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Immortality Through the Lens of Artistry: The Case of Nude Artists in Cebu, Philippines

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Abstract

Nudity in art has been frequently labeled as an immoral act. Four cases of Nude Artists living in Cebu, Philippines, were investigated to learn about their perspectives and principles upon sketching the nudes. Cross-case analysis was used to analyze the data acquired through semi-structured interviews. The thorough investigation revealed the three highlights of the cases being investigated, namely, the Meaning of Nude Artistry, the Reasons for Engagement, and the Benefits of Nude Artistry for the nude artists. It is concluded that nude artistry is a form of art, thus it is not immoral. It has an educational dimension to it, and it fosters self-confidence and mental stability, specifically for nude

artists. Additionally, it is recommended that nude artistry be integrated as part of the classroom instructional planning in the Philippine curricula, specifically in MAPEH. Also, workshops and seminars must be held to ensure a wider eradication of misconceptions and reduce inequalities as part of the Sustainable Development Goals. Copies of this study should be sent to educational institutions and cultural agencies. Moreover, for future research, it is recommended to research the limitations of artistic freedom in depicting the naked body and study the nude artists' awareness level in terms of human anatomy and physiology.

Keywords: Case Study, Nude Artistry, Immortality, Art Form, Human Anatomy

Introduction

Nudity has been preeminent in paintings since ancient times. A nude artist is someone who illustrated the human body without clothing. Yet, the definition has become much more limited over time. Nowadays, a nude artist is someone who depicts nudity in a sexually explicit or provocative manner. According to Adom *et al.* (2016), nudity in painting is not pornography, but rather an art form. Related studies also reveal that the nude is doomed to never be naked. Nudity is a form of dress (Bergen & Daniels, 2020). Despite all the published studies, there are relatively few that qualitatively describe nude artists' perspectives and principles. Thus, this case study examined the perspectives of artists while creating nude art; therefore, exploring their perspectives is necessary to have an in-depth description of the artist's thoughts and deep insight regarding nude art.

The stigma attached to painting naked people is one of the current issues that artists deal with while creating paintings or drawings of the naked. The bare form has traditionally been associated with sensuality and sexuality as well as innocence and purity. Hatt (2014) ^[21] asserts that art students study naked models to observe the structure and motion of the body unimpeded, yet it is obvious that the nude figure in art has significance beyond its role in teaching anatomy. Although the naked body is an object of desire, nudity in art can elicit much more nuanced emotions than pornographic pictures. Moreover, in the context of Roman and Greek mythology, nudity is linked to virtue and modesty (Tirkey, 2022) ^[48] in which it is associated with physical pride and serves as a symbol of valor (Ioannou *et al.*, 2017) ^[27]. The artistic nude can be Apollonian, illustrating the sacred geometry's harmonies as they are expressed in the human body, or Dionysian, expressing unrestrained energy or emotion. All of these feelings of being in the body, including strength and weakness, pride and humiliation, pleasure and agony, can be portrayed in the form of the flesh. (Hatt, 2014) ^[21]

Many people viewed nude painting as immoral. They use the line of reasoning that, as nude art shows a naked person and pornography features naked people, it is pornographic and, thus, immoral (Heywood, 2020) ^[24]. But, according to Grondin (2019) ^[23], it would not be deemed intrinsically unethical to utilize a live human model who is naked to hone artistic ability because the goal is not wrong. Lust can happen to anyone, whether they are dressed or not. Intention is therefore the key to the

morality of any given piece of art. While art expressing nudity is not new, there has been a surge in acts of aggression and hate crimes thrown against artists who express nudity in their work. This could be due to a variety of factors, including religious views or moral convictions. Their religious backgrounds, particularly those of Christians, Muslims, traditional believers, and others, may be the cause of this. According to Atta's personal observation (2011), during a nude painting class taught by the researcher, a Muslim had to be given the chance to do something different from nude painting because he was fasting and it is not permissible for Muslims to draw nudes. Historically, nude art has been a controversial subject, with various discussions about whether it should be regarded as free speech. While perspectives differ, there is no doubting the attractiveness of the human body as represented in art. Nude art has experienced a reemergence in popularity, with increasingly more works depicting nudity being viewed as works of beauty rather than a source of shock or scandal. McPaul (2017) then states that in American museums and institutions, nudity in art proves to be an area of controversy. Moreover, many still believe that the naked body should be kept out of both art and the artist's studio. (Yoder, n.d.)^[40] Due to this, some Victorian paintings of the nude are still hidden from public view in the sense that the nude was vilified by the state as an incitement to unregulated sexual activity. (Atta, 2011)

The human body does not require censorship or should be kept hidden. Working with the nude could become less stigmatized through freedom of expression through nude art forms within the instructional environment of school, enabling young artists to feel more at ease in their own skins and styles. Moreover, historical background for nude art could be offered, influencing artistic perceptions of a sensitive topic. Extending young artists' flexibility of interpretation through education will assure appreciation for earlier works in the future, preserving the survival of art (Heywood, 2020)^[24].

