Parents or pop culture?: Children's heroes and role models

Kristin J Anderson; Donna Cavallaro

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# Kristin J. Anderson and Donna Cavallaro

Kristin J. Anderson is Assistant Professor, Psychology and Women's Studies, Antioch College, Yellow Springs, Ohio. Donna Cavallaro is graduate student, counseling psychology, Santa Clara University, Santa Clara, California.

# Parents or Pop Culture?

# Children's Heroes and Role Models

ne of the most important features of childhood and adolescence is the development of an identity. As children shape their behavior and values, they may look to heroes and role models for guidance. They may identify the role models they wish to emulate based on possession of certain skills or attributes. While the child may not want to be exactly like the person, he or she may see *possibilities* in that person. For instance, while Supreme Court Justice Ruth Bader Ginsberg may not necessarily directly influence girls and young women to become lawyers, her presence on the Supreme Court may alter beliefs about who is capable of being a lawyer or judge (Gibson & Cordova, 1999).

Parents and other family members are important role models for children, particularly early on. Other influences may be institutional, such as schools, or cultural, such as the mass media. What kind of heroes a culture promotes reveals a great deal about that culture's values and desires. Educators not only can model important behaviors themselves, but also can teach about values, events, and people that a culture holds dear.

Television, movies, computer games, and other forms of media expose children to an endless variety of cultural messages. Which ones do children heed the most? Whom do children want to be like? Do their role models vary according to children's ethnicity and gender? Finally, what role can educators play in teaching children about role models they may never have considered?

This article examines the impact of the mass media on children's choices of heroes and role models. The authors address the questions posed above in light of results from a survey and focus groups conducted with children ages 8 to 13.

#### THE MENU OF POP CULTURE CHOICES

#### Television and Film for Children

Male characters—cartoon or otherwise—continue to be more prevalent in children's television and film than female characters. Gender-stereotyped behaviors continue to be the norm. For instance, male characters are more commonly portrayed as independent, assertive, athletic, important, attractive, technical, and responsible than female characters. They show more ingenuity, anger, leadership, bravery, and aggression, and they brag, interrupt, make threats, and even laugh more than female characters do. In fact, since male characters appear so much more frequently than female characters, they do more of almost *everything* than female characters. Also, while the behavior of

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#### **Authors' Notes:**

This project was conducted in coniunction with Mediascope, a not-forprofit media education organization. The terms "hero" and "role model" tend to be used interchangeably in the literature. When a distinction between the terms is made, role models are defined as known persons (e.g., parents, teachers) and heroes are defined as figures who may be less attainable, or larger than life. Both kinds of persons and figures are of interest here; therefore, the terms are used interchangeably, and we specify whether known people or famous figures are being discussed.

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female characters is somewhat less stereotypical than it was 20 years ago, in some ways male characters behave *more* stereotypically than 20 years ago (for instance, males are now in more leadership roles, are more bossy, and are more intelligent) (Thompson & Zerbinos, 1995). These gender-stereotyped images, and the inflexibility of male characters' roles, make for a restricted range of role models.

Parents, educators, and policymakers are also concerned about the aggressive and violent content in children's programs. Gerbner (1993) studied the violent content of children's programs and observed that "despite all the mayhem, only 3.2% of Saturday morning characters suffer any injury"; thus, children do not learn about the likely consequences of aggressive action. In children's shows, bad characters are punished 59 percent of the time. Even more telling, good characters who engage in violence are punished only 18 percent of the time. The characters that might be the most appealing to kids—the heroes and protagonists rarely feel remorse, nor are they reprimanded or impeded when they engage in violence (National Television Violence Study, 1998). The authors found that 77 percent of the children surveyed watch television every day. Thus, many children may be learning to use violence as a problem-solving tool.

