



Influence of Arts, Fashions and Womanhood in Nigerian Catalyst Environment

Roseline Williams Akpan, PhD
Department of Fine & Industrial Arts
University of Uyo, uyo
Akwa Ibom State

Abstract

This paper examines the influence of arts, designs and general effects on the environmental development with reference to the womanhood (feminism). This paper reveals the art as a hole, the artist, their roles, textiles, technology, hair, food that can beautified body and design as it influences the society at large. Feminism the most affected of the fashion world in the Western styles out-lived human expectations. However, the glorification, perfection, ability of dominating forces and integrity pouring into redeeming the rightful place of womanhood is alarming and women do all that is, in their power to see and sing a victory song. Therefore it has been discovered that Nigerian indigenous textile technology has domineering influence over western designs in Nigeria fashion industries.

Keywords: Arts, Catalyst, Designs, Fashion, Womanhood,

Introduction

Times and seasons are for man, but are sovereignly steered by God. He works all things according to the counsel of his own will (Tibi 2016).

The artist follows the footstep of the great one, leader, owner of life and all. Udoh (2009) opined that art works are created by artist as a copyright, just coping nature but most times the artist seem to outdo them.

The Concept of Art

Ekwere (2014) is of the opinion that any attempt to create a billard board definition to the word art will prove inadequate and a total disservice to art itself. Art carries different meanings to different people depending on individual and what art means to such individual. Austin (2015) opined that art could be defined as skill acquainted by experience, study or a branch of knowledge.

According to Eyefoki (2016), the word “art” which became substantive in the 13th century AD is a middle English derived from the Latin form “ars” which means skill. Okonofua (2001) maintained that art is simply defined as the product of creativity inspired by man’s imagination and his perception of purposeful creation, an outward expression in physical form, inner cravings and as a means of communication. Okonofua definition points to the mental activity only as a means of enforced art which he sees as a product. Wangboje (2000) explained that art means different things to different people and that, what is generally



agreed is that Arts is both a process and a product. Moreso, as an embodiment of human skills, art would cover all ranges of human enterprise both in areas of material and non-material culture of man.

Thus, it is an all-embracing expression of human creativity for both utilitarian and non-utilitarian imaginative objectives. It involves all forms of imaginative and manipulative skills expressible for some satisfaction whether in technology, science or humanities.

Peter (2014) opined art as a visual expression of an idea or expression formed with skill through the use of medium, notwithstanding, the environment, it reinforces only its visual nature as a product. According to Eyefoki (2016), there is no absolute definition of art. One could only give an operational definition and then leave much to explanation. However, there is need to consider few earlier attempts at defining art.

Obot (2014), asserted art as the visual representation of human thought or feeling that satisfies one's carving for the good. Mbelu (2005) opined that art is a medium. It has the power to both represent reality and express it. Akpan (2012) opined that art is something that people feel has values because it is beautiful or expresses ideas. Art has so many aspects, takes so many directions, serve so many purpose in such a variety of ways (Williams 2015). Also, Egonwa (2011) regarded art as the simulation of experience in forms, images and that it is the result of manipulative skill applied by man usually a gifted person to express an idea in a chosen medium. He went further to say that it may be put to any use, but its sole purpose is to give a rewarding emotional experience.

Bob (2015) spelled out that art is the creativity of man as distinguished from the world of nature. More so, as a vocation, it provides means of livelihood and career opportunities. Banjoko (2000) outlined sets of definitions about art as which include act of making inner feelings, act of making skillful use of non-visual representations of things, as universal language of expression. Precious (2016) opined that art is a skill, especially human skill as opposed to nature. According to Ogunmor (2005) art generally is a way of life. It is the power of doing anything. Anything means any skill, trade, craft or acquired expertise. Eyefoki (2014) added that Ogunmor definition although visually oriented does not seem definite about the mental concerned chiefly with the tangible procedure. Thus, there is room for improvement.

Udoh (2009) is of the view that art is a means of self-expression, a human concept made manifest by the skillful use of medium. Uzoagbu (2000) explained that for this self-expression to be really artistic, it must create pleasing forms which satisfy our sense of beauty. Also, according to Nittler (2010) art is a powerful language through it artist communicate thoughts, ideas and feeling. More so, like most languages, the language of art has its own special vocabulary, which is not made up of words rather it is made up of visual elements namely; colours, shape, form, space and texture. These actually brought us to the view that God is the first creator; artist who created the universe to his taste saw everything made by Him as perfect and unique. (Genesis 1:1-3) Ogunmor (2005) explained that Art generally is a way of life. It is the power of doing anything. It means any skills trade, craft or acquired expertise.