One who enjoys nude art unabashedly may be creating a pretentious self-image in which they portray themselves as the sophisticated, adult art enthusiast who is capable of handling such situations. Anderson (2008)^[2] makes the point that being naked has always been a sign of self-awareness in people. Nude art can help you become more conscious of yourself, your body, your emotions, or your own morals and values. It's not about losing your innocence or having your thoughts corrupted. Moreover, the terms "naked" and "nude" have been used to describe the bare human body. Each term has a unique, frequently dual meaning and hence differs in denotation and connotation in a way that allows one to assert the existence of two completely different concepts. The term "naked" refers to a person's normal state when they are not wearing any clothing. While the "nude" alludes to the reformed naked body. Reformed by painters, sculptors, and other creative people who took the purely natural form and created art out of it, giving it a final shape (Ioannou *et al*, 2017)^[27].

This study investigated the case of nudity among the nude artists in Cebu. Having an interest in the field of nude artistry is something unique but quite questionable in terms of moral and body exposure. The study wanted to show and explain to people the influence nude artists have in their own field. The study wanted to know the deep reasons why an artist has an interest in sketching naked in the first place.

Does it influence or create desire? Do artists have a high interest in seeing someone naked? The way in which tempting that interest in art is an excuse? Does that artist have mental problems? It should be obvious that they are different from the other artists. In general, the researchers wanted people to see how an artist in nude artistry sees the beauty and interest in that field. Thus, these questions prompted the researchers to conduct a study on nude artistry and to help aid in reducing inequalities, regardless of age, sex, disability, race, ethnicity, country of origin, religion, or economic or other status, and to assist in empowering and promoting the social, economic, and political inclusion of all, which is part of the 17 Sustainable Development Goals. Hence, after considering the aforementioned points, the researchers decided to investigate the case of nude artists in Cebu, Philippines. This is to learn about the artists' perspectives and principles upon sketching the nudes.

Purpose of the Study

The study aimed to investigate the case of nude artists in Cebu, Philippines. Furthermore, this study specifically examines the meaning of nude artistry, the reasons why they engaged in it, and the benefits of nude artistry for the Cebuano artists.

Materials and Methods

Design

The researchers utilized a Multiple-Case Study Research design. The case study method is widely favored and commonly utilized by qualitative researchers in academia (Baskarada, 2014). A qualitative case study is a research strategy that helps analyze a phenomenon in a particular context, utilizing a variety of data sources. It also analyzes the phenomenon from a variety of perspectives to reveal a variety of characteristics of the phenomenon (Baxter & Jack, 2008). Case Study is the finest technique to investigate the perspective of the nude artists in Cebu, Philippines because it helps the researchers have an in-depth investigation to generate detailed answers towards the case being investigated. Moreover, this research is a multiple case type of case study because the researchers are going to investigate and find answers by the participation of multiple informants.

Informants and Sampling Design

The study was participated by Cebuano nude artists. Four (4) prospective informants were carefully selected to participate in the study. According to Patton (2002)^[41], three to four separate cases for comparison are probably the most cases that can reasonably be handled in multiple-case research. Furthermore, the informants were selected through purposive snowball sampling. Snowball sampling is where the researchers deal with a group that is challenging to discover or identify (Crossman, 2019). In purposive snowball sampling the participants must be in these following criteria: (a) engaged in doing nude sketching (b) at least 18 years old, and (c) a *lumad* Cebuano artist.

In the said sampling approach, one of the informants can refer to someone as long as the person meets the given criteria.

Locale

The investigation was carried out in Cebu, Philippines. The research was conducted in Cebu, Philippines because it

focuses on the case of nude artists in Cebu, Philippines. In line with this, Cebu, Philippines contains 6 cities and 44 municipalities. There are 1,066 barangays in the province as a whole. Three highly urbanized cities—Cebu City, which acts as the province's capital; Mandaue; and Lapu-Lapu—are sometimes combined with the province.



Fig 1: The Map of Cebu

Instrumentation

The researchers will be the study's main instrument (Creswell, 2007). A semi-structured interview with guide questions was used as the secondary tool in data collection. Semi-structured interviews involve respondents providing in-depth answers to predetermined open-ended questions (Corbin, 2008). In-depth information about the perspectives of nude artists will be gathered according to the average interview duration of 40 minutes. In addition, cellphones, laptops, and software recording applications were used to record the respondents' audio while answering questions during the interviews.

Data Gathering Procedure

Prior to administering the study, the researchers obtained ethical clearance granted by the research ethics committee of the university. After that, the researchers sent a letter of permission to the college deans to conduct the study. In addition, the researchers sent the consent letters to the head of the nude artists' organization if they ever had one or sent the letters directly to the informants and let them read the letter before the proper interview. One-on-one interviews, whether face-to-face or online, was done to gather data, as it is a kind of interview strategy that enables key informants to speak in some detail, choose their preferred language, and enables the researchers to gain a real sense of individuality. Moreover, to protect the participants' confidentiality, they are designated as *Informant(s)* in this study. Other confidentiality guidelines will be carefully explained,

including the benefits they will receive, the potential risks of their participation, and the terms of their voluntary participation, including their right not to answer questions or withdraw without penalty. All of this is spelled out in the Informed Consent Form (ICF) that they signed.

After receiving permission, the researchers administered the survey, and the questionnaire results were computed, tabulated, and interpreted.