Characters in animated films also tend to follow stereotypes. While some positive changes in the portrayal of ethnic minority and female characters can be noted, both groups often remain narrowly defined in children's animated films. In his discussion of Disney films, Henry Giroux (1997) notes how the villains in the film Aladdin are racially stereotyped. The main character, Aladdin, the hero of the film, is drawn with very light skin, European features, and no accent. Yet the villains in the story appear as Middle Eastern caricatures: they have beards, large noses, sinister eyes, heavy accents, and swords. Pocahontas, who in real life was a young Native American girl, was portrayed by Disney as a brown-skinned, Barbie-like super model with an hourglass figure (Giroux, 1997). Consequently, animated characters, even those based on historical record, are either stereotyped or stripped of any meaningful sign of ethnicity. Fortunately, educators have the power to counter such unrealistic images with more accurate representations of historical characters.

#### **Real-Life Television Characters**

While some progress can be seen in the representation of ethnic minorities on television, the late 1990s actually brought a decrease in the number of people of color on prime time programming. In 1998, only 19 percent of Screen Actors Guild roles went to people of color. Roles for African Americans, Latinos, and Native Americans decreased from 1997 to 1998 (Screen Actors Guild [SAG],

1999). Women make up fewer than 40 percent of the characters in prime time. Female characters tend to be younger than male characters, conveying the message to viewers that women's youthfulness is more highly valued than other qualities. In terms of work roles, however, female characters' occupations are now less stereotyped, while male characters' occupations continue to be stereotyped (Signorielli & Bacue, 1999). This research suggests that girls' potential role models are somewhat less gender-stereotyped than before, while boys' potential role models are as narrowly defined as ever.

#### From Comic Book to Playground

Superheroes are the larger-than-life symbols of American values and "maleness." Perhaps the medium in which superheroes are most classically represented is comic books, which date back to the 1930s. The role of the hero is central to the traditional comic book. While female superheroes can be found in comics today (e.g., Marvel Girl, Phoenix, Shadow Cat, Psylocke), they represent only a small proportion—about 24 percent of Marvel Universe superhero trading cards (Young, 1993). Moreover, women and people of color do not fare well in superhero comics. To the extent that female characters exist, they often appear as victims and nuisances. People of color are marginalized as well. African American and Native American characters are more likely to be portrayed as villains, victims, or simply incompetent than as powerful and intelligent (Pecora, 1992).

One indirect way to gauge the impact of role models on children is to examine the nature of superhero play. Superhero play involving imitation of media characters with superhuman powers is more prevalent among boys than girls (Bell & Crosbie, 1996). This might be a function of the mostly male presence of superhero characters in comics and on television, or it may be due to girls receiving more sanctions from parents and teachers against playing aggressively. Children's imitations of superheros in play concerns many classroom teachers, because it usually involves chasing, wrestling, kicking, and mock battles. Some researchers argue that superhero play may serve an important developmental function by offering children a sense of power in a world dominated by adults, thus giving children a means of coping with their frustrations. Superhero play also may allow children to grapple with ideas of good and evil and encourage them to work through their own anxieties about safety. Such play also may help children safely express anger and aggression (Boyd, 1997).

Other researchers and educators express concern that superhero play may legitimize aggression, endanger participants, and encourage stereotypical male dominance (Bell & Crosbie, 1996). One researcher observed children's superhero play in a school setting and found that boys created more superhero stories than girls did, and that girls often were excluded from such play. When girls were included they were given stereotypical parts, such as helpers or victims waiting to be saved. Even powerful female X-Men characters were made powerless in the boys' adaptations (Dyson, 1994). Thus, without teacher intervention or an abundance of female superheroes, superhero play may only serve to reinforce gender stereotypes.

One way to gauge popular culture's influence on superhero play is to compare the kind of play children engaged in before and after the arrival of television. In one retrospective study (French & Pena, 1991), adults between the ages of 17 and 83 provided information about their favorite childhood play themes, their heroes, and the qualities of those heroes. While certain methodological pitfalls common to retrospective studies were unavoidable, the findings are nevertheless intriguing. People who grew up before television reported engaging in less fantasy hero play and playing more realistically than kids who grew up with television. While media was the main source of heroes for kids who grew up with television, the previous generations found their heroes not only from the media, but also from direct experience, friends/siblings, and parents' occupations (French & Pena, 1991).

