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The Relationship Between Marvel Female Superheroes and Young Girls

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Abstract

This paper investigates the relationship between female superheroes and young girls. The research conducted through surveys demonstrates that superheroes have effects on young adolescents. Certain traits or characteristics that heroes demonstrate on-screen have real-world impacts. It was evident that female superheroes, in particular, shaped confidence levels and ideas of self-esteem, but there is still not enough female representation in the Marvel Cinematic Universe (MCU). Survey results indicated that high schoolers wish to see more diverse and relatable characters in the MCU. The research revealed a strong relationship between female superheroes and young girls as well as the need for positive female role models.

1 Introduction

Superhero stories and films have become an integral part of our lives. People make reference to classic heroes, like Spider-Man and Iron Man, in everyday life. People of all ages connect to superheroes. Superhero movies are a source of comfort and entertainment. In recent years, superheroes born out of the pages of comic books have been brought to life in movies and films, allowing fans to visualize their stories. As times have changed and superheroes have modernized, so have the demographics of superhero fans. More girls are interested in comics and families watch Marvel movies together. Superheroes teach us valuable lessons and impact our lives both consciously and subconsciously. More recently, superheroes are having a visible increased impact on young girls. Thus

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arises my research question: How does the expansion of the Marvel franchise to include more female superheroes affect the desire for increased diversity in the film industry and affect perceptions of self-esteem and confidence among young girls at a private, diverse STEAM school in Georgia?

In the media today, there is an issue with not having enough positive female role models and representation for young girls. Just a decade ago in the MCU, the term given for the collection of all the Marvel movies, diversity and female representation were not prevalent. In recent years, this has changed as there are now more female leads and main characters. Thus, girls are beginning to feel like women are portrayed in a way that is more relatable and admirable than in previous eras of comics and film. Before, the portrayal of women in film was often driven by stereotypes of helplessness and male savior notions. This problem has negatively impacted the growth and confidence of young girls because they grow up to think they have limits and that they lack the confidence to achieve their goals. I plan to research how girls are affected by female superheroes and whether certain changes in the Marvel Cinematic Universe (MCU) could be beneficial or not to young girls. My gap is that no one has researched this topic at my school, which is a gifted STEAM private school with a diverse student body. I plan to survey students aged 13 to 18 about their ideas on female superheroes to develop an understanding of the relationship between young girls and female superheroes, also known as superheroines.

2 Literature Review

2.1 The Prominence of Superheroes

In order to understand the connection between young girls and female superheroes, it is crucial to understand why superheroes are appealing in the first place. Why do people, young and old, enjoy watching superhero movies and reading comics? There are several studies and research papers regarding why superheroes are appealing to all ages. One such source is a book by Robin S. Roseburg. In a section of her book, Rosenberg goes into detail about how superhero movies address social issues, such as justice and the concept of right vs. wrong. People can identify with the human struggles that superheroes face. There are several aspects of superhero movies, including the characters, that are relatable. Adults who enjoy watching superhero movies enjoy them because it reminds them of their childhood, where they are typically introduced to super-

heroes for the first time. Superheroes provide a sense of comfort and as adults, people can view them from a new perspective. Even though superheroes have special abilities, we can still relate to them and their social issues. People are comfortable with watching superhero movies as the storyline is both familiar and inspiring, good prevails over evil. Superheroes follow the typical superhero arc which is the standard pattern that a hero story follows. For example, the hero's backstory, the hero's discovery of themself, the challenges, and the win. This predictability offers assurance that viewers know how the story will ultimately end and acts as a source of comfort for viewers [1]. Yvonne Skipper wrote an article in which she describes how superheroes help people understand the world. Her article affirms the findings of Rosenburg. Skipper explains how dealing with real issues can be difficult but "...exploring this through the treatment of fictional mutant characters may make it easier for us to have an open conversation about it" [2]. Talia Smart continues this train of thought of the two previous authors. Smart discusses how many superhero films have deeper meaning and political themes behind them. Over time, culture and gender roles have changed and each new film includes new themes. This is a possible explanation for how superheroes have increased in popularity since their introduction to comics in the early 1900s [3].