Data Analysis

The research work implemented Thematic analysis by Braun and Clarke (2006) [7]. This style of analysis is suitable for attempting to comprehend experiences, thoughts, or behaviour across a set of data. (Kiger & Varpio, 2020) [29]. Given the adaptability of theme analysis, researchers employing this method must declare their paradigmatic orientation and presuppositions explicitly in order to ensure the validity of their findings and interpretation. Furthermore, the iterative process of Braun and Clarke's thematic analysis approach includes six steps: (1) familiarization with the data; (2) coding; (3) generating themes; (4) theme review; (5) theme definition and labeling; and (6) finding exemplars. (Braun & Clark, 2006 & Mihas, 2023) [7, 38]. When seeking to interpret a group of experiences, ideas, or behaviours of a particular respondent, thematic analysis is a valuable and efficient method. Moreover, Cross-Case Analysis was also utilized. It is a research technique that allows researchers to compare similarities and differences in the occurrences, activities, and processes that make up the analysis's basic building blocks in case studies. Cross-case analysis is crucial for facilitating learning within a field by effectively summarizing and validating results from separate cases (Khan & VanWynsberghe, 2008) [31].

Rigor of the Study

Under each research parameter, four procedures outlined by Guba and Lincoln (1989)—credibility, dependability, confirmability, and transferability—were implemented to ensure trustworthiness.

Credibility. According to Maher *et al.* (2018), credibility ensured that the study's measurements were on target and an accurate portrayal of participant responses. This could be accomplished by creating rapport and developing a relationship of trust prior to data gathering. Before conducting the interview, the researcher invited the main informants and briefed them on the purpose of the research. So, the researcher gained a deeper understanding of them, making it simpler to establish rapport during the interview. In addition, this phase allowed the researcher to more effectively screen the key informants to ensure that they met the predetermined criteria. Prospective key informants who did not meet the established criteria were ineligible to participate due to the researcher's use of a purposeful methodology. The interview tapes were transcribed into text before being manually coded with the assistance of experts by the researcher. This guaranteed that only the exact words of significant informants were used when they were literally translated. An expert validated and verified the translation of the informant's exact words. The data was subjected to the theme analysis of Braun and Clarke. The investigation of nude artists in Cebu, Philippines was made credible by identifying key sources in a systematic manner. Regularly analyzing the recordings and transcripts of the key

informants and immersing oneself in the subject under study.

Dependability. To ensure that sufficient details were provided and that the study could be replicated by other researchers, reliance was consistently applied (Maher *et al.*, 2018). The researcher explored the case of nude artists in Cebu, Philippines, in this study. All collected information was based only on the responses of key informants. After transcribing the interview tapes, the researchers ensured that the collected data were validated by the relevant informants. One open-ended question was posed, and only the responses of key informants were considered for follow-up. A group of research specialists evaluated the question for validation reasons. After the data had been processed, the results were validated by an expert for additional verification of the investigated phenomenon.

Confirmability. To assure the study's reproducibility, the researcher incorporated a data analysis method that was appropriate for the study's nature and free of bias. In addition, the manuscript clearly indicated that manual coding was performed with the assistance of an expert, in accordance with Braun and Clarke's theme analysis. This was done to verify that the collected data was correctly examined. Renewal and verification were pervasive throughout the data analysis process. All information was double-checked to confirm that data was based on informant responses and that there was no bias in the data analysis.

Transferability. Transferability was used to relate the applicability of the study to different contexts or fields of research (Maher *et al.*, 2018). The focus of the study was on the situation of nude artists in Cebu, Philippines. The researcher functioned as the study's subject and investigator. The use of recordings and field notes consisted of the researcher's notes, journal, paper, and data analysis. Particular attention was paid to the selection of the total number and qualifications of key informants. The researchers permitted other researchers to evaluate the transferability of the study to their own.

Ethical Consideration

Throughout the duration of the study, ethical standards were adhered to. The institution's Research Ethics Committee (REC) conducted an ethical review of the study. After completing data collection, the researchers proceeded to distribute an informed consent form to the participants, emphasizing the voluntariness of their participation and assuring them that they are free to decline participation without incurring any negative consequences. To safeguard anonymity and confidentiality, the informants' identities were concealed and replaced with pseudonyms. In addition, it is important to note that each informant received an honorarium as a token of appreciation from the researchers.

Results & Discussions

This chapter is the results and discussion part of the study. The thorough analysis of the data has led to the emergence of three highlights about the case being investigated. These are the Meaning of Nude Artistry; Reasons for Engagement; and Benefits of Nude Artistry.

About the informants

The researchers investigated the cases of four (4) Nude Artists living in Cebu. The majority of the informants were males, with an age range of 45–79 years old. All the

informants are married and are Roman Catholics. The average number of years spent doing nude art was about fifty (50) years. Moreover, the majority of the nude artists were college graduates with exposure to and experience in the Fine Arts.

Table 1: Meaning of Nude Artistry: The first table discusses all about the Meaning of Nude Artistry to the Nude Artist living in Cebu

Cases	Meaning of Nude Artistry
Case 1	Nude artistry is a form of art.
Case 2	Nude art is an art and an expression of both the artist and the model.
Case 3	Nude art is an art that dates back to ancient times because it was practiced to study human figures and is symbolic in our lives.
Case 4	Nude art is immortality; it immortalizes the beauty of the human body.

Case 1:

Nude art is an art form where the artist uses the human body to practice figures and the elements of the art. Nude Art is simply an art form in which the subject is a naked human. Throughout history, nudity has been a recurring motif in art, and nudity is frequently used to examine topics like beauty, sexuality, and the human form. This form of art is also a tool for the artist to master the elements of the art. Many people have different perspectives on nudity, and sometimes it is an art form.