#### Recent Media Forms: Music Television and Video Games

Video games and music television videos are relatively recent forms of media. In a recent poll, girls and boys from various ethnic backgrounds reported that television and music were their favorite forms of media (Children Now, 1999). What messages about race/ ethnicity and gender emerge from music videos—the seemingly perfect merger of children's favorite two media? Seidman (1999) found that the majority of characters were white (63 percent) and a majority were male (63 percent). When people of color, especially women of color, appeared in a video, their characters were much less likely to hold white collar jobs. In fact, their occupations were more gender-stereotyped than in real life. Gender role behavior overall was stereotypical. Thus, music television is yet another domain that perpetuates racial and gender stereotypes.

In the survey described below, the authors found that nearly half (48 percent) of the children surveyed played video and computer games every day or almost every day. Boys, however, were much more likely than girls to play these games. Of those who play computer/video games every day or almost every day, 76 percent are boys and only 24 percent are girls. Consequently, girls and boys might be differentially influenced by the

images represented in video and computer games.

What are the images presented in video and computer games? Dietz's (1998) content analysis of popular video and computer games found that 79 percent of the games included aggression or violence. Only 15 percent of the games showed women as heroes or action characters. Indeed, girls and women generally were not portrayed—30 percent of the videos did not include girls or women at all. When female characters were included, 21 percent of the time they were the damsel in distress. Other female characters were portrayed as evil or as obstacles. This research points to at least two implications of these games. First, girls may not be interested in playing these video and computer games, because the implicit message is that girls are not welcome as players, and that girls and women can only hope to be saved, destroyed, or pushed aside (see also Signorielli, 2001). Second, these images of girls and women found in video and computer games may influence boys' perceptions of gender.

In the past few years, a growing number of computer and video games geared toward girls have been made available by companies such as Purple Moon and Girl Games. These games have adventurous content without the violence typical of games geared toward boys. Two of the best-selling computer games for girls, however, have been Cosmopolitan Virtual Makeover and Barbie Fashion Designer. While these games may encourage creativity, ultimately their focus is on beauty. One columnist addresses the dilemma of creating games that will appeal to girls while fostering creativity and ingenuity:

A girl given a doll is being told, "Girls play with dolls just like mommies take care of babies." A boy given a computer game is being told, "Boys play with computers just like daddies use them for work." A girl given Barbie Fashion Designer is being told, "Girls play with computers just like girls play with dolls." A lucky few might get the message that, as some girls exchange dolls for real babies, others might progress from Barbie Fashion Designer to real-life fashion designer, or engineering systems designer, or software designer. But there's a good chance that many will not. (Ivinski, 1997, p. 28)

As more and more educators begin using the Internet, CD-ROMs, and videos as teaching tools (Risko, 1999), they will be faced with the challenge of finding materials that fairly represent a wide range of characters, people, and behavior. Paradoxically, the use of "new" technology, such as CD-ROMs and computer games, implies that a student is going to enjoy a progressive, cutting-edge experience. However, educators must be vigilant about the content, as they should be with any textbook or film. The cutting-edge format of these new technologies does not guarantee nonstereotyped material.

#### A Survey of Children's Role Models and Heroes

Whom do children actually choose as role models, and why? The authors surveyed children about their heroes and role models, both people they know and famous people or imaginary characters. Survey questions also addressed children's interaction with television, film, computer/video games, books, and comic books. The children talked about their answers in small groups. One hundred and seventy-nine children, ages 8 to 13, were surveyed from five day camp sites in central and southern California. The ethnic breakdown of the survey sample was as follows: 24 African Americans, 31 Asian Americans, 74 Latinos, 1 Middle Eastern American, 2 Native Americans, 45 whites, and 2 "other." Ninety-five girls and 84 boys participated. The samples of ethnic and gender categories were then weighted so that each of these demographic groups, when analyzed, reflects their actual contribution to the total population of children in the United States.