2.2 Shift from Comics to Movies

As stated previously, the popularity of superheroes has vastly increased, especially when comics were translated into to movies. The characters people had read about in comics were now coming to life. When the first Marvel movies came out, no one predicted how much the MCU would grow over time. The new movies accomplished much. Today, people who are not even dedicated fans of superheroes or comics will still watch a superhero movie as it is action-packed and captivates the audience, whether the viewer understands all the details or not. Smart discusses this shift from comics to movies and ties it into superhero popularity. Advances in technology, as well as other factors, have allowed superheroes to reach a broader audience. Developing comics into movies allows for the spread of superhero stories and the success of the movies. For example, Avengers Endgame, a superhero movie, is the highest-grossing movie to date. If superheroes had stayed in comics, they would not have the same reach today. The fan base would have been smaller and popularity might have decreased over time. [3].

2.3 Children and Superheroes

The connection between people and superheroes typically begins when children read comics or view a superhero on-screen. They enjoy the heroic elements and begin to imitate who they see. They dress up as their favorite hero and play with action figures. It is not until they are older that they learn more about their favorite superhero and their backstory. Even then, most people do not realize how children are learning valuable lessons from superheroes and they have a connection to superheroes. Brown et al. used this base knowledge and took a different approach. In their study, they found that children watch superheroes and act like them, aspiring to be superheroes when they grow up. Of course, that is not exactly possible, but Brown and others found another application of this love of superheroes. They found that superheroes can be used to promote public health. Children could aspire to be real-life superheroes, such as those in healthcare. For example, Brown and his colleagues are finding ways to develop posters with key people in the health field depicted as superheroes and teaching children about the importance of washing hands [4]. Dobrow and his colleagues explain how children need good role models to help them navigate growing up. Children see superheroes as role models after seeing the good they do, in turn propelling children to do the same. Children imitate those around them and copy what they see. When they see superheroes in cartoons or movies, they want to be the "savior" [5].

Building on this connection that children and adults have with superheroes, superheroes affect people whether they know it or not. They show us that even people with extraordinary abilities and powers have flaws. Along with their flaws, they show what it means to be human and inspire change. Superheroes make us want to find real-life heroes or even become heroes ourselves.

2.4 The Female Movement in the MCU

As the MCU expanded, shifts from the aforementioned stereotypes occurred. Female directors who brought new perspectives to timeless characters were hired. Female roles began to change and the superheroines emerged. Females were portrayed more accurately and were given more crucial roles. This slowly grew over the course of several movies. In his honor thesis, Jordan Gablaski explains how superhero franchises have made history and firsts with their female leads. For example, Captain Marvel was the first female solo film in the MCU and Hela from Thor: Ragnarok was the first female villain in the MCU. Black Widow

was one of the original Avengers and was the only female Avenger out of the original group. Throughout the Marvel movies, her character has gained more depth and she holds an important role in the MCU. Her character development indicates that the MCU is adapting to the times. Originally, comic books were for a male audience and females had small, insignificant roles. As changes were made in both comics and movies, there was an increase in female viewers and readers. Gablaski mentions how attention has been shifted to how females in superhero movies are portrayed and what impact they have instead of how they look. He explains how female leads are key to pop culture and have led to more popularity in the superhero genre. This is because the focus on female characters and leads is causing more female fans to become viewers and supporters [6].

In contrast, several other sources argue that the changes up to this point are still not enough. A study by BBC America and the Women's Media Center shows that young girls and boys recognize that there is not enough diversity and representation in superhero films. The girls interviewed stated that they wanted to see more diversity, relatability, and representation. BBC America stated that the confidence of young girls is boosted when they have more female role models. They highlighted the inequality between men and women in STEAM fields and said that this could be changed if young girls had more confidence in themselves [7]. Jacqueline Danziger-Russell adds to this by explaining the negative effects of incorrect female stereotypes [8]. As more females are being introduced and represented in the MCU, it is important that incorrect stereotypes are not used as that can have adverse effects. I plan to find out whether female superheroes have a negative or positive impact on young girls by surveying a diverse student population across several age groups. I hypothesize that current superheroines and Marvel movies affect young girls positively, but there is still room for improvement in the MCU in terms of diversity.