According to Informant 1:

“Nude artistry is a form of art.”

The informant simply describes nude art as a form of art which deals with the curve lines and other elements of it. In addition, Informant 1 stated that:

“There is beauty in nudity because of the curved lines. Because the study of nudity is based on curve lines and their volume, what I mean is that it is a form of figure.”

This was supported in the study of Adom (2016), that nudity is used as a study tool by students in the Department of Painting and Sculpture at KNUST, where models are used to learn the anatomical structure of the human figure in order to train high-caliber painters who meet the artistic standards of the international arts market. This means that nudity in paintings is art, not pornography.

Moreover, nude art helps to master the elements of art as the artist practices the curve lines in the human body and the value of its tone. Nude art has different perspective to many people and for Informant 1:

“During the 1980’s, nudity was used in movies in a sexual way, and I was shocked why nudity is like that, but it is not. In movies there is action and light effect, and you can see the expression of a person, who did something, unlike in the nude painting, what the model did is just to sit down and do their pose.”

This statement was supported in the result of study of Adom (2016), that the data points to the fact that being naked while

being painted is not pornography but rather scholarly research of the bone structure and the behavior of the muscles while the model is posing. In addition, the statement of Informant 1 stated that nude art is not immoral because the models are just posing.

“In nude painting, what the model did is just sit down and do their pose.”

Informant 1 added:

“In the movie, it is immoral. I explained that nudity is not immoral, it matters on how it is performed or executed.”

In the statement of Informant 1, there are people who contradict nude art as art and see it as pornography or immoral. This was found in the book of Nead (1990), as cited by Wallace (2013)^[51], which states that from the 1970s onwards, feminists, moral crusaders, governments, and various additional pressure groups have expressed their opinions on the subject, resulting in pornography being one of the most strongly and openly debated sectors of contemporary cultural output. Reflecting on the fluidity of meaning and aesthetic value of the category, "pornography" leads us to analyze the numerous historical crossings between pornographic representations and the category "art." Therefore, nude art is seen by some as pornography or immoral, yet Informant 1 sees it as a form of art and not immoral.

Case 2:

Art can impress someone's eye, yet art can also be one way to express someone's feelings and calm someone's emotions. Art as an expression of human inner being has superseded art as a representation of outer existence. Every person in this world may suffer a mental crisis. Thus, nude art can help someone express what they feel in a way to paint or to be painted.

“Nude artistry is a form of art that involves expressions not just towards the artist but also towards the model.”

“Sometimes models are the ones who volunteer to be one of the nude models in art.”

Nude arts become a form of self-expression for someone, and according to Theodore (2023), it is the art of adorning our surroundings, a way for the artist to express himself, and a tool for giving the observer a social commentary. As the informant states that the nude art is a form of self-expression of both the artist and model, the Informant 2 added a stand:

“For us, nude art is not immoral, maybe for those religious people or those who are very conservative, but for this day people are very open minded and this type of art is just normal.”

Some people see nude art as a negative one as it shows a naked human body. According to Adom (2016), one of the current issues that artists confront in our culture about nude painting is the unfavorable perception linked with the painting of female nude figures. In addition, the same study stated that the majority of non-teaching staff members and a

small minority of student artists believe that being naked is wrong and should be avoided since it is a sin in God's eyes. But, Rev. Martin Wadestone, author of "Nudism and Christianity," contradicts this response as it states, that in the Bible, being naked is not sinful in and of itself; but, using being naked for sexual or immoral goals is misusing it, which is sinful. By this contradicting statement it is clearly said that nudity is not immoral, it becomes immoral when it is executed in a wrong way. According to the conclusion of the study of Adom (2016), painting nude is not pornography, but rather an art form.

Case 3:

Back in the past, some Renaissance artists were very good at studying figures and perfecting the proportions and details of the subject. The artist creates a human figure as they practice and master all the elements of art and how they will study the human figure. Nude art and studying figures already existed in early times. According to Informant 3:

“In the old ways, it's been there, and it is important because if you want to create figures, even if they are wearing clothes, they need a nude before putting some clothes on.”

This statement was supported by the study of Adom (2016), that learning about the anatomy of the human form and the effects of light and shade on the body are two things that may be learned through studying nude paintings. It is through this art form that people can delve deep into the anatomy of the human body by observing its contours, proportions, and the interplay of muscles and bones. Furthermore, the use of light and shade in the artworks indicates how lighting may be used to emphasize the three-dimensionality of the subject, providing a sense of depth and realism. In addition, nude art can be symbolic to someone as it shows a reflection to themselves. According to Informant 3:

“Sometimes nude art is symbolic in our lives because, when you are young, you are already in nude because you have not worn clothes yet. Even when you get older, nude is still what it is.”

In the book of Reid (2014)^[43], Informant 3's claim about "symbolic" was supported; it was stated that the work as a whole is the image of feeling, which may be called the art symbol. It is a single organic composition, meaning that its individual parts do not function independently as separate constituents expressive in their own right of distinct emotional ingredients, as words do as constituents of discourse with independent meanings that contribute to the discourse's overall meaning. This supporting book clearly shows that nude art can be symbolic of our lives. Informant 3 also stated that:

“Some people may dislike the idea of nude art because of culture, but in Europe and in the West, they allow and accept the idea of nude art.”

