

EFFECTS OF HELICOPTER PARENTING ON CHILDRENS' PSYCHO-SOCIAL DEVELOPMENT

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Abstract

This study looked at the relationships between over parenting and growing outcomes (childhood psychosocial development) on a sample of 347 students of university of Okara students. The adolescent's gender, family intactness, and parent-child conflict's moderating impacts on these connections were also looked at. According to the findings, both father and mother over parenting were associated with young Chinese adolescents' positive developmental outcomes and egocentrism. In addition, the relationships between maternal over parenting and egocentrism and constructive youth development were mitigated by father-child conflict. Egocentrism increases at increasing degrees of father-child conflict and when maternal over parenting was more severe, favorable kid development rose. Additionally discovered to have controlling things were the adolescent's gender and family intactness. The findings shed light on how familial circumstances affect the link between excessive parenting and teenager. This study is a pioneer in evaluating the effects of helicopter parenting on teenagers because there are few comparable studies employing adolescent samples.

Keywords: *Over parenting, psycho social development, positive effects, negative effects, family communication, educational motivation.*

1. INTRODUCTION

Helicopter parenting is the practice of being overly complicated in a kid's life in a system that is excessively supervisory, overly protective, and overly perfection. Helicopter parenting entails constantly being on the lookout for your child, never being too far away, and reacting quickly to any potential physical or emotional injury. Helicopter parenting might emerge for a number of reasons. It influences educational activities as well as the psychology and social development of children. Its effects of on children might be mixed, negative, or both. Even worse, helicopter parents make decisions for their kids and directly support their ambitions.

The term "helicopter" was first used by Dr. Haim Ginott's in 1969 in book *Parents & Teenagers*. In 2011, it gained enough notoriety to get its own entry in the dictionary. "Lawnmower parenting," "cosseting parent" or "bulldoze parenting" are some synonyms. According to Carolyn Daitch, Ph.D (Head of the Centre for the treatment of anxiety disorder). They Go to Guide, that "helicopter parenting refers to a style of parenting in which parents are excessively focused on their children. It can be defined as "They frequently assume an excessive amount of accountability for their children's experiences, particularly for their achievements or failures".

The parent-child connection, which is the maximum crucial one in a kid's life, has drawn the attention of growing psychologists. Although there has been a lot of research on parenting styles from the perspective of the parent, it is best to understand parenting styles from the perspective of the child. The phrase "helicopter parenting" (HP) first appeared in the parenting book series by Cline and Fay, and a Newsweek story later popularized it (Cline F, Fay J, Booth-Butterfield M, Weber K).

There are different kinds of parenting styles namely authoritative, authoritarian, permissive, and negligent (Baumrind D). They are Commanding, Demanding, Tolerant and Careless. Because they prevent their child from failing in any part of their life, helicopter parents "confuse love, protection, and caring," according to Cline and Fay. (Odenweller KG, Booth-Butterfield M, Weber K) . HP is a term used to describe overly active and overly protective parents who continuously speak with their kids, get involved in their day-to-day life, and eliminate barriers from their kids' paths. Even better, they make decisions for them and directly support their aims (LeMoyne T, Buchanan) (Segrin, Woszidlo, Givertz , Taylor Murphy M).

Research on executive has mainly concentrated on normative managerial processes and has frequently overlooked alternative decision-making processes or approaches. (Parker AM, De Bruin WB, Fischhoff B). Typically the ability of emerging dependable level of capability to foresee the penalties of replacements grows by 15 years of age. Previous to this stage they are powerless of making choices that predict the penalties of replacements. (Tuinstra ,Sonderen , Groothoff , Van Heuvel ; Mann , Harmoni O, Power , Beswick , Ormond). This is founded on Janis and Mann's theory, regarding choice making elegances and self-possession (Mann , Harmoni , Power , Beswick , Ormond ; Ganaprakasam , Davaidass , Muniandy).

The five subscales of the confidence, watchfulness, fear, indirectness, and satisfaction reflect their theory. The decision-making processes of these five subscales can be divided into "adaptive" and "manipulative" categories. An adaptive pattern is deliberate conduct, such as being watchful and making decisions with confidence. It has been discovered that parenting helps children and teenagers develop particular decision-making patterns. (Udell W, Bannon Jr WM, McKay MM). Additionally, adolescents frequently adopt their parents' decision-making techniques when developing their own decision-making. (Öztürk N, Kutlu M, ATLI A).

