

New generation parenting attitude: Helicopter parenting*

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Abstract: The term 'helicopter parenting' describes parents who excessively interfere in their children's lives. These types of parents resemble a helicopter, always ready and quick to intervene at the first sign of trouble. Considering the effects of parents' behavior on self-perception and overall personality, it is important for the concept of helicopter parenting to be discussed more extensively and brought to the forefront in our country. Therefore, a study has been conducted to clarify this concept and contribute to the literature. The aim of the research is to understand the concept of helicopter parenting and provide a new dimension to the literature. Through a literature review, the definition of helicopter parenting, its differences and similarities with other parenting styles have been examined, and behaviors that can be classified under helicopter parenting have been investigated. The research results indicate that this topic is not adequately addressed in the field of education. Therefore, it is hoped that the study will contribute to the educational community, teachers, and students.

Keywords: Parental attitude, parenting attitude, helicopter parenting, overprotective, child.

Başvuru/Submitted
13 Mar / Mar 2024
Kabul/Accepted
30 Nis / Apr 2024
Yayın/Published
21 May / May 2024

<https://doi.org/10.59320/alanyazin.1452153>

Derleme Makalesi
Review Article

Yeni nesil ebeveyn tutumu: Helikopter ana- babalık

Öz: 'Helikopter ana-babalık' terimi, çocuklarının yaşamlarına aşırı derecede karışan ebeveynleri tanımlar. Bu tip ebeveynler, neredeyse her an hazır olan ve ilk sorunda hemen yardıma koşan bir helikoptere benzerler. Ebeveynlerin davranışlarının kişilik algısı ve genel benlik üzerindeki etkileri dikkate alındığında, helikopter ana-babalık kavramının tartışılması ve ülkemizde daha fazla gündeme gelmesi önemlidir. Bu yüzden, bu kavramın açıklığa kavuşturulması ve literatüre katkı sağlamak için bir çalışma yürütülmüştür. Araştırmanın amacı, helikopter ana-babalık kavramını anlamak ve literatüre yeni bir boyut kazandırmaktır. Literatür taraması yapılarak, helikopter ana-babalığın tanımı, diğer ebeveynlik tarzlarından farkları ve benzerlikleri ele alınmış, helikopter ana-babalık altında sınıflandırılacak davranışlar incelenmiştir. Araştırma sonuçları, eğitim alanında bu konunun yeterince ele alınmadığını göstermektedir. Bu nedenle, yapılan çalışmanın eğitim alanına, öğretmenlere ve öğrencilere katkı sağlayabileceği umulmaktadır.

Anahtar kelimeler: Anne baba tutumu, ebeveyn, helikopter ebeveyn, aşırı korumacı, çocuk.

Alanyazın
Eğitim Bilimleri
Eleştirel İnceleme Dergisi
CRES Journal
Critical Reviews in Educational Sciences
2024, 5/1

Türker, M. & Bahçeci, F. (2024). New generation parenting attitude: Helicopter parenting. *Alanyazın*, 5(1), 45-56.

Okul Yöneticileri Derneği
e-ISSN: 2718-0808

* USBES 2023'te özet bildiri olarak sunulmuştur.

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Introduction

Family is an important institution that helps the individual to fulfill his/her needs. The fact that it is the first and most natural institution that will help the individual meet his/her needs, socialize, create and develop his/her social skills, and feel love, sincerity and meaningfulness about life makes the family indispensable for the individual's life. Although the family maintains this indispensable place in the life of the person, it shows some structural changes and developments over time and undergoes transformations. In addition to the fact that the dynamic process that society goes through shapes the family, the lifestyle and worldview of the family, the place where they live, socioeconomic conditions, and the ties between family members also cause the family structure to change (Ulutaş & Özpınar, 2016).

It can be said that parents raise their children in line with the society they are in, the culture they are exposed to, the approach they perceive from the family they grew up in, their values and their views on life. Considering the diversity of these factors that parents are affected by in raising their children, the importance of examining the concept of parental attitudes emerges. Parental attitudes can be defined as the multidimensional tendency that parents develop towards their children in order to shape their children's feelings, thoughts and behaviors in the direction they determine (Baumrind et al., 2010). Parental attitudes, which are seen to be highly effective on the child's healthy development, behaviors, self-confidence, life skills, academic achievement and social life, have been the subject of many studies. However, the role of parental attitudes in shaping the personality structure and emotional development of the child has also been the subject of studies conducted in our country in recent years and it has been revealed that it has a vital importance in these studies. It is one of the data found in these studies that parental approaches are related to children's ethical, social norm understanding and emotion regulation abilities (Yılmaz, 2022), predict the expression of emotions (Suvan, 2022), that there is a significant relationship between all sub-dimensions and self-compassion levels of perfectionism (Aydın, 2022), that there is a relationship at various levels between borderline personality traits and adult attachment styles (Köksal, 2022), and that it affects the level of empathy (Gül, 2021).