The claim of Informant 3 was supported by the study of Burke, *et al.* (2018)^[9], that the collection examines the growth and acceptance of the nude as an artistic topic, reflecting a time when Europe looked to both the classical

past and a cosmopolitan future. This study helps to support the claims of Informant 3 about the acceptance of nude art in Europe and other West Countries.

Case 4:

Nude art can be interesting as it helps someone enlighten themselves about the human body and its perspective. It can also help someone preserve their beauty. People may have preferences and different perspectives; they see art with different meanings and intentions; some people see art as an expression; and some see art as a way of preserving beauty, just like Informant 4 stated:

“Nude art is a private and interesting subject for an artist who makes nude art because figure drawing is difficult, especially for the female body. If I had to choose between females and males, since I am a male, I would choose females.”

Choosing the subject of an art piece can be subjective; it is up to the artist what subject will be used. The important thing is how the artist gives justice to the artwork. The claim of Informant 4 was supported by the book of Havelock (2007) cited by Lee (2015) [33], that the late classical artist Praxiteles pioneered the use of the naked female as a three-dimensional, massive subject. Furthermore, the actual atmosphere of the female nudist as a prominent topic of the sculptor's art did not emerge in classical or early Hellenistic periods, but rather in the cultured and worldly society that grew in the late second to first century B.C., when Greece and Rome were in active exchange. This supporting study helps the stand of Informant 4 in choosing female as his model. The artist chose a female subject as the artist also wants to preserve and immortalize the beauty of the subject. In addition, Informant 4 added:

“When you create nude art, you feel like you can immortalize the beauty while they are young, because if they get older, the beauty of the body is not the same anymore, especially in females.”

“It can be immortalized, but it depends on the artist. If he knows how to interpret, he knows how to transform the nude model in front of him into canvas, whether it's successful or not. It still depends on the artist, but for me, the female model is good.”

Informant 4 states that nude art can immortalize beauty of a person, but it was contradicted by the book of Nielson (2021) stating that, although the painting is "lifelike" and immortalizes its person through its depiction of her, it also represents ultimate mortality. The realistic portrayal of the artists in the painting immortalizes the human model by conserving their likeness for future generations, allowing it to live on through the artwork. Simultaneously, it acts as a reminder of life's impermanence, as even the most realistic and lifelike representation cannot prevent the passage of time and mortality, emphasizing the stark contrast between the enduring power of art and the impermanence of human existence. Moreover, on the other hand, the study of King (2015) [30], supported the claim of Informant 4 as it states that, for millennia, portrait paintings have served as a means of immortalization, iconography, and a symbol of social position. Through this contradiction and supporting details towards the Informants 4 statement, it helps to show that art

can be a way of preserving and immortalizing the subject but can also be mortalized by destroying the art piece. This serves as a reminder that its physical form, like all things, is subject to impermanence, and this fragility can occasionally lead to its destruction.

Table 2: Reasons of Engagement in Nude Artistry: The second table covers the Reasons behind Cebuano Nude Artists' engagement in Nude Artistry

Cases	Reasons of Engagement in Nude Artistry
Case 1	For educational purposes and to know the complexities of the human figure.
Case 2	It is for educational purposes and to learn the intricacies of body proportions.
Case 3	Necessity to learn how to draw body figures.
Case 4	It's curiosity as well as for the sake of the arts.

Case 1:

Passion leads to exploration in the field of nude arts and aside from the innate passion in nude artistry, part of their reason for engaging in the nude arts was for educational purposes, as they wanted to learn about the complexities of human bodies. Wanting to learn the human body gives an edge towards the artist in terms of nude artistry. As one who grew up making nude arts enhances the skill and at the same time, it contributes to the way artists look at the human body. According to Informant 1:

“I engaged in nude sketching and nude painting when I was just 12 or 13 years old.”

The informant subsequently honed the skill, gradually becoming more involved in the practice of creating artwork focused on the human form, particularly nude painting and sketching. The Informant then added:

“It is for educational purposes—I just want to learn what is inside the subject of nude art, then I saw my answer eventually. That's because the beauty is in the curved lines.”

“Look at my experience, it's like training for me. I read books about beauty and developed my skills—it was like, there was a chain reaction, since then, in Cebu, I became known.”

The subject's attractiveness lies not only in how perfectly represented it is in the artwork but also in the details. According to William Hogarth (1753) as cited by Bertamini *et al.* (2015) [5], it was asserted that since it conveys a sense of variety, curvature is closely associated with beauty. Hogarth refers to the serpentine line as the "line of grace" and the waving line as the "line of beauty" in his book. In his view, solid shapes with lines defining them, such as the human body, were the most important objects. In addition, the 2018 study of Borrelli *et al.*, suggests that the fundamental principle underlying the act of anatomical sketching for educational purposes is not focused on generating an aesthetically "flawless" depiction or replicating the observed subject precisely. Instead, the primary objective is to create a drawing that effectively communicates the essential anatomical planes and structures while emphasizing the presence of thoughtful and deliberate reasoning behind each stroke. The same study by Adom (2016) states that studying nude painting can facilitate a

deeper comprehension of the human body's anatomical intricacies and enhance one's grasp of how light and shadow interact with the human form.