3 Methods

My research was to determine how young girls were affected by female superheroes. I planned to survey high schoolers aged 13-18 at a diverse private STEAM school in the suburbs of Atlanta, Georgia. The high school population at this school consisted of 176 students, which is fairly small compared to other high schools. I originally wanted to collect data from children, but I realized it

would be difficult for young children to answer some of the questions I would need to ask to obtain sufficient data. Since most of the Marvel movies are PG-13, I decided that I should focus my age group to 13 and older. As I wanted to survey my school, I limited the age group to 18, the typical age of a senior. My gap is that no one has researched this topic of female superheroes and young girls at my school before. My school is a gifted STEAM private school with a diverse student population. Various ethnicities and cultures make up the student body. The student body includes exchange students from South Korea, for example. Additionally, many students are first-generation Americans. Some students were born in Europe or Asia, then grew up in the United States. This diversity will be beneficial in my study to observe which students are more affected by superheroes than others and which students have stronger opinions than others. Some students may have opinions on representation in superhero films. They may want to see a superhero with the same ethnicity as them or a superhero that speaks the same language as them.

I chose to do this particular method because I wanted students to offer their perspectives about how superheroes have impacted their growth and confidence. I particularly wanted to see how the girls at our school perceive their confidence in relation to strong female role models. Though a content analysis method(the common method in my discipline) of superhero movies and comics could have been employed, I would have needed to review the progress of females throughout comics and movies and relate that to the difference in cultural norms and writers. I choose not to take a content analysis approach as it focuses more on the past and work that has already been done. I wanted to focus more on current trends so surveys would be most beneficial. The content analysis method would not have effectively answered my research question because I wanted to get the perspective of young girls specifically, not too much on the progress of superheroines. I ultimately chose the survey method as it would be most beneficial in getting data that applied to my research question. I based my survey method off of the "Superpowering Girls" survey by BBC America. This survey gave me an idea of what questions to ask and how to interpret data.

I created a survey through Google Forms as all the students at my school have access to the Google suite of tools. I sent the survey through students' school email as that was the easiest way for them to access the survey. The survey was sent out in early March and students had until the end of March to fill out the survey. All students are provided MacBooks, so everyone has equal access. Everyone was given the chance to close out of the survey at any

time. The survey was also anonymous to protect the privacy of the students. The parents of students were sent an opt-out form if they did not want their children to participate in the survey. If parents allowed their children to take the survey, students then had their own choice on whether to take the survey or not. My survey was reviewed by the administrators at my school prior to the survey being sent out.

My survey contained questions about students' favorite superheroine, why they have this particular favorite, why they admire this particular figure, if they have any other real-life female role models, and their confidence level. The questions I asked on the form include: "How many of the following superheroes have you heard of?", "How many of the following superheroines have you heard of?", "Which of the following Marvel movies have you watched?", "Who is your favorite female superhero?", "Who is your favorite male superhero?", "Who is your male role model in real life?", "On a scale of 1-10 how confident are you in yourself?", "Mark which of the following words you would use to describe yourself", "What new superheroes would you like to see on screen?", "On a scale of 1-10, how satisfied are you with the female representation in Marvel movies?", "Would you like to see more diversity among superheroes?", and "Would you like to see superheroes you can relate to?".

Moreover, the gender of the participant was collected as both girls and boys responded. Doing so allowed me to compare the answers of both. My model paper, "Superpowering Girls" by BBC America, also surveyed both girls and boys to compare the data so I based my choices off of this paper. The survey asked about the students' age, ethnicity, and race as well. I asked for these to gain a comparison of how students' opinions were affected by their background. Age helped me determine whether there was a growth or decline in confidence levels with respect to age. Age also helped me connect how familiar students are with superhero movies to how old they are. Ethnicity was key to my questions about diversity in superhero movies.