The Concept of Artist

According to Ekwere (2018) artists are people who practices an imaginative art, one who creates objects of beauty using imaginative power to turnings nothing to something. Also, Austin (2017) asserted that artist is someone who makes art works of different types.



Wanboje (2013) explains artists as:

- (i) A person who creates art works
- (ii) A person who creates art as an occupation
- (iii) A person who is skilled at activities.

Williams (2015) propounded that artists are creative, intelligent, skillful people who venture to put their creative minds to produce art works. They copy the creator, maker of the universe and assumed to be influenced or directed by the Supreme Being in their ideas. They got dreams, images things that cut across each day in their mind. More so, Dan (2015) opined that artists are people whose creative works show sensitivity, possessiveness, alertness in the inner courage and focus. Artist in a more civilized explanation applied to a person who engages in an activity deemed to be as art. How-be-it, artist may be defined unofficially as a person who expresses himself or herself through a medium.

The Role of Artists in Arts Development

The artist are special group of people created, to re-do, blend images, in the society. Robbin (2012) opined that the artists create the art works which are place in the museum and galleries which is finally sold to the public.

The artists create life into the unknown by making each art piece desirable and appreciative. Lora (2015) ascertained that the artists attained exhibitions and exhibits his works which are well kept by the curator and it is these curators that will finally sale the works. However, it is the artists who manufacture the works and send it out; the curator tries to understand the pieces of art works and their meanings. Therefore the artist roles are as follows:

- (i) Speak of society
- (ii) Speak about the society
- (iii) Speak for the society
- (iv) What he wants the society to be.

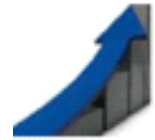
According to Ekanem (2014) artists cannot exist in the vacuum, they need a platform to operate. These platforms metaphorically are the people in which the art works are created for. However, this brought us to the view about the public.

According to Peter (2014) The public means members of the community; it is the public who are the final consumers. They buy the art works produced by the artist.

The Concept of Fashion

According to Ekanem (2014) fashions come and go, but individuals are deadly gracey for something that will shoot them out. Fashion like many other aspects of our life is never static but dynamic in incorporating the old and new modes. Kehinde (2009) asserted that the staple fashion items for any lady during and out of season are as follows: A big handbag for day time event, sunglasses, gladiator sandals, bangles (wooden or plastics), customized shirts and fanciful hair style.

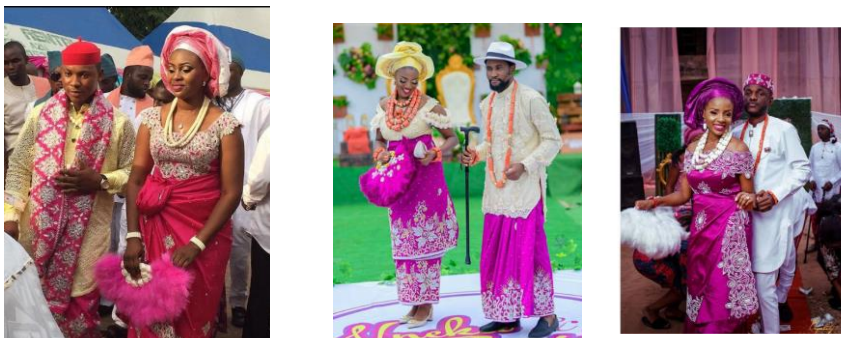
Nchnonwa (2000) observed that fashion like many aspect of societal life is never static but keep on moving undergoing various transformations. Peter (2014) opined that the greatest challenge of our time, is the filtration of foreign design which interplay with our traditional attires. Ekwere (2018) ascertained that fashion in the Northern and Western part of the country consisted of agbada for men and lace, among the women with various iro and buba to go with. The East and South-south geopolitical zone take to caftan for men and booboo for women,



besides other traditional designs. Isaac (2017) observed that fashion for young boys and girls means a different situation. The female students rush for trousers as a dressing style, others go for miniskirts worn with short blouses. The male dressed with trousers, earrings, blown out hair and some even platted their hair. However, most trousers of our youth are torn at the knee to display graciness and invoke attention.