Case 2:

Participating in nude artistry often arises from curiosity, leading to exploration in the field. People also engage in it for educational purposes, aiming to learn about the intricacies of human figures. Taking formal education in arts also plays a crucial role for one to engage in nude artistry as it requires the artist to do nude painting or nude drawing. Additionally, they take pride in creating nude art and value the trust others place in them, which motivates their involvement in this form of art. As Informant 2 stated:

"While studying UP Fine Arts, it's already there. There are sessions that must be tried, but they are not mandatory, and you can't choose if it is a male or female model, an old man, and so on."

"Educational purpose, at the same time, what really matters is the figures, the body figures, as it is one of the things that needs to be studied, like the proportions—if they are correct."

"Is to have a different outlet that involves figures, anatomy, and because the process can change, even if you are a nude artist, the way you look at the body you draw can change."

The informant stated that in nude painting or nude sketching, the very purpose of engaging in the field is for education, learning the anatomical structure of a human being and its external features and proportions. Similarly, the study of Adom (2016), studying nude paintings can provide insight into the human body's anatomical structure and illuminate how light and shadow interact with the human form.

In nude artistry, it's not always just about creating nude artwork and that's it. For certain artists, it holds deeper significance. In this context, nude artistry plays a significant role in enhancing one's artistic skills, particularly in understanding the human form. Therefore, nude artistry isn't solely about art itself but also serves as a valuable and practical means of skill development. As stated in the study of Borrelli *et al.* (2018)^[8], students have expressed that their primary challenges when it comes to drawing anatomy are a shortage of time and a lack of skill. They believe that these training workshops can effectively tackle both of these issues. It's worth noting that more than half of the students in attendance were medical students, indicating a clear and expected demand for anatomical knowledge among individuals pursuing a medical education. Nude painting and nude drawing can be of great help in other fields, in this case, the medical field, thus making nude artistry one of the many means to learn and master anatomy.

Case 3:

Artists have long been captivated by the human form, viewing it as the ultimate canvas for their creativity. To truly grasp the intricacies of human figures, many artists have turned to nude artistry. This practice, centered on depicting the human body in its natural state, is driven by the necessity to master the essence of the human figure. In order to enhance one's skill, engaging in nude artistry serves as an outlet as it is not only about drawing simple lines and curves

but it is about capturing the essence of the human figure. Informant 3 claims that:

"It has been practiced because it seems that it is necessary for you to really draw people-figures."

The informant emphasized that the act of drawing human figures is not only a fundamental skill but also a crucial aspect of an artist's journey, thus rendering it necessary for artists to venture into the field of nude artistry. It has also been required and practiced in fine arts schools; thus, the informant then added:

"Because that's what was taught in school—then what I took was figurative painting, so you must really know how to draw a human figure."

As someone involved in nude artistry, having an education in fine arts can be advantageous as an artist, while at the same time, acquiring certain technical skills plays an integral part in achieving expertise in nude artistry. A similar study by Lizun *et al.* (2022)^[35], *Evolution of Liu Kang's Palette and Painting Practice for the Execution of Female Nude Paintings: The Analytical Investigation of a Genre*, found that when it came to developing ideas, Liu Kang primarily used drawing and sketching as the initial stage of conceptualization. It's possible that, once content with the idea, the artist transformed his initial drawings and sketches into basic brushstrokes to create the overall composition. In another study, engaging in nude artistry can have a creative influence on people. According to Adom (2016), the practice of nude painting fosters students' creativity in drawing, painting, aesthetics, and their ability to appreciate art.

The most notable aspect of this is that having a fine arts education offers several advantages for artists. So, it is safe to say that it is not really difficult for them to create artwork, especially if it involves nudity, as it has been part of their course throughout the years of their study. In addition, the necessity to learn the complexities of the human figure enables them to depict the human form with accuracy and sensitivity, which is essential when dealing with nudity.

Case 4:

Some artists also engaged in nude artistry because of their curiosity to explore such works of art. They engaged in nude artistry for the sake of art, driven by a desire to capture the human form in its most raw and honest state, pushing the boundaries of creativity and expression. Informant 4 expressed:

"It lies in curiosity—out of curiosity. For some, sometimes there is lust. Some are just art because of art."

While engaging in nude artistry, sometimes, there may be a misconception that it involves lust. However, for those who are committed to the arts, they emphasize that lust should not be the driving force behind engaging in nude artistry. It is sometimes more about a person's curiosity alone, without necessarily involving lust. The informant's claim was supported by the study of Adom (2016) which states that paintings depicting nudity should be seen as a form of art, not classified as pornography.

Part of the reason why they engage in nude artistry is also the challenge that it offers. Engaging in it as a challenge not only enhances the skill but also enhances the quality of the artwork over time. Informant 4 stated:

“Because it is interesting as a subject in painting, the nude is interesting and challenging—because it’s difficult, it’s not an easy subject, there’s a lot to watch out for, the proportion, the value.”
“I’m really only interested in art—I’m really serious about it. Just art. It’s very difficult to draw and then think about lust, you won’t be successful, especially in nude.”

Participating in the field of nude artistry is an endeavor pursued solely for artistic purposes and nothing else. It became a part of the life of an artist. According to Weisstein and Clark (1957)^[52] as cited by Boysen (2016)^[10], the nude should be regarded as a form of art, rather than being the primary subject of art. It is commonly believed that the bare human body, in its own right, is an object that the eye finds aesthetically pleasing and is pleased to observe when represented in artistic form. Moreover, according to Tan (1989)^[46] as cited by Lizun *et al.* (2022)^[35], the human body stands as nature’s most exquisite creation, with its intricate form, shape, and the texture of its skin. It is a complex yet harmonious subject that poses a significant challenge to accurately depict. In addition, nude artworks should not be interpreted as a means to arouse sexual desire (Adom, 2016).