## Do Children Admire People They Know or Famous People?

The survey began with the following: "We would like to know whom you look up to and admire. These might be people you know, or they might be famous people or characters. You may want to be like them or

Percentages of Known Role Models and Media Role Models

Role Models in the Media
Known Role Models

100

80

African American Asian American
Latino
White

Figure 1

you might just think they are cool." More respondents described a person they knew (65 percent) rather than a person they did not know, such as a person or character in the media (35 percent). When asked in focus groups why they picked people they knew instead of famous people, one 10-year-old white girl said, "I didn't put down people I don't know because when nobody's paying attention, they do something bad." Another student said, "Some [media figures] are just not nice. Some famous people act good on TV but they're really horrible." Thus, some children employed a level of skepticism when judging the worthiness of a role model.

Figure 1 represents the percentages of role models the children knew versus media heroes they identified. Similar to the overall sample, 70 percent of the African American and 64 percent of the White children chose people they knew as heroes. In contrast, only 35 percent of the Asian American kids and 49 percent of the Latino kids named people they knew. This latter finding seems paradoxical; Asian American and Latino children would seem more likely to choose people they know as role models because their ethnic groups are represented less frequently in mass media than are African Americans and whites. Perhaps Asian American and Latino children have internalized a message that they should not look up to fellow Asian Americans or Latinos as role models, or

it may be a byproduct of assimilation. Obviously, further work in this area is needed.

On average, responses from girls and boys differed. While both girls and boys named people they knew as their heroes, 67 percent of the girls did so as compared with only 58 percent of the boys. Since boys and men are seen more frequently as sports stars, actors, and musicians, girls may have a smaller pool of potential role models from which to choose. Another factor might be that the girls in this study reported watching less television than the boys did, and so they may have known fewer characters. Sixty-seven percent of the girls reported watching television one hour a day or more, while 87 percent of the boys reported watching television this amount.

#### Do Children Choose Role Models Who Are Similar to Themselves?

One feature of role modeling is that children tend to choose role models whom

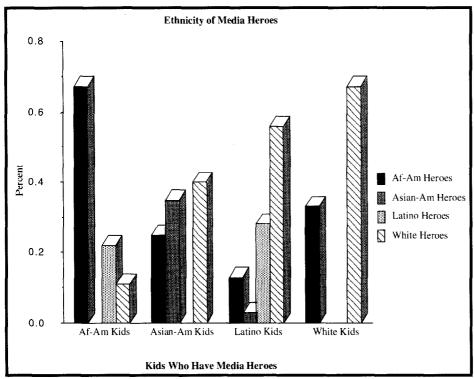


Figure 2

they find relevant and with whom they can compare themselves (Lockwood & Kunda, 2000). Children who do not "see themselves" in the media may have fewer opportunities to select realistic role models. Two ways

to assess similarity is to consider the ethnicity and gender of children's chosen role models. Do children tend to select heroes who are of their same ethnic background? Because data was not available on the ethnic background of the reported role models whom the children knew personally, the authors examined only the heroes from the media, whose backgrounds were known, to explore this question (see Figure 2). African American and white children were more likely to have media heroes of their same ethnicity (67 percent for each). In contrast, Asian American and Latino children chose more white media heroes than other categories (40 percent and 56 percent, respectively). Only 35 percent of the Asian Americans respondents, and 28 percent of the Latino respondents, chose media heroes of their own ethnicity.

How can we explain the fact that African American and white children are more likely to have media heroes of their same ethnicity, compared to Asian American and Latino children? There is no shortage of white characters for white children to identify with in television and film, and African Americans now make up about 14 percent of television and theatrical

characters (SAG, 2000). While African American characters are represented less frequently than white characters, their representation on television, film, and music television is much higher than for Asian American and Latino characters (e.g., Asians represent 2.2 percent, and Latinos represent 4.4 percent, of television and film characters) (SAG, 2000). Also, fewer famous athletes are Asian American or Latino, compared to African American or white.