Plate 1:Efik Dressing (Cross River State)
Courtesy:



Ibibio Dressing (Akwa Ibom State)
Courtesy:



Plate 1: Indigenous Styles in Tie Dye, Batik and Printed Design

The Fashion World and Character Types

Williams (2015) observed that fashion in a particular locality depends on the belief, norms, and values of the people rooted in the community. However, the customs and culture affects the living situation of the place to the very estate that they live to display the culture they were born to see unconsciously. Horgan (2016) explained that the Efik of the South Eastern State, were dressing like the Ibibio although they were more romantic in their speaking style and ways of doing things. They are more meticulous in dressing than the Akwa Ibom people. Obot (2014) opined that the Efik people are taught how to dress in order to boast personality, developed charismatic gesture, display pleasantries in all times. Edem (2017) asserted that the women are taught how to love and keep a man in the house, they learnt the act of petting, romancing and cooking a special food that turns their men's head upside down.

The Perception of Fashion in Nigeria

- 1. Dreadlock Hairstyles:** According to Smart (2017) dreadlocks are also called locks, dreads or dada, it is a hairstyle that consists of a section of hair about an inch 2.5cm around the base that are matted together to form individual ropes. They cannot be brushed or combed and when washed must be dried thoroughly to avoid odour, mold and mildew. A common misconception is that those who have dreadlocks do not wash their hair, but, Smart (2017) went on to agreed to the argument that, this is not true because most dreadlocks care tips require the wearer to wash the hair at least once in two weeks. There are two types of dreadlocks, namely: natural permanent dreadlocks and artificial/temporary dreadlocks.



2. Natural Dreadlock

Udoh (2009) opined that in today's society, natural locks are misunderstood and are often thought as dirty, low class or a desire to be a part of another culture. Natural Dreadlock when kept well are usually wash interval to avoid scrashing and smelling. However, Eno (2019) opined that natural locks give her a unique personality, comfort, prestige and a better charism. Also, keeping her in a position of closeness with God. Smart (2017) asserted that the truth about locks were often sign of royalty and holiness throughout history.

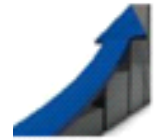
3. Artificial Dreadlock

According to Peter (2014) artificial dreadlocks are unique, affordable, easy to maintain and befitting to all facial shaped be it oval or in other natural locks. Smart (2017) ascertained that it is important to note that dreadlock brings out the beauty in everyone who wears it.



The Different Faces of Dreadlock Hair Styles

4. **Denim Wears:** Natasha (2017) spelled out the Dos and don'ts of wearing Denim. Denim is a twill textile made up of cotton through which the weft passes under two or more warp threads. It is a study piece of cotton, and twill weaving distinguishes it from regular cotton wearing. Dan (2017) opined that to make blue jeans, denim was initially coloured blue with indigo dye. Natasha (2017) explained that Denim on Denim sounds straight forward enough, but there are few guidelines to keep in mind when attempting these trends:
5. Play with colours if you are a total beginner, before delving into shades of blue denim, start out by pairing different shades of denim together, like white jeans and blue denim jacket, or black jeans and a jean shirt (blue)
6. However, do not wear Denim Accessories keep the jeans confide to your clothing and just say no to denim shoes, a denim hat, hand-bag or any other accessory.



7. Dress up your Double Denim. Do not be afraid to elevate your outfit with noticeable items including a tuxedo blazer, hat and red uptick. You could play it up with heels or down with sneakers, sandals or flats (Natasha 2017).
8. Do not break up the Denim on Denim Look. According to Natasha (2017) avoid looking too matchly. You can opt for distressed denim or throw in a belt. Wearing denim on denim can be very tricky but looks amazing when done correctly.



Plate 5: The Denim Styles

Akpan (2012) opined that if you are committing to the denim on denim look, you are already set to turn leads. Therefore Natasha (2017) advised that in wearing all these denim, we should keep things simple.

Different Types of Skin Care

According to Tara Mwe, a professional make-up artist suggested that exquisite looks (skin-care) extra ordinance over the years empowered so many through her trade, have this to say. “There are basically three skin types, they are as follows: Dry skin, Normal skin/comboination & Oily skin

Peter (2014) asserted that there are other variations like acne-prone oily skin or very oily skin. Paul (2014) opined that skin care product do not know colour of somebody skin but they know skin types.