After I closed the form and stopped accepting responses, I analyzed the data on Google Sheets and created graphs from the data. I looked for patterns, outliers, and similarities. I calculated frequency and percentages. I analyzed girls' and boys' data separately as well as combined data.

4 Results

Fifty-two students responded to the survey. The results showed that there was a fairly even split between female and male responses, 48.1% of responses being female and 44.2% being male (see graph 1). Sixteen-year-olds were most likely to respond to the survey and there were no responses from 13-year-olds. The most prominent ethnic group was South Asians, followed by East Asians and Middle Easterners. Almost all surveyees knew every male superhero presented, but the responses to the recognition of female superheroes were more varied (see graph 3). The least recognized female superhero was Ms. Marvel and the most recognized was Black Widow. The most-watched Marvel movie out of the options given was Black Panther and Avengers: Endgame. The least-watched was Captain Marvel (see graph 6). When asked who is their female role model in real-life, most answered their mother. Other responses involved family such as grandmothers, sisters, and cousins. When asked who is their male role model in real-life, most answered their father.

When asked who their favorite female superhero was, most answered with Black Widow. Thirty-three percent said Black Widow, 25% said Scarlet Witch or Wanda, 10.4% said Captain Marvel, and 10.4% said Wonder Woman (see image 1 and table 1). Out of the female responses, 46% of the female surveyees chose Black Widow. Majority of the people who answered Black Widow were females. Most of the males answered with Scarlet Witch in this question. When asked who their favorite male superhero was, most answered with Spider-Man. Forty-two percent said Spider-Man, 10% said Iron Man, 7.7% said Doctor Strange, 5.8% said Captain America, 5.8% said Thor, and 3.8% said Black Panther (see image 2 and table 2). Majority of the people who answered Spider-Man were females. Most of the males answered Spider-Man in this question and the second-most answered was Batman.

For confidence levels, 8 out of 10 was the most common answer with 10 meaning "very confident." The majority of the answers were spread across 5, 6, 7, and 8. Only two females answered with 10 and only one female answered with 9. Most females answered 8. Only one male answered 10. Most males answered either 5 or 8 (see graph 7). When asked what words students describe themselves with, 38 people answered "fun," 37 people answered "smart," and 35 people answered "determined." The least answered words were "beautiful" and "brave" (see graph 8).

For the question about what new superheroes students would like to see

on-screen, most people answered that they would like to see more ethnically and racially diverse heroes (see image 5 and table 3). Many answered with an Indian superhero or more South Asian representation. About 29.2% wanted to see more ethnic or racial diversity. About 18.8% wanted to see more female representation. Regarding the satisfaction of female representation in Marvel, the most common answer was 5 out of a scale of 1 to 10, meaning neutral (see graph 9). Most answers were clustered at 5 or above. When asked if they wanted to see more diversity based on gender and race, 42% said 10 out of the 1 to 10 scale (see graph 10). After that the most common answers were neutral (5) and 8. Two people answered 1, one person answered 2, and one person answered 4.

When asked if students wanted to see more relatable superheroes, 51.9% (27 people) answered 10 on a scale of 1 to 10 (see graph 11). The majority of people answered 5 or above. Fifteen of the 27 people who answered 10 on this question were females (56%). When the data from the number of Marvel movies watched by females and confidence levels were compared, there was a relationship. Graph 12 is a histogram that shows that most responses were clustered in the 8-10 range. Graph 13 is another histogram that shows the positive relationship between the number of Marvel movies watched by females and the number of positive words female surveyees used to describe themselves. This graph had a similar pattern to graph 12 as most of the data was clustered in the 8-10 range.