Also of interest was whether children choose role models of the same, or other, gender. Overall, children in this study more often chose a same-gender person as someone they look

up to and admire. This pattern is consistent across all four ethnic groups, and stronger for boys than girls. Only 6 percent of the boys chose a girl or woman, while 24 percent of the girls named a boy or man. Asian

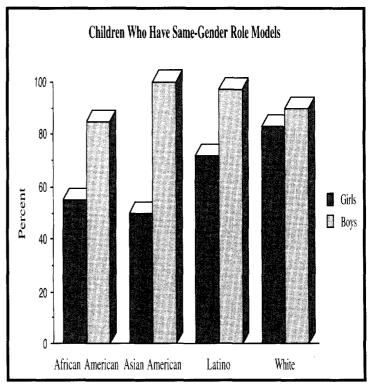


Figure 3

American boys actually picked male heroes exclusively. Asian American girls chose the fewest female role models (55 percent) compared to the other girls (see Figure 3). These findings associated with Asian American children present a particular challenge for educators. Asian Americans, and particularly Asian American women, are seldom presented as heroes in textbooks. This is all the more reason for schools to provide a broader and more diverse range of potential role models.

At the same time, it has been reported that boys will tend to imitate those who are powerful (Gibson & Cordova, 1999). Thus, while boys tend to emulate same-gender models more than girls do, boys may emulate a woman if she is high in social power. Therefore, boys may be especially likely to have boys and men as role models because they are more likely to be portrayed in positions of power. It also has been noted that college-age women select men and women role models with the same frequency, whereas college-age men still tend to avoid women role models. The fact that young women choose both genders as role models might be a result of the relative scarcity of women in powerful positions to serve as role models (Gibson & Cordova, 1999).

### Who Are Children's Role Models and Heroes?

Overall, children most frequently (34 percent) named their parents as role models and heroes. The next highest category (20 percent) was entertainers; in descending order, the other categories were friends (14 percent), professional athletes (11 percent), and acquaintances (8 percent). Authors and historical figures were each chosen by only 1 percent of the children.

Patterns were somewhat different when ethnicity was taken into account. African American and white children chose a parent most frequently (30 percent and 33 percent, respectively). In contrast, Asian Americans and Latinos chose entertainers (musicians, actors, and television personalities) most frequently (39 percent for Asian Americans and 47 percent for Latinos), with parents coming in second place. When gender was taken into account, both girls and boys most frequently mentioned a parent (girls 29 percent, boys 34 percent), while entertainers came in second place. Figure 4 illustrates these patterns.

When taking both ethnicity and gender into account, the researchers found that Asian American and Latina girls most frequently picked entertainers (50 percent of the Asian American girls and 41 percent of the Latinas),

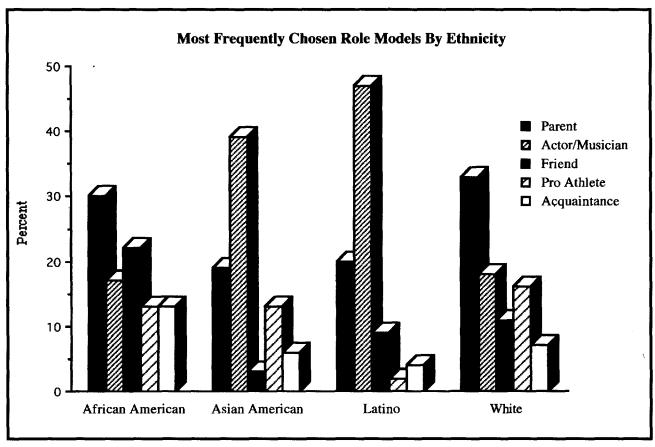


Figure 4

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while African American and white girls chose parents (33 percent and 29 percent, respectively). Asian American boys most frequently named a professional athlete (36 percent), African American boys most frequently picked a parent (30 percent), Latino boys most frequently chose entertainers (54 percent), and white boys picked parents (38 percent).