Oily Skin

According to Paulman (2019) the characteristics of the skin in the oily skin level are shiny, enlarge pores, its prone to breakouts, black heads, blemishes and stow in aging.

Natural / Skin

Wilson (2014) observed that normal skin is smooth, and has even texture. Healthy colour may tend towards the beautification of the woman.

The Dry Skin

- i. It feels tight
- ii. Flakiness
- iii. It may appear ashy or dull from dead skin build up.

Ekong (2019) viewed that our skin reveals the quality of our lives, it is a mirror. Bukky (2018) exclaimed that everything shows upon your face, more so, our skin reveals the quality of our lives and reveals the passage of time. She went on to say that, we should treat our skin with respect and the gentle care it deserves. According to Rubinstein (2017), if you take care



of your skin, your complexion will take care of itself. More so, if you want a healthy, beautiful skin, there are four basic steps to follow; they are: Cleanse Exfoliate, Tone and Moisture.

- i. **Cleanse:** Adam (2018) suggested that looking closely in the mirror, one will detect hallow in the face (holes). These are pores that can cause a dry clean skin feeling dirty but it will dog your pores. Cleansers are liquid substitute for soap, they do not lather but they effectively remove dirt, oil and make up.
- ii. **Exfoliate:** Exfoliating make incredible differences on one's skin. It literally means to rub off the top layer of the skin to make way for fresher, younger skin below. Exfoliation makes it easier for the skin to absorb moisture and it also remove surface debris even out skin texture and makes the skin to look smoother.
- iii. **Tone:** Umen (2019) opined that a toner refreshes your skin. An alcohol free toner for all skin types is suitable for use. However, if one has an oily skin, it is advisable to use toner that has salicylic acid.
- iv. **Moisture:** Tara (2005) asserted that no matter what skin type or how old you are, you must moisturize. She pointed out that moisturizers keep the skin healthy and protected it from dryness in several ways.

Fruits and Foods That Makes the Skin Glow to Meet With Current Fashion

Bakhru (2019) commented that if your hair lost its sheen? Rather than lettering too many creams and cosmetics on it, why many add a natural glow to it? There are foods you eat to get back the radiance in the skin; they are as follow: Apple, Carrot, Lemon, Pumpkin seeds, Spinach, Strawberry, Sweet potato, Tomato, Avacadoes, Bananas, Pawpaw and Pineapple.

Apple Fruit Body Building for Beautification

Shirley (2018) opined that an apple a day can certainly keep ageing skin at bay. This fruit has vitamin C in abundance. Also, it prevents free-radical damage which causes premature skin aging. Howbeit, to ensure glowing skin, one can eat one apple every day. More so, you can also apply the juice of an apple to face and wash it off with water after 10 minutes, apart from this, apple impacts health benefits as well.

Carrot Fruit: Body Building to uphold materials credited

Carrot is high in beta carotene which is converted by the body to vitamin A, this makes it a must-eat vegetable in your daily diet. Also, not only will it give your skin a glow, it will fight wrinkles and improve your skin, making it healthy. How one can use it; you can add carrots to your salad or cook it to make a dish. However, drinking of carrot juice with its fibre intact is a great way to boast beauty (Brown 2018).

Lemon Fruit: Body Build Up

Yemi (2010) ascertained that your skin tends to look dull when it has scars, acne, and blackheads. Notwithstanding, lemon can keep these at bay. This Lemon fruit has high content of vitamin C which is needed for the Synthesis of Collegen. How it can be use; squeeze a lemon in a glass of warm water and have it first thing in the morning. However you can add a spoonful of honey in the mixture.



Pumpkin Seeds: Body Built for Complexion

One sure-fire way to brighten your complexions is to eat a handful of pumpkin seeds. These little bits are packed with Zinc which is the creation of new skin cells. They also improve skin tone and control oil production in your skin, (Obot 2014).

Spinach Fruit: Body Cleansing for Beautification

According to Yemi (2010), Spinach is loaded with antioxidants; spinach can help reduce the onset of wrinkles. It helped strength skin tissues and possess anti-inflammatory properties which flush out toxin, giving clear, glowing skin. One can use it by boiling added to salads or Spinach juice for effective skin health.

