

Annotated Bibliography

Kaur, Rosie. "Project Rapid Runway: Unraveling the Insidious Threads of Fast Fashion." *The Flaw*, 5 Dec. 2023,

theflaw.org/articles/project-rapid-runway-unraveling-the-insidious-threads-of-fast-fashion/.

This article provides a lot of useful information about the psychology behind fast fashion. It explains the rise of fast fashion first. Companies like H&M and Shein began selling their clothes at extremely low prices, causing many people to buy more clothing. Eventually, people on social media began partaking in this, which by doing so encouraged other people to do the same. Advertisements are all over our social media and everything promotes overconsumption. This article really has no limitations overall and I will use it to help show some reasons as to why people are so compelled to partake in fast fashion.

Khalil, Natalie. "The Fast Fashion Epidemic." *UCLA Sustainability*, 16 Feb. 2024,

sustain.ucla.edu/2024/02/16/the-fast-fashion-epidemic/.

This source is essentially about the fast fashion epidemic and lists two main issues, human impact and environmental impact. Fast fashion is partially such a huge issue because those companies outsource their labor to other countries with less government work regulations, which leads to the workers being taken advantage of and getting paid criminal wages. Fast fashion companies' products are of such cheap quality that they can fall apart so easily, and since they are so cheap, people have no problem with just throwing them away into the landfills where the plastic material produces microplastics forever and never truly breaks down. This poses a huge pollution issue and has led to much of the global warming our planet has experienced. I selected

this source because it provides a lot of useful information about general reasons fast fashion is such a problem. It explains what it is in an efficient manner and factual way. It's found on UCLA's Sustainability page and sourced some reliable articles. Some limitations of this article are that it doesn't go very much in depth, only surface level claims.

"Fast Fashion." Penn Sustainability, University of Pennsylvania, 13 May 2022, environment.upenn.edu/news-events/news/fast-fashion.

This source provides information about the phenomenon of fast fashion and its environmental effects, specifically CO2 emissions. It dives into a brief history of where fast fashion originated from. Essentially, fast fashion is a business model, and this article delves into that. Fast fashion is built to constantly flood stores with new items which leads to the quality of clothing to decline. This article also addresses the amount of water needed to produce the amount of clothing in the fast fashion industry because of the dyes required to dye fabrics, which is a process that requires large amounts of water to rinse out. It also addresses why recycling isn't always a good solution because it's so expensive. Overall this source provides a lot of useful information provided from reliable facts and sources. It is on the UPenn Environmental Initiative Website which means the website itself is also reliable and the authors are too. One limitation of this source is that it didn't dive into any statistics for the overuse water aspect of fast fashion.

Shao, Hantao. Design for Emotional Durability: Investigating the Relationship between Emotions and Product Longevity in Industrial Design. 2024. Auburn University, Master's thesis. AUETD, etd.auburn.edu/handle/10415/9574.

This source is a research paper written by someone from Auburn University about emotional durability, which is a concept that encourages strong bonds between a consumer and the item, which can be greatly beneficial and more sustainable. This research paper goes into a study about emotional durability and the results of the study. The reason they did this study in the first place was because they found a gap in knowledge of how companies can produce emotionally durable products to appeal to long term satisfaction. This paper will help me to build my knowledge on how to make things more sustainable and help better understand what makes someone want to keep an item they have and not throw it away into a landfill. Overall this source is very reliable since it was based on a university study.

"Rethinking Clothing Consumption: Understanding the Human Cost of Fast Fashion." University Policy, UNC-Chapel Hill, 26 Apr. 2024, universitypolicy.unc.edu/news/2024/04/26/rethinking-clothing-consumption-understanding-the-human-cost-of-fast-fashion/.

This source is useful because it provides information about how the garment industry has doubled its production and the average consumer has increased their buying of clothes by more than 60 percent in the last 17 years. This article deals with the issue of exploitation of labor due to these statistics in countries like China, Vietnam, and Bangladesh. Many of these workers are women and only 2 percent of them make a living wage. The article states that to help this we need to not fall prey to the fast fashion tactics of buying things for the happy feeling that comes after. College students especially have a lot of buying power so it's up to them to help stop this issue as much as everyone else. This article was useful for my capstone because it talks mostly

about the labor issues that come with fast fashion. I found this article useful because it is a reliable resource with real statistics about the issue to support the claims being made.