In Asia, helicopter parenting is a highly common technique. In our nation, parents frequently send their children to kindergarten and primary school. Additionally, it has been observed that parents frequently take time off on the day of their child's exam and patiently wait at the school until the test is finished. After their child entered the adolescent stage and they discovered that they were startled students attended by their parentages on the principal day at university, this tendency is likely to persist. This scenario was clearly articulated in relation to reducing family size as one-child families. A one-child family's parents devote adequate effort to keeping watch over and defending their child.

2. Problem Statement

The impact of helicopter parenting on children and teens is not all bad. In fact, these parents often have close and caring relationships with their kids. Helicopter parenting is associated with warm and supportive parental behavior. This behavior includes ongoing communication, emotional support, and openness between parents and children. But the things of over parents are not all good. It affects both parties' parents and children. Sometime it depends on both the circumstances and the age of the child. Children raised by helicopter parents sometime fail to develop important competencies such as time management and coping skills. These children show less creativity, spontaneity, enjoyment. And initiative in their spare time, have less self-confidence, self-respect and life full filament. Furthermore, technological

development as well as deficiency of financial and conservational safety, social changes and experienced changes in their life style has improved the parentages energy to Defend and guide their kids.

Questions about the good intentions and positive attitudes between parent and child that are frequently believed to constitute the background of over parenting are raised by research on expressive emotion and parental conditional regard taken together. Parents who are overly concerned and intrusive frequently criticize their kids, and the parental qualified respect that threatens kids' autonomy has a negative impact on how people feel about parents. We examined the critical aspect of communicated emotion, outlooks to parent and child, qualified parental respect in this study to see if over parenting might develop from more critical, as opposed to supportive, family contexts. The components under examination are inherently complicated, thus we tried to operator them with a variety of indicators and evaluate them as latent variables. Latent variable analyses also have a number of statistical benefits, particularly when it comes to offsetting the special effects of quantity mistake.

3. Objectives of the Study

This study will help the parents to allow children to resolve their own conflicts and children need to understand that parents worry because of their affection and love. This research will teach the parents to allow their children to make their own decisions of life. It also helps the parents to understand the needs of their children and their independency. This study purposes to explore the connection among intensive childrearing, sometimes known as over parenting, and college students' psychological wellbeing, independence, and self-confidence.

To compare relations with imaginative parenting methods to associations with evaluative parenting measures (which capture judgments of over involvement), two parenting measures were utilized. Excessive parental participation may be linked to lower psychological wellbeing and academic success, according to earlier study. This study explores the hypothesis that unfavorable outcomes depend on how involved college students perceive themselves to be and how much support they require.

4. Research Questions

- How children are facing helicopter parenting?
- What are the effects of helicopter parenting on children's psycho social development?
- How helicopter parenting can be overcome?

5. Significance of the Study

This research will help the parents to overcome helicopter parenting and children to handle with this parenting style. The researcher will show the reasons behind the helicopter parenting and its effects. This research will be beneficial for parents, children and teachers for future. So, parents, children and teachers will not face any difficulty in future. This research will help the teachers also to handle the students who effected by helicopter parenting. These results of this research will identify the conflicts among the parents, children and teachers on over parenting. This research will help the parents to allow children to resolve their own conflicts and

children need to understand that parents worry because of their affection and love. This research will teach the parents to allow their children to make their own decisions of life. It also helps the parents to understand the needs of their children and their independency. Helicopter parenting sometime effects positive or sometime may be negative on the child's psycho social development.

6. Methodology

6.1. Research Design

It is quantitative research. Survey approach has been used in this study questionnaire is developed to collect the data. The questionnaire is distributed to the male and female students personally by visiting them on different spots in university of Okara. Keeping in view the nature of the study, descriptive method was used to conduct it.

6.2. Target Population

The population of the study consisted of university students enrolled in various degree programs in public sector university, University of Okara. The current survey was carried out among the students of University of Okara, Okara, and Punjab Pakistan. The target population of the study comprises on male and female students who are studding in University of Okara in Punjab province.

6.3. Sample Size

Convenient sampling technique was used and 352 students was taken as a sample from University of Okara. Purposefully sampling will be used in this research. Students will participate in Samples will be from both areas rural and urban. Data will be collected from university students.

