just advise what would suit better but if the client insists then I would follow their preferences. Nevertheless" (P5)

As stated by the respondents under the subtheme of <u>capabilities</u>, some had to adjust to what their clients wanted and insisted. Others had a hard time adjusting to their environment since some designers did not have any academic background related to fashion or arts.

Fashion Designers have their own kind of art and the difference in perspective in terms of design and style are very much seen when showing their passion for fashion designing. As the respondents have realized,

"Fashion designing does not actually require knowledge...For me, when it comes to fashion, everything is based on experience."(P6)

"I have to study their work before I could come up with my very own version. I will not copy their work but I will just get an idea from them and make my own interpretation."(P2)

"Trend and my own articulation should not work 50/50. You cannot be on the same spot all time; you should go with the flow" (P1)

"Racism will never be absent, usually they think Lebanese and Spanish designers are better, but I prove to them that I am better, showing them that I can make a better dress, and with that I think, they now believe that Filipinos have the talent and we do."(P7)

In line with the responses under the subtheme experience, the respondents mentioned that most of their knowledge and skills come from what their experiences are. They also believe that studying what their challenges are going to be can help them improve their future work.

Fashion literacy refers to the ability to comprehend and use fashion terminology, which may then be used to express diverse patterns and cuts. Furthermore, fashion literacy entails understanding what types of garments and accessories look good on people in terms of color (for example, what colors complement each other as well as the individual's skin tone and hair color), patterns (for example, what types of patterns can be paired with various body shapes), textures (for example, how to care for certain types of garments), and shape. It also includes the ability to mix and match numerous fashion elements as a way of self-expression. It might also entail being aware of current fashion trends.

3.2. Stress and Mitigation

Stress is inevitable, may it be as an employer or employee. Different challenges are experienced by different individuals through the test of time, and these individuals tend to have personal ways of adjusting to cope up with the difficulties one is facing.

Based on the study of the contributor of [8], the garment industry has evolved from a traditional manufacturing industry to a culture-creative industry; impacting the world of fashion and focusing more on integrating the many cultures we as people have. Knowledge workers in the garment industry are facing new challenges and work stress as a result of the current situation's high demands for organizational management. Knowledge workers in the garment industry are experiencing middle-level work stress. Through empirical research, the study discovered different characteristics of work stress based on demographic variables. To adhere to the people- oriented philosophy, the organization should strengthen work stress management, which is important not only for improving human resource management but also for enhancing the potentiality of knowledge employees and expanding organization performance practically at the same time in the future. Another study found regarding stress and difficulties, stressful life situations such as pandemics can have significant negative implications for the mental health and psychological functioning of an individual. Stress, anxiety, mental confusion, social deprivation, and depression are a few examples of these mental and psychological issues. [21]

Burned-out people frequently complain about attention issues. However, it is currently unclear whether such complaints reflect true cognitive deficits or simply reflect how burned-out people rate their cognitive performance. The study indicated that burnout is associated with difficulties with involuntary control over attention, and its severity of symptoms varies with the level of such difficulties. Sleep deprivation, hectic schedules, trial and errors between designs, and adaptation to migrating into a foreign country were the most common challenges faced by the Filipino designers. Nonetheless, they still do not let the pressure sink in to them, but instead they often just seek through their coping mechanisms to go through the stress that they are facing.

Different challenges in the workforce often occur, but in different forms. It may come in the form of stocks and inventory, or time management. As the respondents have experienced,

"Challenges came when I moved to Doha, the materials available were different from what I would usually use in Saudi Arabia, the textiles back there were more luxurious." (P7)

"It is really stressful to be a designer because you have to think about many things. Resting in my room while listening to jazz music is one of my coping mechanisms." (P2)

"I actually had a hard time deciding what time or day I should take the meeting. As you know, I am a fashion designer, I have my own business, I am working on my own now, and I do home service." (P4)

The responses center on the test that the fashion designers faced. Sleep deprivation, a rigorous schedule, and design trial and error were among the measures the designers had to do in order to create a masterpiece. Some designers refuse to be influenced by trends. To relieve tension, the designers went shopping online, ate food, listened to music, inspiring melodies, and read inspirational statements.