Strawberry Fruits: Body Smoothen to Beautify One for Fashion

The presence of malt, malic acid in strawberry makes it a natural whitening agent. It also has loads of antioxidants which lend your skin a healthy radiance from within. How we can use it, eat a handful of strawberries or simple mash it to make a paste and add yoghurt and honey. Apply it on your face and in 15 minutes wash it out. Strawberry can be added to smother of bodies (Yemi, 2010).

Sweet Potato: Body Freshness Supplies for Beautification

Shirley (2018) asserted that anti-inflammatory in nature, sweet Potato has a high level of vitamin A content which helps fight acne causing bacteria. She went on to say that the presence of vitamin C, further improves skin tone and heals pimples scars.

Tomato Fruit: Freshness & Slowing for Beautification

According to Obot (2014) one skin needs a boost from within look fresh and glowing. Tomato is rich in an antioxidant called lycopene which is anti-ageing properties and also acts a sunscreen from within. However, tomato is acidic in nature, its pulp helps tighten pores and prevent pimples. How to use it is that tomatoes are usually a staple of Indian diet and added to several dishes in a puree form. However, one can eat them raw as well as apply its pulp and juice on skin.

Avocadoes Fruits: Freshes the Skin (Body) for Display Materials

Shirley (2018) asserted that Avocados are highly nutritious fruit, rate in the health world as a super-beauty food and often used as vegan mayonnaise. However, not only do they taste great, but they also offer amazing benefits for the skin as well as when applied externally. Avocadoes contain biotic, also known as vitamin B7, promote cell regeneration and growth resulting in faster growing hair and nails, as well as glowing skin. They also contain vitamin E, known as "the fatty acids in this naturally fatty fruit help to provide skin with essential lubricants, which lubricates and promotes youthful skin.

Banana Fruits: Adding moisturizes to the Body for Fashion Purposes

Obot (2014) opined that there are numerous benefits in bananas which help rejuvenate tired skin and soften rough skin. Banana contains high levels of potassium, which helps moisturizes and hydrate the skin making it look fuller, more supple and youthful. It contains various skin-healthy nutrients such as vitamin A, B, and E. Moreso, the nutrients in bananas



work to maintain the elasticity of skin, moisture dry flaky skin, prevent premature ageing, wrinkles soften, rejuvenate skin, fades out dark spots and blemishes.

Pawpaw Fruit: Nutrient Benefit

Pawpaw extracts are widely used in the skin care industry in the form of facial peels, soaps, cleansers and lotions. The question is, why go after chemical treatments when you can enjoy the goodness of pawpaw, fresh and cheap. However, one advise to eat pawpaw regularly and even mash it and apply on skin for a youthful bright glow. Brown (2018) stated that pawpaw contains a large amount of Vitamin A/Beta carotene and an important enzyme, papain. More so, Papain is not only an important digestive aid that breaks down inactive proteins, but it is also a powerful antioxidant. It counters free radical damage on a skin and also helps heal damaged skin by speeding up cell regeneration.

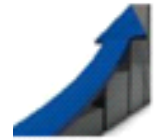
Pineapple Fruits: Refreshes the Skin

According to Yemi (2010) research over the year's shows that pineapple has great nutritional and medicinal values, they are as follows;

1. It fights against nitrosamines formed in the stomach, which is the major cause of stomach Ulcer.
2. Helps in weight reduction and control when taken before meal. This is because it reduces human appetite and close constituted good complement of weight loss diet.
3. Regulates blood pressure and protect the body against radicals which damage the cells.
4. It enhances proper functioning of the kidneys. It contains chlorine which helps the intestine.