By looking at the artists’ perspective, it can be seen that engaging in nude artistry motivates them, as they don’t see the subject itself as difficult but instead perceive it as a challenge in a way that they use that challenge as an avenue for sharpening one’s skill in figure drawing. Moreover, it is important to note that engagement in nude artistry is not driven by the sexual desires of an artist, despite the misconception that artists venture into this field purely to fulfill such desires. This is not the case; instead, it is solely for the purpose of art and the need to enhance the skills.

Table 3: Benefits of Nude Artistry: The third table discusses the Benefits of Nude Artistry to the Nude Artists living in Cebu

Cases	Benefits of Nude Artistry
Case 1	Making the mentality stronger that sets off the lust for human flesh and appreciates the human body as it is.
Case 2	Confidence in the art that the artist is making, an appreciation of the anatomy of the human body, and the enhancement of the technical skills of the artist.
Case 3	Attaining a higher level of technical proficiency that will help to engage with any art-related works with ease.
Case 4	Developed an accurate sense of proportion and tonal value while retaining a respectful perspective on the model.

Case 1:

The artists’ engagement in nude art has enhanced their mentality by changing the focus from lusting the model’s naked body to a profound appreciation of the human body in its natural form. Thus, according to Informant 1:

“If dim light is added during the sketching process, you’ll see beauty in nudity. It is in your imagination—you can differentiate that nudity is an art form; that’s why you can’t lust for the naked body.”

Moreover, Informant 1’s claim was supported by Adom *et al.*’s (2016) study stating that, in the Bible, being naked per se is not sinful; nevertheless, using nudity for sensual or immoral motives is misusing it, which is sinful. The Bible does not condemn nudity or assert that the body is a source of shame. Nudity has allusions to shame, yet this shame was created by man and not by divine ordination. This just shows that an artist’s mentality is stronger than that of an average human because they can set off lustful intentions towards the model and focus on sketching. But despite the artists’ strong mentality, they can still feel nervous when doing nude art. According to Yu *et al.* (2020)^[53], some young toddlers who are not adept painters may experience anxiety and feel nervous when drawing. Informant 1 added:

“I was shocked. I was nervous; I could feel big sweats in my body dripping. The model was the one who was very interested, but at that time, I was still around 12 years old, so I was very nervous. But in the end, I was happy. I am happy because I have helped the model, and she has helped me with my finances.”

Regardless of the circumstances, there is a reciprocal connection between artists (Gupta, 2019). According to Shusterman (2021)^[44], by painting and sketching naked models and creating self-portraits, one can hone their figuration skills and Informant 1 stated:

“Through nude art, I can grasp the balance of human figures. So, if I will be making mural art, I don’t need scales because I can balance the human body without it being cut or not proportioned, and that is because of nude art.”

This was anchored to Adom *et al.*’s (2016) study results, which state that artists who have experienced nude art are familiar with the muscle movements, flesh, structure of the bones, and the play of light and shade in the human body; this will allow the artists to sketch and paint human figures realistically. Thus, through focused study and practice, nude artists can portray the delicate complexities of the human form transforming the spirit of the body onto their artistic canvas with a depth and accuracy that lends life and authenticity to their work.

Case 2:

The essence of nude artistry lies in the intention of the artist. Using nudity, the artist can depict humans in a way that draws attention to the figures of the body rather than unnecessary details. Nude artists use nude models to hone their skills, making them more confident as time progresses. This statement can be proven by Informant 2, who stated that:

“Nude artistry can help boost the confidence of the artist because you know that you can draw a nude model live rather than copying an image.”

With Informant 2’s statement, it was supported by a study of Bharali (2019)^[6], stating that drawing the human body from real and live naked models has long been regarded as one of the most effective techniques to hone artistic abilities in Western art history. Moreover, artistic confidence is linked

to a deeper understanding of human anatomy and the development of technical skills. According to Hoyos & Prendergast (2014) the human form has been featured greatly in the artistic expression of artists and sculptors and also there is minimal body fat and excellent muscular definition. Furthermore, according to the conclusion of the study of Adom (2016), the study of nude paintings will aid one in understanding the anatomy of the human figure as well as the interaction of light and shade on the body.

“The anatomy of the human body or the human figure is a huge help because you will see beauty in the human body, not just because the model is lying in bed, but because you will see the whole body, in which you can apply all your honed skills.”

This pursuit of precision in anatomy or figures not only improves the quality of the artwork, but it also boosts the artists' confidence in their ability to master their passion. Their confidence in their artistic ability improves as they become more competent at depicting the subtleties of the human figure. Moreover, according to a study by Clark *et al.* (1972)^[15], as cited by Lipert, R. (2018), the human body is an unproblematic entity. It is because it is breaking through social stigmas and moral prejudices. The human form is praised in this culture for both its inherent beauty and the artistic expression it provides. Artists can use it as a canvas to investigate subjects like sensuality, fragility, and the very nature of humanity. In addition, Informant 2 stated that:

“If you want your drawing to look good on canvas or in a sketchbook, you have to find a good spot. The good spot does not mean that you have to be at the front of the private part of the model; it simply means that you can see the naked body clearly.”