For instance, Fashion designers prioritize the needs of their customers with love and passion for their work and also with consideration of both opinions. As the respondents have realized,

"I love my work as a designer so I retain it inside my head. It's not every time you get to keep photos. I tend to forget my passwords a lot, but I can still show people my ideas because I remember it." (P4)

"The very first step is to psychologize your customers, by then you will be able to understand what their ideas are." (P7)

"The standards for Filipino designers were really high, but I do not get any pressure, because the respect is there." (P1)

"Attitude is very important as well because it will define how the situation will go." (P2)

"I have my own individuality in fashion designing. I don't compete with anyone and I don't compare myself to others." (P5)

"One should have an ear to listen and an open mind as well to accept the inputs of your clients while applying yours too." (P1)

The fashion designers' performance is highlighted along the main theme; Stress and Mitigation. To light directions, all of the designers have very identical replies. They listen to the clients and offer suggestions on how to improve their designs. However, it is always the clients that insist on getting what they want.

As to what the respondents have said, they all have different ways of coping with stress and pressure of having competition among other fashion designers. Some Fashion designers consider the well-being of their clients before they voice out their opinion as professionals. While other Fashion designers keep up at their own pace in making their art.

3.3. Fame and Association

A big industry like the fashion industry is difficult to maneuver, and this is where one's connections begin. As the respondents have observed, others may not have any partnerships, but some took it as a help to boost their morale and opportunity to improve their socializing manners. Most of these fashion designers do not expect any recognition due to their age and because of the small crowd. They stated that they are content as long as their clients are satisfied with their works. Some have different sources of motivation, but most of the participants agreed that family is their primary source. These motivations speak of the love for their families to support and help their families.

"I have had good relationships with my fellow designers due to our families. Most of us were influenced by their parents, while some were also supported by their families." (P4)

"My grandfather was against me being a fashion designer. He said, "Finish one course, and I will let you do what you want." When they saw that I really have the talent and abilities to be a fashion designer, they supported me." (P2)

"I wouldn't really say that they taught me everything step by step on designing. Yet, there were a lot of people who supported me in the process." (P5)

"My family, especially my mother, is my source of motivation to continue my passion. At first, they opposed the idea that I would pursue fashion but eventually they supported me knowing that it gives me happiness. It motivated and inspired me more." (P5)

"When I grew up, moral support and encouragement was the best that they can give me." (P1)

Based on the encouragement of the responses, Most of the participants stated that they were influenced and motivated by their families in pursuing their desired careers. They also mentioned that they had other people help them besides their families in developing their skills and knowledge in fashion designing. Associating with others through a career like fashion designing can either be difficult to handle or it can be very much helpful as

well. As the respondents have disclosed,

"Collaborating with another designer will be disastrous. There is an instance that you cannot come up with a certain point because you have different ideas. It is more difficult, and both of you will clash because ideas will not match. I rather stay in my lane and lead everything." (P2)

"Collaborating with them helps when you get different ideas, sharing them with each other. It will help you grow, like give and take" (P4)

"I was able to launch two fashion shows, which gave me exposure and an opportunity to be able to show and share my designs." (P5)

"I could say that I have reached my career if the client trusts and loves what I'm doing. It gives me motivation and pushes me to work harder." (P4)

"I don't associate with anyone simply because I am usually busy and I don't have time to socialize. Designing is a complicated job." (P7)

The responses are concentrated on the partnership that the fashion designers were forced to cope with. Others may not have any partnerships, but they regarded it as a boost to their morale and a chance to improve their social skills. This also helped them acquire more attention for their masterpiece. Others were concerned that it might be destructive due to a misalignment of ideas with another fashion designer. All fashion designers have individual points of view and interests; working with others is advantageous when it is required to gain a variety of ideas.

As the respondents have mentioned, through association and collaborating with other producers, the designers can grow and share ideas with one another which can either help or hinder them because of the clashing of ideas.

"Some of my designs fashion for shows has been worn by Bianca Manolo, former BinibiningPilipinas Universe, and Anne Curtis to her show here in Doha. MutyaPilipinas, Janela, ng had worn my dress." (P1)

"If you are a designer, you should move forward after another design because this is not a competition to play. It does not matter at all because I know that I am not the only one who is a good designer that is why whenever I work, I give my best" (P2)

"This experience helped grow fashion me and develop as a designer. It made me realize that designing can cause a big impact to others as well as it can bring confidence to an individual." (P5)

"I realized that it is better to challenge yourself every day, to do things you have rather not challenging yourself. It was a better place to be in as you are not competing anybody you with else, are challenging yourself" (P1)

"Achieving bigger things isn't on the top of my priority list as all I want is to be good at what I do and to focus

on my family and I think I've yet to achieve goal." (P1)

"There are very many good designers, but it is just their attitude work you matter work colleagues. If get off towards really and you love your work and will fashion world. Hard, an opportunity to work in the International fashion world" (P2)

The responses are concentrated on the stimulation that the fashion designers were subjected to. Some people are motivated by different things; however the majority of participants felt that their biggest source of inspiration is their family. Support is a significant motivator for the participants; this aspect has assisted and pushed them to pursue their job. The aforementioned incentive elements drove them to improve their skills and achieve success.