5 Discussion

After analyzing the data, I found patterns and connections between questions. I also was able to make sense of why certain trends were present. More of the male heroes were recognizable as there are more male superheroes present and they have been part of the MCU for longer. Black Panther was the most-watched movie along with Avengers: Endgame. Black Panther was an important step towards diversity as it showed that Marvel was willing to make changes and include different cultures. Avengers: Endgame was an important and popular movie as it answered questions left as a cliffhanger in the last Avengers movies. It was a culmination of 10 years of Marvel stories and content.

Most surveyees chose Black Widow as their favorite superheroine most likely because she was one of the original Avengers and she has been part of all the movies since the beginning. People may like her growth as a character and the

revalation of her backstory. People may also see her as one of the most prominent heroes due to her world-saving actions in Avengers: Endgame. Spider-Man was the favorite male superhero due to his relatability and comedic appeal. He is younger and appeals more to teenagers. Spider-Man is also a classic hero that has been in comics for years.

Female role models varied more than male role models, showing the importance of female role models to many people and the fact that many people admire different values in a role model. Female role models varied from mothers, to family, to singers, to actresses, and more. On the other hand, male role models were fathers, grandfathers, and brothers. Some see superheroes as role models because of their selflessness and desire to help others.

For the question about confidence levels, the majority of responses were 5 and over. Not many people answered with a confidence level of less than 5. This may be due to the environment of the school, which is small, and highly supportive. For the question where students had to choose which words to describe themselves, most people answered "fun" because it is a commonly associated word to use. People like to consider themselves fun and pleasant to be around. The word "smart" was also another popular answer most likely due to the competitive nature of our STEAM school. The word "determined" was frequently selected, most likely due to the dedication needed to keep up with the competitive nature of the school. Words associated with body image were not selected as much. This shows that some people have some insecurities and are not completely confident in themselves. Fifty percent of girls answered with more than 3 words. Half the girls felt confident enough to use several words to describe themselves. Half the girls did not have the confidence to choose more than just 2 or 3 basic words.

When asked what new heroes and what qualities they would like to see, a wide majority of people wanted to see ethnic or racial diversity and female representation. This ties back to the fact that the population surveyed was ethnically diverse and, therefore, students may not feel as represented in Marvel movies. People also responded that they wanted to see more Indian or South Asian superheroes, which relates to the fact that the most prominent ethnic group in the sample was South Asians. Most people were neutral about if they were satisfied or not satisfied with female representation in Marvel. Most people may not realize that there is an issue with diversity or many may just not be affected as much. In general, people seemed satisfied with female representation, which was interesting considering that they answered they wanted to see

more diversity in terms of race or ethnicity. Maybe they do not want to see more diversity based on gender because they already feel represented. The data shows that more people value relatability or diversity in race and ethnicity. It is possible this was the case because this relates to the questions about students' favorite male superhero, in which they chose Spider-Man. Spider-Man is known for his relatability as he is the youngest Avenger. He is a teenager and therefore appeals to a younger audience. He is a widely-liked hero and he balances his social life with his life as a superhero. Because most people chose him as their favorite superhero in the survey, this shows that students value relatability and will favor superheroes that are the most relatable. Heroes like Spider-Man make younger fans feel as though they are not the only ones struggling with life as a teenager.

The most significant patterns found were the following. There seemed to be a relationship between Marvel movies and confidence as well as between Marvel movies and self-esteem. Those who had selected 8 or more choices out of the 10 for how many Marvel movies they had watched typically had higher confidence levels. As seen in graph 12, there was a relationship between these two factors. After deeper analysis, I discovered the relationship was stronger for the answers from female surveyees. The more Marvel movies that female surveyees had watched the more confident they said they were. Graph 13 shows that there was a relationship between Marvel movies females had watched and the number of positive words female surveyees used to describe themselves. The more Marvel movies female surveyees had watched, the more positive words they used to describe themselves. Additionally, the Marvel movies I gave as options on the survey, were all movies that have significant female leads or superheroines. This may be a cause for the patterns in graphs 12 and 13.