# What Qualities About Their Role Models and Heroes Do Children Admire?

When asked why they admired their heroes and role models, the children most commonly replied that the person was nice, helpful, and understanding (38 percent). Parents were appreciated for their generosity, their understanding, and for "being there." For instance, an 11-year-old African American girl who named her mother as her hero told us, "I like that she helps people when they're in a time of need." Parents were also praised for the lessons they teach their kids. A 9-year-old Asian American boy told us, "I like my dad because he is always nice and he teaches me."

The second most admired feature of kids' role models was skill (27 percent). The skills of athletes and entertainers

were most often mentioned. One 12-year-old white boy said he admires Kobe Bryant because "he's a good basketball player and because he makes a good amount of money." A 10-year-old Asian American girl chose Tara Lipinski because "she has a lot of courage and is a great skater." A 9-year-old Latino boy picked Captain America and said, "What I like about Captain America is his cool shield and how he fights the evil red skull." The third most frequently mentioned characteristic was a sense of humor (9 percent), which was most often attributed to entertainers. For instance, a 10-year-old Latino boy picked Will Smith "because he's funny."

These findings held true for children in all four ethnic groups and across the genders, with two exceptions: boys were more likely than girls to name athletes for their skill, and entertainers for their humor. Given the media attention to the U.S. women's soccer team victory in the World Cup in 1999, and the success of the WNBA (the women's professional basketball league), the researchers expected girls to name women professional athletes as their heroes. However, only four girls in the study did so. Despite recent strides in the visibility of women's sports, the media continue to

When children's heroes were media characters, African American and white children were more likely to name media heroes of their same ethnicity. In contrast, Asian American and Latino children tended to name media heroes who were not of their same ethnicity.

construct men's sports as the norm and women's sports as marginal (e.g., references to men's athletics as "sports" and women's athletics as "women's sports").

#### **Summary and Implications**

Whether the children in this study had heroes they knew in real life, or whether they chose famous people or fictional characters, depended, to some extent, on the respondents' ethnicity and gender. Overall, however, the most frequently named role model for kids was a parent. This is good news for parents, who must wonder, given the omnipresence of the media, whether they have any impact at all on their children. Popular culture was a significant source of heroes for children as well. Entertainers were the second most frequently named role models for the children, and the number increases significantly if you add professional athletes to that category. The attributes that children valued depended on whom they chose. For instance, children who named parents named them because they are helpful and understanding. Media characters were chosen because of their skills. When children's heroes were media characters, African American and white children were more likely to name media heroes of their same ethnicity. In contrast, Asian American and Latino children tended to name media heroes who were not of their same ethnicity. Children kept to their own gender when choosing a hero; boys were especially reluctant to choose girls and women as their heroes.

The frequency with which boys in this study named athletes as their role models is noteworthy. Only four girls in the study did the same. The implications of this gender difference are important, because many studies find that girls' participation in sports is associated with a number of positive attributes, such as high self-esteem and self-efficacy (Richman & Shaffer, 2000). Therefore, school and community support of girls' athletic programs and recognition of professional women athletes would go a long way to encourage girls' participation in sports, as well as boys' appreciation of women athletes as potential role models.

The mass media are hindered by a narrow view of gender, and by limited, stereotyped representations of ethnic minorities. Parents and educators must take pains to expose children to a wider variety of potential role models than popular culture does. Historical figures and authors constituted a tiny minority of heroes named by the children surveyed. Educators can play a significant role by exposing students to a wide range of such historical heroes, including people from various professions, people of color, and women of all races.

Finally, educators could capitalize on children's need for guidance to expose them to a greater variety of role models. Doing so affirms for the children that their race and gender are worthy of representation. A variety of potential heroes and role models allows children to appreciate themselves and the diversity in others.

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