Fame and Association focus on the collaborations, recognitions, and stimulations the fashion designers had. It discusses designers' love for fashion and the recognition of their significant works. The designers have collaborated with prominent personalities in the industry, and their colleagues to produce incredible masterpieces. Recognition in the study is defined as seeing fashion designers pursue their career in terms of recognized designs in significant events and the thought of opportunity to work internationally. It discusses the fashion designers' perseverance despite the discourages and how it affected their love for fashion. The previous two sub-themes paved the way for stimulation in which motivation hasaspired. The motivations where the fashion designers have earned more interest and have widened their creativity which helped them grow in their profession effectively.

4. Discussion

Filipino fashion designers have set foot upon Qatar for around seventeen (17)   years,   and   they   have experienced the different turn of events in the host country that had created big impacts in their career.

A designer's life is not just a small circle as it goes through the loops of hardships and success. Motivational drive comes first in their journey, where they are able to distinguish their life-long career. Stress is inevitable, of course. Number of designers had to go through this stage, and bravely sprint over it to overcome the difficult courses that challenged them to be where they are at the moment.

4.1. Fashion Literacy

Fashion literacy tackles the academic life, experiential learning and the capabilities of the participants which had led them to their current profession. Under the sub theme: academic, it showed that the majority of the designers have not attended a fashion academy, though some have taken courses unrelated to their current professions. Few people discover their passion while working, some while still in high school orcollege, and some as a result of their interest in the arts being discussed in the sub-theme of academics. Exhibitions, tournaments held during special occasions or holidays, scholarships, and school awards are among the notable awards or achievements that are listed inthe sub-theme of experiences. These fashion designers have all had no formal training and tend to learn by themselves through their own exposure. The capabilities sub-theme discussed about the designers being generally uncooperative, and how they must maintain their composure owing to the fact that they must

remain unique. They must plan for those who are unable to cooperate, all while forcing themselves to be imaginative in order to find a solution. The designers were unfazed by the challenge.

Fashion, to some people, is not just merely piecing cloth together, they consider it art. According to new research "Fashion and art have always had a close relationship and designers often look to paintings for creative inspiration" [15] Most of the fashion designers have actually had little to no mentoring in their craftsmanship, yet they have managed to learn through experience. According to [9] "Fashion styles may differ from one person to another because of so many reasons. It can be because of a person's age, taste, gender, budget, the situation or the environment. "Fashion designers have also mastered the craft of envisioning what a certain client needs on their apparel. Trying out different things that could add flare to the piece.

4.2. Stress and Mitigation

Stress and Mitigation focuses on the challenges, adjustments, and fulfillments the fashion designers had. The main root causes of stress for every fashion designer are the challenges they encounter on a daily basis in preparation of creating a masterpiece. Based on the conducted interviews, these are said to be the lack of inspiration, inability to gather target customers, modernity of technology, and poor recognition. Fashion designers often struggle with creating designs that will differentiate them from others. Finding what makes them unique and what would make the consumers choose them is the biggest challenge. Not only due to numerous numbers of competitors, but also finding the right materials and supplies to use is an obstacle to face.

According to a study, a fashion designer, supplies aren't really that easy to run and even different facilities may lack in most parts. It shows the lack of a network between materials or facilities, which makes designing and supplying one's pieces very cumbersome once you start off a business in the fashion industry.

Furthermore, the quality of education for fashion designing in general is poor and often results in absence of recognition. Ignorance to one's work may lead to denial of great opportunities and loss of potential clients, which affects the sales and marketing of every fashion designer. According to [20] since the birth of the internet, the fashion industry has adapted cloud-based software solutions for tracking supply chains and customers in real time. Therefore, this industry has become more competitive, especially for fashion designers and new fashion entrepreneurs. Consumers have various choices than before, when traditional physical stores served their buying needs now, they use their internet-enabled mobile devices for e-commerce sites, social media, and apps to meet their needs. Hence, the impact of technology on the fashion industry nowadays holds a substantial influence, especially to fashion designers who are not willing or capable to embrace this change.