Several questions asked about similar topics but in different ways. In this way, there were clear patterns and connections between certain questions. The way questions were worded allowed for students to consider their responses before answering. Instead of simple "yes" or "no" questions, these questions required ranking, scaling, and selection. This style of questions ensures that students put thought into their responses. The age range I selected, 13-18, was a logical choice because if I had included anyone younger than 13, I would not have gotten many responses from them. This is evident from the fact that no thirteen-year-olds took the survey. Capping the age range off at 18 was also a logical choice as I was able to limit my sample to an ethnically diverse population. If I had surveyed people older than 18, I would have had to send the

survey outside the school and that would change the ethnic composition of the sample.

6 Conclusions

There seems to be a positive relationship between the current state of Marvel and young girls. Several other patterns arose from my research, such as that students wanted to see more relatability and diversity. My research supported my initial hypothesis as I predicted there would be a positive relationship between female superheroes and young girls. I also predicted that there was more to be done and this was evident from the responses to several questions. Students wanted to see more diversity, reliability, and female representation. Both girls and boys felt that the MCU could be more representative. Students seem to favor superheroes that had character growth and that were relatable, showing that the more "human" these heroes seem, the more popular they are. Female superheroes are still being integrated into the MCU and there is still progress to be made towards making them as popular and as recognizable as male superheroes. Observing what MCU fans like and dislike about the female movement occurring will help with the creation of movies that accurately portray females. This will in turn increase the popularity of these movies. As the MCU continues to adapt to changes and become more inclusive, it will give female solo movies in the MCU the opportunity to become as popular or even more popular than male solo movies.

6.1 Limitations

One limitation was that all of my questions required an answer so if students had not watched any Marvel movies they had to randomly click one to move on to the next question. Those who were big fans of superheroes expressed that in the open-ended questions. Another limitation was that heroes have several names and students may not recognize the name I used on the survey. I also did not get many responses, as only 52 people responded to my survey out of 176 high schoolers the survey was sent to. My survey should be done again on a larger sample size to see if the data trends are the same. Another issue that arose was that when asked about their role model or favorite superhero, people listed more than one answer. This meant that their answer could not be calculated as a percentage due to the fact they didn't express a liking for one

hero over the other. I should have specified that they can only list one answer. Some students included DC heroes as their favorite heroes and I had to exclude that data because it is not related to my main area of study. I should have specified that they should answer with their favorite Marvel superhero.

Based on my analysis, I think several students misunderstood the scale for the satisfaction of current female representation in Marvel movies because this graph was opposite to the diversity and relatability graphs. It would make more sense that if students wanted more diversity and relatability, then they would also want more female representation. Next time, I should specify the scale for the question so students know what a 10 means and what a 1 means in relation to their answer. I also should have asked more in-depth questions. For instance, after I asked who their favorite superhero was, I should have asked why they liked this particular hero to get an idea of what traits people admire. I should have asked more "why" questions and more follow-up questions along with asking "what" questions.

Additionally, the environment of the school may have affected student responses. The school is a private STEAM school for gifted students. Students are given a rigorous curriculum and must test to gain admittance into the school. The school is fairly small compared to other high schools as there are only 176 high schoolers. The small number of students creates an environment in which students get more one-on-one time with teachers and generally receive more personalized support. This boosts self-esteem and confidence as well as perceptions of success.

6.2 Implications and Future Studies

My research has real-world implications as it can be used by Marvel and other movie franchises to increase sales and popularity by catering to their audience's desires for more diversity and representation. Movie and TV producers can use this information to figure out how their audience wants to connect to characters. Marvel can take specific data about what future heroes people want to see and incorporate more diversity in their future films. Surveys, or even other methods, to collect data about demographics and what fans think about Marvel movies will be extremely beneficial in helping creators produce highly successful movies.

My research can also be used as a basis for future studies on women in media and their effect. My survey shows that young girls are affected by what they see in the media. With the changes in the MCU, they are positively affected as

their confidence is boosted. This survey could be adapted and used for different movie franchises or even for TV shows to see if there is a positive or negative impact on young girls. Information gathered from surveys such as those would be valuable in creating media that uplifts and supports girls to help them become more confident in themselves. Young girls are part of the future, therefore, it is important that they grow up surrounded by positive media that encourages them to succeed in life.

