

SOCIETAL PRESSURE NOT WEARING BRA FOR WOMEN

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In a world of ever-changing politics and seemingly constant violence, the last thing on a woman's mind should be the fear of judgement over not wearing a bra.

Many women, for a number of different reasons, decide not to wear a bra on a day-to-day basis.

"I feel like since bralettes came out, I wear bras more often, but there are definitely times where I won't wear a bra, it depends on the shirt," said Emma Friedman, a sophomore art student at UNC Asheville.

Whenever I choose not to wear a bra, the main reason behind it is comfort. Often, it is more comfortable for me to not have to deal with straps digging into my shoulders or having the straps fall off altogether than to wear one out of societal pressures. The amount of times I have to re-adjust my bra throughout the day alone is reason enough to want to discard every one I own and encourage other women to do the same if they are having a similar experience.

Since bras are not tailor-made to fit each woman's unique body shape, the discomfort often comes from standard bra sizes not fitting correctly.

According to *Racked*, clothing sizes are an inexact science across all articles of clothing, but in bras especially. Bra sizes are calculated using a measurement of the rib cage and how far the breast extends beyond that measure.

Manufacturers began to sell bras in standard sizes such as 34A, 36B and so on after the turn of the 20th century, according to *Racked*. As a way to determine how bras should be sized and in an attempt to find the average breast size, a study of 10,000 middle and lower class American white women's measurements were taken. This, of course,