Filipino fashion designers have adjusted to their work challenges through eating, buying things online, listening to music, and playing sports are the things that made them cope with stress as a fashion designer. According to the contributors of [10] the main source of stress reported is related to professional identity, organizational deficiencies, interpersonal conflicts, physical complaints and poor work environment. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun – plus resilience to hold on to pressure and face challenges head-on. Everyone needs to work hard for their goals and dreams to not waste any of their hard

work. They work in an industry where designers work every hour of the day to present and finish their collections by themselves. In addition, some fashion designers mentioned that they had no problem with managing their time for work and leisure; instead, they find something to work on so that their time will not be wasted. Fulfillment is described as the sense of achieving something an individual yearns or desires. For a fashion designer, the measurements they have to go through acquire a lot of patience, passion, and determination. Despite the hardships they encountered, they managed to produce such works that paid off all their sacrifices, which gives them the perception of fulfillment.

4.3. Fame and Association

Fame. There is no doubt that it is like a tail that follows anyone along the fashion industry. Even so, not all designers desire to become known, especially the ones who have aged. Based on the results, there were designers who took into consideration the idea of collaborating with prominent people in the industry as it makes their shows and projects successful, however, some dislikes the idea as different views make a disastrous piece. Thus, according to Sampson (2016), collaboration is often necessary for an emerging designer to advance or survive. This act may be a help to boost one's morale and opportunity to build creative works with another. In the matter of collaboration, designers will keep learning since the fashion industry is a continuous process. Moreover, it will also help the designers get more exposure to their masterpiece. In [11] also stated that Fashion is akin to art, which reflects the uniqueness of a time, place, and culture. It throws a diverse set of people together to transform a creative vision into something tangible and profitable. Despite the different views of the designers towards collaboration, it was reported that all seem to have a good relationship with their colleagues in their own respective shops. As shown in the results, most designers do not expect recognition because of their age and the small crowd, while some still yearns for acknowledgement. Fashion is dominant because it represents our history and helps to tell the story of the world. Masterpiece recognition has a role in the fashion industry and has an influence on fashion designer's reputations and outgrows his/her name in the industry. Hence, one's work will show the world his/her point of view. Different interpretations or stories in a masterpiece make the world creative and wide. Different masterpieces of the designers have been recognized and worn by famous people, displayed in exhibits, shows and have been featured in magazines and different articles. These certain accomplishments were used by some fashion designers as an inspiration in their career while some did not make a big deal about it and just continued with their purpose in the industry.

Stimulation was powered by familial support and guidance from fellow designers and other people associated in the industry. Few designers were influenced by the women in their family while some due to their love for art. According to the article in [22], Calvin Klein is known worldwide for his extravagance in the fashion industry. His mother instilled in him a love of art and fashion, and he owes it all to her. Calvin began his career as an outcast who taught himself to draw and sew. Parents have a significant impact on their children's career development and decisions. Parents want their children to be happy and successful in life, and career choice is one factor that influences happiness and success. As stated in a study of [23], students who feel loved and supported by their parents are more confident in their ability to research careers and choose one that interests and excites them. In this study most fashion designers were supported by their families through words of encouragement and recommendation of clients, however some were not given support given that his/her family

can't accept her gender preference and coming from a family of a certain profession (doctors), he/she was expected to become one as well. Choosing a career is often considered a major turning point in a young adult's life. [24] then supported that few parents appear to recognize their impact and believe that they have little to do with the career choices of their children. Nonetheless, these designers have made their loved ones as their source of motivation when it comes to designing. In the process of stimulation, There were designers who received help from their fellow designers, who taught them techniques that they are still able to use today. However, there were some who did not have a fashion designer to guide them. As stated in [24] , mentors are important because they provide you with an objective third- party opinion at every stage of the process. A mentor has no personal stake in one's company but has a wealth of experience in a particular industry that they are willing to share.

5. Conclusions

Based on the results and discussion of the research, the different perspectives of challenges and ways to adapt. The industry of fashion has proven time and time again that anyone can pursue the creative endeavor regardless of the forms in which they've learned it through. However, growing up in a Filipino household, some designers did not get support from their family, despite his/her talents. A work without stress is merely just a dream, especially in the fashion industry. Nonetheless, the designers had elaborated that some get inspiration when he/she is faced by pressure. However, it also showed that some are not able to create when they are in a stressful environment. Collaboration does not work for all, some prefer to just work alone while some believe that collaboration is better as two or more minds are working. The designers have also emphasized that working internationally and being recognized is not important for most anymore as they have aged and are currently content with their milestones.

Acknowledgements

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