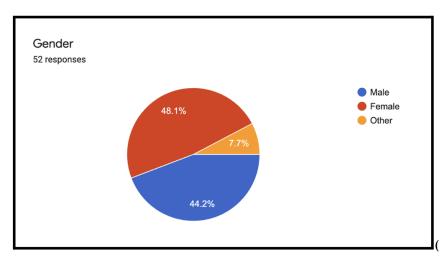


Figure 1: Graph #1

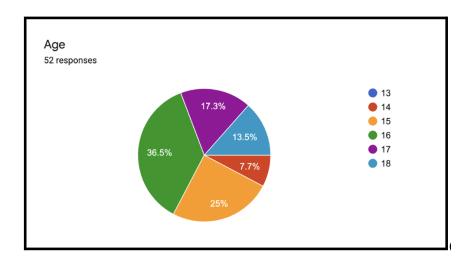


Figure 2: Graph #2

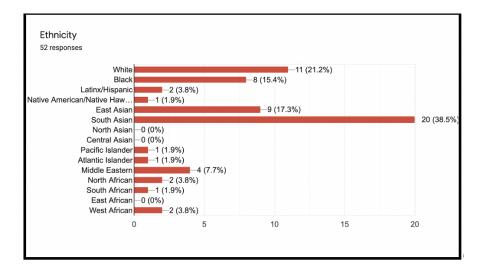


Figure 3: Graph #3

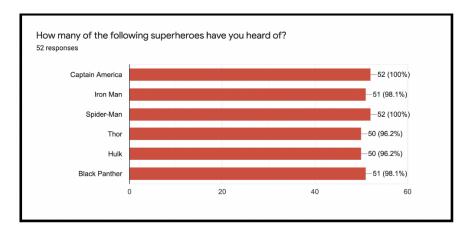


Figure 4: Graph #4

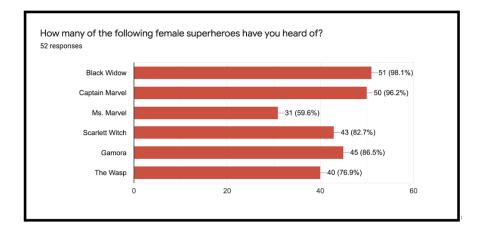


Figure 5: Graph #5

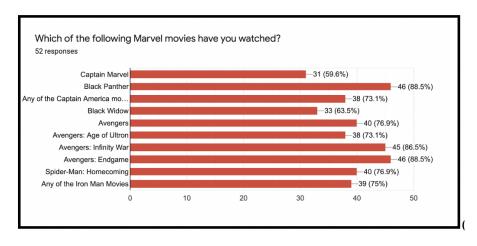


Figure 6: Graph #6

2 responses	
Black Widow	
Wonder Woman	
Captain Marvel	
black widow	
Scarlett Witch	
Black widow	
Scarlet Witch	
I don't know if this counts	but Agent Carter :) Other than that, it would probably be Black Widow.
Gamora	