Due to the human body being an unproblematic entity, nude artists can draw the naked human body without any problem and can appreciate the human anatomy's graceful existence as an unadulterated and profound subject of creative expression.

Case 3:

Through nude artistry, conveying emotions, energy, and life with each stroke and gesture is easy. According to Ghosh, R. *et al.* (2020)^[22], the artists desired to paint about feelings. It could be rage, worry, fear, or serenity. Art may help people gain an understanding of themselves, their difficulties, their emotions, and their concerns. Thus, if an artist can freely convey their emotions, drawing the human body would not be hard. According to Informant 3, drawing the naked human body is easy if you already know its figures.

“If you already know the figures of the human body, it will be a big help to you as an artist, whether the artwork is nude or not.”

Understanding the anatomical subtleties of the human body is a cornerstone for artists, vastly improving their capacity to create captivating artwork, whether it focuses on nude models or not. A solid awareness of human anatomy provides artists with a profound comprehension of proportions, postures, and movement dynamics. This underlying knowledge is critical in instilling reality and

authenticity in their work, making their artistic expressions more compelling and relevant. Informant 3 also added that:

“If you already know how to draw human figures, surely the rest, like applying color and drawing landscapes, will be very easy.”

This knowledge of human anatomy allows artists to experiment and develop, unleashing their creativity in a variety of creative genres. According to Ghosh, R. *et al.* (2020)^[22], we must understand that creativity is something that can be learned and developed; creativity can be practiced and enhanced. As a result, we can improve our ability to innovate. Moreover, whether capturing the grace of a dancer, the strength of an athlete, or the intricacies of a clothed figure, anatomical understanding aids nude artists in accurately and creatively portraying the human form. This information enables them to experiment with many styles, views, and artistic processes, promoting the development of their distinct artistic styles. Furthermore, because of nude artistry, it allows artists to achieve a higher level of technical competence, allowing the artist to handle any subjects with ease.

Case 4:

Nude artistry necessitates a thorough study of the human form, which serves as the foundation for mastery of human anatomy and proportion. Informant 4 stated that:

“Because of nude art, it has helped me develop my sense of proportion and tonal value.”

The informant added:

“Nude art has helped me greatly as an artist, and it is because of figure drawing. Figure drawing is very hard to do as an artist, but it is challenging.”

As the artists grow skilled at expressing the subtleties of the naked body, they are permanently exposed to nude models in which arousal is not avoidable.

“I label myself as a normal person. I am active in sex, and sometimes I can be aroused while doing nude art, but I avoid those things. I respect my models, and I respect them because they are girls.”

It is critical to highlight in the context of nude art that artists' regard for their models transcends gender and focuses on professionalism and the artistic process. Models are valued and respected by nude artists not only for their gender, but also for their involvement in artistic endeavors. Models, regardless of gender, play an important role in assisting the creative process of an artist (Dissanayake, 2015)^[19]. This respect is founded on mutual trust (Castro, 2016)^[12], permission, and adherence to ethical and professional standards in the art world (Moon, 2019)^[39]. It is critical to underline that respect for models (Cameron, 2014)^[11] is not dependent on their gender (Zaborowicz, 2016)^[54], but rather a basic component of the work's collaborative and artistic nature.

Moreover, according to Adom *et al.*'s (2016) study results, nude works may sexually stimulate the observer if the observer does not see the nude figure as a work of art as well as a study object. The dedication of a nude artist to

their passion frequently outweighs any lustful impulses that may emerge during the sketching process. Working with the naked human body in its most vulnerable state can be sensual and intimate, but competent and passionate artists recognize the significance of retaining a respectful perspective on their model. They see the naked body as a source of beauty, vulnerability, and artistic form rather than a source of desire. According to Ceyson *et al.* (2006) as cited by the book of Levine (2017) ^[36], that beauty suggests more than just physical beauty. It makes reference to the physical manifestation of meaning and the body as proof of elegance and compassionate grandeur. The harmony of the body's totality and its proportions both radiate beauty. The human body participates in the divine beauty of creation; every portion of the body has an element of divinity and, therefore, beauty, as shown by the anatomy of the body.

Conclusion

It is concluded that nude artistry is a form of art that immortalizes the physicality of an individual as well as the study of the complexities of the human figure. Furthermore, it has become clear that partaking in nude artistry serves as an approach to understanding and mastering the complexities of human anatomy, providing an educational dimension. Participation in nude art also increases self-confidence and mental stability. Involvement in this field also improves the artist's skills and instills a profound appreciation for the beauty of the human body.

Recommendations

After learning and investigating the cases of nude artists living in Cebu, it is highly recommended that nude artistry be integrated as part of the classroom instructional planning in the Philippine curricula, specifically in MAPEH. Also, workshops and seminars pertaining to nude artistry must be held to aid in the eradication of its misconceptions. Furthermore, to enable greater distribution, ensure a wider eradication of misconceptions, and reduce inequalities as part of the 17 Sustainable Development Goals, copies of this study should be sent to educational institutions and cultural agencies.

Moreover, to investigate further about nude artistry, it is recommended to research the limitations of artistic freedom in depicting the nude body. Examine how artists employ the human form in order to challenge norms, provoke thought, and convey ideas about identity, vulnerability, empowerment, or political assertions. Also, for future research, it is recommended to study the nude artists' awareness level in terms of human anatomy and physiology.

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