Establishing a healthy and functional communication within the family environment provides an opportunity to support the developmental processes of children. Otherwise, individuals who feel worthless, hide from their parents, and cannot engage in constructive changes may develop (Öztürk, 2021). In this regard, parents have a constructive or destructive impact on their children. In recent years, changes in family styles have led to the emergence of new parenting styles with intense destructive effects (Avcı and Güleç, 2020). One of the new generation parenting styles is known as helicopter parenting (Dönmez, 2019). Helicopter parenting is an important concept introduced to the literature by psychotherapist Haim Ginott in 1969 through his book "Between Parent and Teenager," where he frequently emphasizes positive parenting skills (Ginott, 1969). However, the limited research on helicopter parenting in the literature reduces awareness of an existing problem. The aim of this study is to compile literature on the concept of helicopter parenting, which is a new generation parenting attitude.

Method

In the researches conducted in the relevant literature, descriptive type qualitative systematic compilation method was used in this systematic compilation research based on the fact that there is no systematic compilation in which researches on helicopter parenting in the national and international arena are inferred. In the literature, systematic reviews are described as "systematic and unbiased screening of scientific studies published in that field in accordance with predetermined parameters/criteria in order to find answers to the research question designed on a specific subject, evaluating the validity of the detected studies and combining them by synthesis" (Çınar, 2019: 6).

Systematic reviews are characterized by a methodical, transparent, repeatable methodology and presentation. A comprehensive and systematic research is carried out to find all relevant published studies that address one or more research questions, and the characteristics and findings of the results of this research are systematically integrated and presented (Siddaway et al., 2019:751).

Çınar (2019) made guiding determinations about the characteristics of the method and method followed in systematic review studies. These findings are given below.

- Enables researchers and practitioners to follow the evidence accumulated in the field.
- Ensures that researchers and practitioners practice evidence-based practice.
- Systematic reviews contain more scientific information.
- They produce stronger evidence.

- It is much more comprehensive and repeatable than it is done with a specific method.
- The methods used are clearly stated in the study.
- Research question and sub-questions are determined.
- The criteria used when selecting studies are clearly stated.
- Issues that need to be investigated in the future can be identified.
- Gaps or areas of inadequacy in the literature can be determined.

There are a number of process steps in the application process of the voluntary assembly method. The process steps of the systematic review method are, respectively, determining the research problem, determining the addition and subtraction parameters, conducting a literature review, determining the studies to be examined, collecting and analyzing the data, interpreting and writing the results (Gough et al., 2012). This study was carried out taking into account the steps of this process.

This literature review aims to examine the accumulated knowledge in national and international scientific journals and theses regarding the emerging parenting style known as helicopter parenting. The goal is to gain insights into the direction of research, synthesize the acquired information, and identify research gaps. It is anticipated that this study will contribute to the development of knowledge in the literature on helicopter parenting, filling certain research gaps to some extent.

Significance of Parental Attitude

According to Uç and Parlüt (2017), attitude expresses the emotions, thoughts, beliefs, and actions that an individual develops positively or negatively towards a person, idea, behavior, object, or symbol. Therefore, any attitude has emotional, cognitive, and behavioral components. When it comes to parenting attitudes, the beliefs, thoughts, methods used in raising a child, and behaviors exhibited by parents towards the child can be considered as attitude. According to Sharma and Pandey (2015), the behaviors displayed by parents in raising their child, the method of punishment, the way of care, and expectations from their child can be defined as parenting attitude.

Since the 1930s, various dimensions of parenting attitudes have been examined for their impact on child development (Demir & Şendil, 2008). Since individuals start the socialization process within the family and acquire their individual characteristics within the family, the attitudes and behaviors of parents are crucial (Gür & Kurt, 2011). According to Aydoğdu and Dilekmen (2016), parenting attitudes can affect children's personalities, self-perceptions, and relationships with people around them, making them sensitive, involved, responsible, happy or anxious, irresponsible, and unhappy individuals. In this case, parenting attitudes may have an impact on many aspects of social life, such as the development of children's personalities, moral development, and the formation of values and judgments. Therefore, it is important to teach correct parenting attitudes to the general public, and efforts should be made to correct parenting attitudes that harm the socialization process of individuals.