"The History of Fast Fashion." Ocean Generation, 14 Oct. 2021,

oceangeneration.org/the-history-of-fast-fashion/.

This article contains information mostly about the history of fast fashion. Its limitations would be that it doesn't go much into depth about the impacts of the issue, it just talks about the history. It's a useful source to give background to how this issue became an issue in the first place. It goes all the way back to when the first sewing machine was made because before then, people hand sewed their items using things like bones. Then the Industrial Revolution came and with that came sweatshops which made it easier to produce a lot of clothes. Eventually in the 60's and 70's people began using clothes more as a form of expression and the mass production of clothing began. The fast fashion term was officially coined in the 90's. This article is extremely useful in noting when the mass production of clothing began and when people began to see the value of clothes differently. I found this source helpful because it will help me when explaining the overarching issue.

Norton, Michael I., et al. "The 'IKEA Effect': When Labor Leads to Love." Harvard Business School Working Paper, no. 11-091, Mar. 2011,

www.hbs.edu/ris/Publication%20Files/11-091.pdf.

This source was useful in explaining what the IKEA effect is, which is a theory that people value the things they create themselves more over things they didn't make. It essentially dives into the link between labor and how it is crucial for many people's wellbeing. Because of this, the more

labor someone puts into an item, the more they value that item. This source goes through the experiments that help contribute to this theory, the results, and what those results mean. This source seems to be reliable though because it is a UPenn research paper. It may be a little outdated, though, since it was released in 2011, which really seems to be the only limitation of the source. I will use this information to help show why I chose sewing to be a part of my final capstone, which is to make new things from old things that I am going to value more and not throw away.

Upadhayay, Sugam, and Omaima Alqassimi. "Transition from Linear to Circular Economy." Westcliff International Journal of Applied Research, vol. 2, no. 2, Fall 2018, pp. 62-74, <https://wijar.westcliff.edu/wp-content/uploads/2020/10/Upadhayay-Alqassimi-2018-22-DOI.pdf>

This source is a research paper from the Westcliff International Journal of Applied Research. It does a good job at explaining what a linear economy vs. circular economy is. A linear economy is a business model that revolves around taking, making, and disposing, as opposed to a circular economy which centers around regenerative approaches to help extend the life cycle of an item. The circular economy takes items and gives them a new life by reusing, repairing, or recycling them which helps lead to reduced waste. Our country is stuck in a linear economy, items end up in landfills, which means that it only focuses on product consumption and waste. I am going to use this to help encourage others to be more environmentally friendly with my capstone because this talks a lot about how a circular economy helps businesses and individuals to be more aware of environmental issues. Overall there aren't really any limitations to this source.

Lin, Audrey. "Driven to Shop: The Psychology of Fast Fashion." Earth Day, 5 Aug. 2022, www.earthday.org/driven-to-shop-the-psychology-of-fast-fashion/.

This article contains information about the effects of the fashion industry on the environment along with the psychology behind why people participate in it. It talks about how the culture of consumerism is encouraged on social media. People's perception of shopping is for entertainment a lot of times nowadays because of how much pleasure they get from buying a low-priced item. This problem is similar to an addiction and the article delves into why. I will use this article to help show that overconsumption is extremely harmful to the environment to help shift people's mindsets away from what is being pushed on social media and all around us which at its heart is consumerism. A limitation of this source could be that it doesn't cite studies for every major point brought up, though overall, this source will be very helpful in constructing the informative section of my capstone website.

European Demolition Association. "What Is the Difference between Linear and Circular Economy?" Guide about Construction and Circular Economy, June 2022, www.europeandemolition.org/information/construction-and-circular-economy/what-is-the-difference-between-linear-and-circular-economy.

This source offers useful definitions of the linear and circular economies, which as mentioned before, are business models that represent how people handle items consumed and at the end of their lifespan. They are concise and accurate explanations that will be useful for my website in explaining what the difference is between the two and what they mean. This source will help me show that the linear economy is a one-way path that promotes pollution while the circular

economy helps to minimize that issue. One limitation of this source is that it doesn't go much in depth for either of the terms or give much more explanation other than the definitions.