Figure 7: Image #1

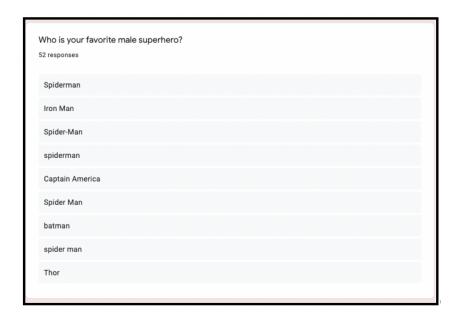


Figure 8: Image #2



Figure 9: Image #3

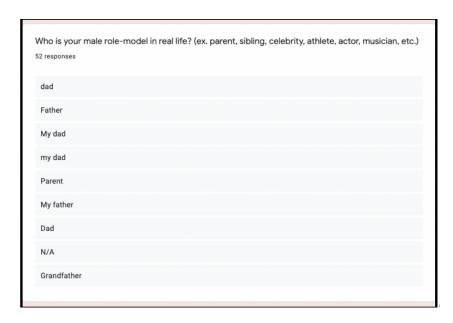


Figure 10: Image #4

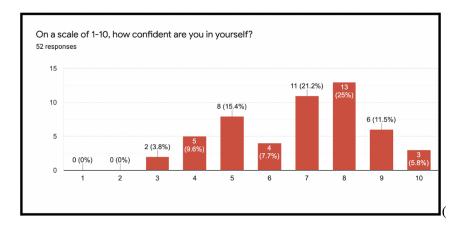


Figure 11: Graph #7

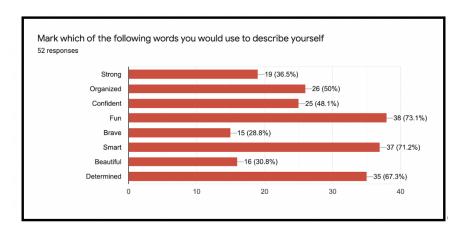


Figure 12: Graph #8



Figure 13: Image #5

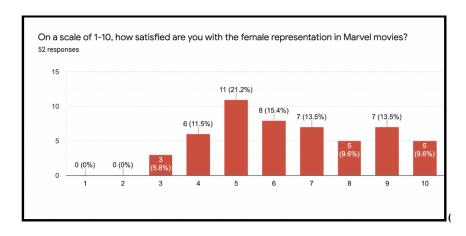


Figure 14: Graph #9

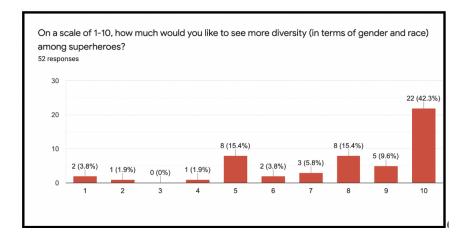


Figure 15: Graph #10

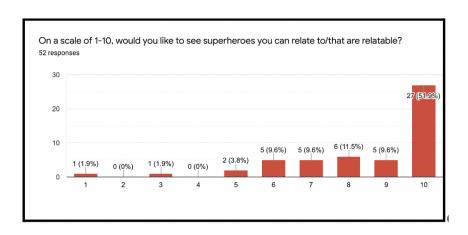


Figure 16: Graph #11

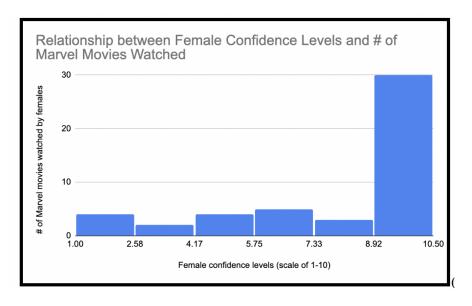


Figure 17: Graph #12

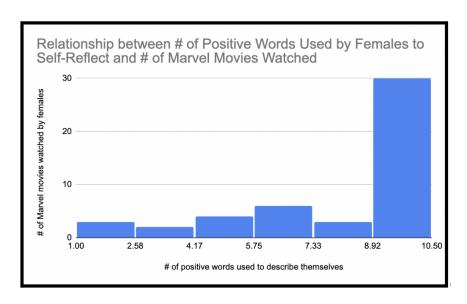


Figure 18: Graph #13

Who is your favorite female superhero?	
captain marvel	
Black Widow	
Black widow	

Figure 19: Table # 1



Figure 20: Table # 2

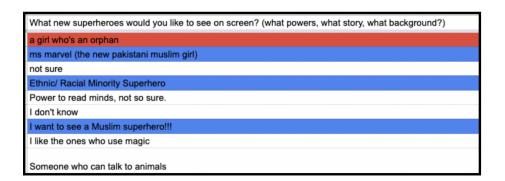


Figure 21: Table # 3



Figure 22: Table # 4



Figure 23: Table # 5

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