6.4. Instrument of the Study

The instrument of research is the tools that are used by the researchers to gather data they need. The research process was a self-administered questionnaire. Questionnaire expected to be answered by the researcher were given randomly 352 students in University of Okara. A well-constructed and self-developed questionnaire titled "*Effects of Over/Helicopter parenting on child's Psycho-Social Development*" was used to get the desired information. The questionnaire was prepared by the researcher and modified and verified by the supervisor. The five points rating scale or Likert scale which has 5 options 1 (strongly agree), 2 (agree), 3 (neutral), 4 (strongly disagree), 5 (disagree) was used. Used a questionnaire considered of 26 questions and answer was collected. The researchers try his best to cover the relevant aspects of practical work in his questionnaire.

7. Data Analysis

The data analysis method used for this research is SPSS (Statistical package for social sciences) T. test is also used in this analysis. Data is entered, analyzed and applied independent t-test and One-way ANOVA test.

Table 1: *I feel depressed when my parents don't allow me to talk with my relatives.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly disagree	22	6.3	6.3	6.3
	Disagree	41	11.6	11.6	17.9
	Neutral	49	13.9	13.9	31.8
	Agree	132	37.5	37.5	69.3
	Strongly agree	108	30.7	30.7	100.0
	Total	352	100.0	100.0	

Table 21 shows the statement I feel depressed when my parents don't allow me to talk with my relatives. Out of 352 respondents, 22(6.3%) are strongly agree, 41(11.6%) are disagree, 49(13.9%) are neutral, are 132(37.5%) agree, and 108(30.7%) are strongly agree.

Table 2: *Parents should allow their children to communicate with others independently.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly disagree	34	9.7	9.7	9.7
	Disagree	68	19.3	19.3	29.0
	Neutral	53	15.1	15.1	44.0
	Agree	97	27.6	27.6	71.6
	Strongly agree	100	28.4	28.4	100.0
	Total	352	100.0	100.0	

Table 22 shows the statement Parents should allow their children to communicate with others independently. Out of 352 respondents, 34(9.7%) are strongly agree, 68(19.3%) are disagree, 53(15.1%) are neutral, are 97(27.6%) agree, and 100(28.4%) are strongly agree.

Table 3: *Parents should let their children free to learn from their mistakes.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly disagree	22	6.3	6.3	6.3
	Disagree	61	17.3	17.3	23.6
	Neutral	39	11.1	11.1	34.7
	Agree	103	29.3	29.3	63.9
	Strongly agree	127	36.1	36.1	100.0
	Total	352	100.0	100.0	

Table 23 shows the statement Parents should let their children free to learn from their mistakes. Out of 352 respondents, 22 (6.3%) are strongly agree, 61(17.3%) are disagree, 39(11.1%) are neutral, are 103(29.3%) agree, and 127(36%.1) are strongly agree.

Table 4: *Parents should let their children to be able to function everything without you.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly disagree	40	11.4	11.4	11.4
	Disagree	72	20.5	20.5	31.8
	Neutral	42	11.9	11.9	43.8
	Agree	93	26.4	26.4	70.2
	Strongly agree	105	29.8	29.8	100.0
	Total	352	100.0	100.0	

Table 24 shows the statement Parents should let their children to be able to function everything without you. Out of 352 respondents, 40(11.4%) are strongly agree, 72(20.5%) are disagree, 42(11.9%) are neutral, are 93(26.4%) agree, and 105 (29.8%) are strongly agree.

Table 5: *Parents should trust on their children that they can solve problems.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly disagree	19	5.3	5.3	5.3
	Disagree	61	17.3	17.4	22.5
	Neutral	53	15.1	15.1	37.6
	Agree	115	32.7	32.8	70.4
	Strongly agree	104	29.5	29.6	100.0
	Total	352	100	100.0	

Table 25 shows the statement Parents should trust on their children that they can solve problems. Out of 352 respondents, 19 (5.3%) are strongly agree, 61(17.3%) are disagree, 53(15.1%) are neutral, are 115(32.7%) agree, and 104(29.5%) are strongly agree.