Helicopter Parenting Concept

Although the concept of helicopter parenting was introduced to the literature by Dr. Haim Ginott in 1969 through his book "Between Parent and Teenager," originally titled, the term became synonymous with a small child's mother revolving around them like a 'helicopter' (Ginott, 1969). Helicopter parents can be defined as parents who do not allow their children to take responsibility for any issue, involve themselves in decision-making processes on behalf of their children, and show excessive involvement in their lives (Ganaprakasam et al., 2018). These parents can protect their children and chart a course for them according to their own desires, regardless of the different qualities their children may have. Various reasons are suggested behind the overly protective and interventionist attitude displayed in helicopter parenting. Factors such as high parental anxiety, fear of possible negative conditions, compensation for negative experiences from the parents' own childhood, and a sense of insecurity towards the environment play a significant role in the development of helicopter parenting (Glass & Tabatsky, 2014). These parents, who are greatly affected by possibilities such as something negative happening to their children or the possibility of failure in their education, tend to be overly controlling towards their children due to their high levels of anxiety (Gui & Koropecjy-Cox, 2016). This is because helicopter parents naturally want their children to feel safe and try to prevent them from making mistakes (Rousseau & Scharf, 2017). It is also argued that helicopter parents, unable to control external conditions such as economic factors, excessively control their children due to anxiety and inability to intervene in conditions (Hesse et al., 2018). In this regard, the mentioned factors seem to pave the way for parents to behave in a helicopter parenting style.

There is not a single concept that fully captures the meaning of helicopter parenting, and it is sometimes defined with expressions such as overprotective parenting, overly involved parenting, and intense parenting (Jung et al., 2019). These parents, often attributed more to mothers than fathers, unite based on shaping their children's thoughts, directing their behaviors, feeling an intense sense of insecurity towards the environment, and protecting their children from everything (Chockalingam et al., 2022). While excessive protectiveness, especially attributed to mothers, conveys the underlying message that the world is 'filled with dangers' in communication with children, it leads to the inability to use healthy coping mechanisms and feelings of inadequacy (Clarke et al., 2013). The pressure created by helicopter parenting on children is known to lead to larger problems, especially during the transition to adulthood, and harm the individual's autonomy (Benton, 2019). In this regard, the behaviors of helicopter parents are seen to prevent their children from making decisions that will shape their own lives and the increasing demands of parents negatively affect their self-efficacy (Locke, 2014).

With the changing social structures, increasing technological developments, and evolving parenting styles due to globalization, the concept of helicopter parenting, which is more frequently mentioned in today's conditions, indicates an imbalance in family dynamics (Rousseau & Scharf, 2017). Unlike parents who support the development and autonomy of their children in a healthy way, helicopter parents hinder their children's process of self-discovery, interfering disproportionately in their dreams and ideals (Hwang & Jung, 2021). Although the behaviors exhibited by such parents are thought to be shaped by the expectation and intention of their children to lead an ideal life, research mostly focuses on the negative consequences of helicopter parenting on children and adolescents (Güçlü & Çok, 2021). Looking at helicopter parenting from the framework of positive psychology, it is seen to reduce psychological well-being and resilience, affecting fundamental life skills and hindering children and adolescents from entering a healthy adulthood (Yılmaz & Büyükbeci, 2019).

History of Helicopter Parenting

While the concept of helicopter parenting was initially introduced to the literature by psychotherapist Dr. Haim Ginott in 1969, it began to be widely used in 1990 by researchers Foster Cline and Jim Fay to describe parents who hinder the independence of their children (Ginott, 1969; Cline and Fay, 1990). This definition summarizes helicopter parents as those who make decisions on behalf of their children and act on their behalf. Especially prevalent in the United States and gaining importance in recent years, this concept is often attributed to couples who marry at a young age and generally have children belonging to the Y (millennial) generation or the period between young adulthood (Odenweller et al., 2014). Helicopter parents, who are children of the Baby Boomer generation covering the post-World War II period and born between 1946 and 1964, have become the parents of X and Y generation children, especially (Rathor, 2017). Raised in an era influenced by the age of globalization and competition, these parents tend to raise their children with a focus on future anxiety, academic success, and an idealistic career (LeMoyne and Buchanan, 2011). The X generation, covering individuals born between 1965 and 1979, is characterized by a sense of responsibility and goal-oriented behavior, while the Y generation, born between 1980 and 1999, is known to have an open-minded and productive structure, parallel to the innovation (Xiong et al., 2019). In this context, it can be observed that helicopter parents have various reflections on their children. Particularly, the Millennial generation, compared to other generations, is more protected, monitored, and controlled, especially with the development of technology (Coşkun & Katıtaş, 2021). In the late 1990s, there was a significant increase in the frequency of helicopter parenting, and this increase was associated with increased social welfare and low unemployment rates (Dermott and Pomati, 2016). Given the opportunity for high socioeconomic status families to be more involved with their children and provide better opportunities for their futures, this information appears to be logically grounded. It is possible to say that helicopter parenting, observed in different cultures such as the United States and China, has a universal quality despite cultural differences (Kwon et al., 2017). This is because helicopter parents, regardless of cultural variations, share similar qualities of being overly protective, interventionist, and having high expectations for their children. Children exposed to excessive guidance and protection by their parents are known to face serious problems, especially during the transition from youth to adulthood (Bradley-Geist and Olson-Buchanan, 2014).