Wilson (2014) asked a question do you ever heard of bromelain. The anti-inflammatory enzyme, which is widely benefits? However, pineapples contain a large content of natural bromelain. Bromelain has special benefit for skin, as it gently exfoliates the skin. More so, using pineapple juice or pulp tropically will help clear off dead skin and reveal beautiful glowing skin. Pineapple, also, contains anti-oxidant that neutralized free radical damage. Also, Stone (2017) asserted that pineapple hydrate and softens skin from the inside out and lightens blemished resulting in clear looking skin. If you are looking for way to achieve glowing skin, pineapples is the way to go. Williams (2015) ascertained that wearing good clothing needed fantastic body (skin) to enhance the appearance. The fruit disordered certainly play on the beautiful inner body as a whole while physical clothing brings about the outward displays. Yvonne (2013) mentioned that her sense of style is attention grabbing because she put a lot of attention into details. She went on to say that she made sure she pay attention to looking good. Her fashion tips are as follows:

- i. Take care of your skin, drink a lot of water
- ii. Sleep very well
- iii. Make sure your manicure and pedicure are perfectly done.
- iv. Indulge in perfumes; it is sexy for a woman to smell good.
- v. Invest in good cosmetics.
- vi. Dress glamorously



Preservation of leather Suede

According to Bumah (2013) no matter how expensive or classy a pair of shoes or bag may be, if it is not well cared for, it loses its beauty. She emphasized that if you fail to keep your shoes and bags in good condition, they will not last as long as they should. So, it is imperative that you take adequate care of these fashion accessories. However, to preserve shoes and bags, keep them looking their finest, care for them the way you take care of your clothes.



Plate 6: Leather shoes & bags in fashion

Tip on Taking Care of Leather

If you have mud stain on your leather shoes/bag, try to remove it while still wet. Place it under a running tap and wash the mud away. Try not to scrape away the mud with anything sharp or rough textured.

Allow it to soften, and then use a soft cloth to remove the remnant from stitching, intricate area and leave to dry completely. Polish with a good shoes polish or cream. Ensure they are thoroughly dry before you use them. If not, they may lose their shapes or even tear. Richard (2018) opined that in the case of patent leather, wash in a mixture of mild, and soap water. Use a soft cloth (cotton) to wipe gently until it is clean. Allow to dry completely at room temperature. Apply a wax or polish to help water proof the leather. Bumah (2013) asserted that Suede shoes need to breathe, so store in appropriate place. Do not store in plastic bags which prevent air circulation. You can store in old pillowcase to protect from dust. How-be-it, when travelling, store shoes in flannel shoe bag instead of plastic bags. Keep them



away from damp conditions, to avoid growth of mold and mildew. More so, keep them away from light, which will fade the colour. If Suede shoe/bag gets wet, do not use a heat source to dry quickly. Instead, pat with a clean towel. Then allow drying naturally; however, when completely dry, using a suede brush to restore the nap. However, to remove oil stain from suede, rub talcum powder or cornmeal directly on the spot, brush off after several hours and repeat if necessary. Notwithstanding, major stains will probably require professional care. Moreso, shoes or bags when spoils need to be repair, therefore:

Knowing a Good Cobbler

It will not be a bad idea if you know a good Cobbler whose knowledge is not limited to shoes. Good cobbler can restore old shoes and bags to make them look almost as good as new (Bumah 2013).

Feminism, Arts and Fashion

According to Isaac (2017) feminism has to do with female gender, it has to do with self-assertion of female forks in men's world. Women felt they are only seen and not heard. In an attempt to be seen and heard they decided to make noise for the world to hear that they are imaginized. Obot (2014) asserted that feminism means the woman should have the same rights, privilages and opportunities as men. However, today women needed right and liberty to be treated with respect and freedom. No longer as slaves for the men counterpart. Eyefoki (2016) opined that women were taken for granted as no bodies, only to seen and not heard by their husbands. They were meant to carry out household chores and emotional supports for the man.

Boe (2015) asserted with these development women have gotten the liberty to stand straight, acquire education to the highest level be pointed into political post, delicate positions that are, now given to them seeing that they are more hard working, sincere dedicated to the services given to them. However, Akpan (2012) assumed that these new image of women from kitchen to official have pushed them to look presentable, neat, glamour, official and super well dressed. The pursued fashions to a great dimension, weaving, to dyeing and bead works are included to make a fashion wear complete. The tailors brought out unique and fantastic designs.

Akpan (2012) asserted that wears could be classified in different dimensions, they are: office wear, party wear, beach wear, evening wear and official wears. These all amounted to personality set up and depending on the class they belong because we have high class, middle class and lower class citizens. The high class dress to kill with expensive attires and accessories followed by the middle class and finally the lower class people who can never avoid classical, expensive wears (dresses).

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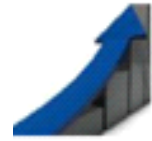


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