Table 6: *Parents should set boundaries and limits for children in which they feel safe and secure.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly disagree	61	17.3	17.3	17.3
	Disagree	100	28.4	28.4	45.7
	Neutral	46	13.1	13.1	58.8
	Agree	67	19.0	19.0	77.8
	Strongly agree	78	22.2	22.2	100.0
	Total	352	100.0	100.0	

Table 26 shows the statement Parents should set boundaries and limits for children in whom they feel safe and secure. Out of 352 respondents, 61(17.3%) are strongly agree, 100(28.4%) are disagree, 46(13.1%) are neutral, are 67(19.0%) agree, and 78(22.2%) are strongly agree.

Table 7: *Parents should let their children to fulfill their responsibilities on their own.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly disagree	79	22.4	22.4	22.4
	Disagree	86	24.4	24.4	46.9
	Neutral	66	18.8	18.8	65.6
	Agree	61	17.3	17.3	83.0
	Strongly agree	60	17.0	17.0	100.0
	Total	352	100.0	100.0	

Table 27 shows the statement Parents should let their children to fulfill their responsibilities. Out of 352 respondents, 79(22.4%) are strongly agree, 86(24.4%) are disagree, 66(18.8%) are neutral, are 61(17.3%) agree, and 60(17.0%) are strongly agree.

Table 8: *Parents should explain to their children about their good or bad behavior.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly disagree	32	9.1	9.1	9.1
	Disagree	97	27.6	27.6	36.6
	Neutral	45	12.8	12.8	49.4
	Agree	66	18.8	18.8	68.2
	Strongly agree	111	31.5	31.5	99.7
	Total	352	100.0	100.0	

Table 28 shows the statement Parents should explain to their children about their good or bad behavior. Out of 352 respondents, 32(9.1%)are strongly agree, 97(27.6%)are disagree, 45(12.8%)are neutral, are 66(18.8%)agree, and 111(31.5%)are strongly agree.

Table 9: *My parents encourage me to make major decisions about my life.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly disagree	12	3.4	3.4	3.4
	Disagree	33	9.4	9.4	12.8
	Neutral	32	9.1	9.1	21.9
	Agree	135	38.4	38.4	60.2
	Strongly agree	140	39.8	39.8	100.0
	Total	352	100.0	100.0	

Table 29 shows the statement my parents encourage me to make major decisions about my life. Out of 352 respondents, 12(3.4%) are strongly agree, 33(9.4%) are disagree, 32(9.1%) are neutral, are 135(38.4%) agree, and 140(100.0%) are strongly agree.

8. Conclusions

The effects of over or H parenting on child's psycho social development is sometime positive or sometime negative. This may be the reason of child's anxiety and depression. But the other hand it is the reason of child's success in education or in other fields of life. Also, children try to handle the over parenting. Many studies on this term conclude the over parenting parents are well educated and want that their children achieved their life's goals. In COVID 19 this term increased in the parents due to the world-wide situation. Parents are being over protected for their children to keep them safe from difficulties.

It is clear that parents who are involved in their children's education donate to their comfort and success, over parenting can do additional harm than good. Parents can be a foundation of funding for their kids, or they can generate trying problems to achievement. While parentages are fine purposed, the risks of over parenting, occasionally mentioned to as "over parenting," can contain various bad belongings on children. When parentages are too supervisory, or microcomputer succeeds their kids' informative accountabilities, we route the threat of exciting inferior stages of supposed independence and capability. In the other hands, our kids may impression nervousness if they don't impression talented of responsibility belongings on their individual. Overall, the findings of the present study indicated that helicopter parenting was detrimental to teenage mental health and inversely correlated with learning self-efficacy.

The study's conclusions showed how overprotective parenting negatively affected adolescents' behavior and psychological results. The study's findings are consistent with earlier studies (Kouros, Pruitt, Ekas, 2017; Segrin, Bauer, Murphy, 2013). Kouros and colleagues' (2017) study of 347 undergraduate students indicated that an increase in overprotective parenting was associated with poorer levels of wellbeing in the respondents. Our findings seemed to be well supported in explaining how helicopter parenting reduces adolescents' ability to operate

appropriately for their developmental stage. Additionally, research showed that helicopter parenting had a negative impact on adolescents' development of learning self-efficacy. Our findings are quite comparable to those of Love and Thomas (2014) and van Ingen et al. (2015). Adolescents' self-efficacy for learning is influenced by parental engagement and parenting style. As was already noted, overly protective parents unwittingly prevent their children from developing independence and self-confidence.

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