Characteristics of Helicopter Parenting

The attitude of helicopter parents has been defined in various ways by different researchers by examining different parenting approaches and characteristics (Fingergam et al., 2012; LeMoyne and Buchanan, 2011; Segrin et al., 2012; Walker and Nelson, 2012). Walker and Nelson (2012) define helicopter parenting as parenting behaviors characterized by high levels of warmth, affection, excessive control in setting limits, excessive control in monitoring, and predicting the consequences of

behaviors. Segrin et al. (2012) evaluate helicopter parenting as parenting behaviors that provide support in all economic aspects of their children's lives, constantly intervene to protect their children from risks, eliminate situations that could hinder their children's lives, and constantly manage their children's emotions and moods. In another study, it is described as parenting attitude that is excessively involved with children, places them at the center of their lives, and tries to do everything perfectly on their behalf (Avcı and Şatır, 2020). Geist and Buchanan (2011), when describing helicopter parenting, focused on parents being highly involved in their children's lives, making decisions for them, and trying to keep their children under control. The behaviors of helicopter parents, who excessively protect their children, convey the underlying message to children that the world is 'filled with dangers,' hindering the development of healthy coping mechanisms and causing feelings of inadequacy (Clarke et al., 2013). The pressure created by helicopter parenting, especially attributed to mothers, is known to lead to more significant problems during the transition to adulthood, negatively affecting individual autonomy (Benton, 2019). In this regard, the behaviors of helicopter parents are seen to prevent their children from making decisions that will shape their own lives, and the increasing demands of parents negatively affect their self-efficacy (Locke, 2014).

Combining the features of helicopter parents under a few headings, if necessary;

Helicopter parents are perfectionists. Helicopter parents, who expect every detail of their children's lives to proceed smoothly, tend to plan their children's activities both inside and outside of school on their behalf (Schiffirin and Liss, 2017). Particularly, parents who prioritize academic success and career planning, find it challenging to accept their children failing an exam; in such cases, they often try to communicate with teachers and school administrators on behalf of their children (Gençdoğan & Gülbahçe, 2021). By raising children who make career choices based on their parents' expectations and decisions, they also create a generation that faces the fear of failure (Demir, 2020).

Helicopter parents are excessively controlling and interventionist. Helicopter parents establish unhealthy authority over their children, wanting to constantly monitor and control them in both the real and virtual worlds (Dursun, 2021). Digital tracking systems offered by technology also increase the control over their children by helicopter parents (Ankaralı & Savaş, 2021). While constantly supervised and controlled, children are frequently intervened in decision-making processes and actions by helicopter parents; this tends to reduce self-efficacy and limit the sense of autonomy (Yılmaz, 2020).

Helicopter parents are excessively protective. Helicopter parents, who believe that the world is full of potential dangers and experience excessive anxiety about the possibility of their children encountering malicious individuals, are seen to be overly involved with their children (Yaşın & Demir, 2020). The excessive attention and care shown by parents with overprotective qualities also hinder their children from establishing functional relationships and lead to a decrease in self-esteem (Yazgan, 2022). Helicopter parents attribute their children's independent actions to 'us' and share their successes. Helicopter parents, who tend to speak on behalf of their children when communicating with others, use 'we' instead of 'he/she,' and even when there is a different topic dominant in the environment, they change the focus and talk about their children and their achievements (Ağar, 2019). As an example of this, a helicopter mother describing her child who finished eating might say, "We finished our meal," using 'we' to convey the situation.

The Types of Helicopter Parenting

Somers and Sattle (2010) categorized helicopter parenting into five types based on a study involving 190 academics and experts in the United States. Parents identified as one of these five types exhibit anxious, overly involved, and excessively protective behaviors, regardless of the underlying reasons (Dyck, 2015). The categories derived from interviews and focus group studies with participants from various socioeconomic backgrounds, ethnicities, and professional groups are as follows:

Consumer Advocate Type Helicopter Parenting: Represents parents who tend to spend excessively on their children and perceive increased spending on their education as an improvement in its quality. They feel entitled to intervene by considering their financial contributions to educational environments as a right (Dyck, 2015). While emphasizing the importance of equal rights, they resort to threatening administrators when their demands are not met, demanding justice. For example, parents who meet with national or international universities without their children's opinion and enroll by getting a price, and who think that their children will be successful when the most expensive and popular schools are preferred are included in this group. Considering smaller class groups, although the prices of popular private schools are very high, this type of parent may also contribute to the filling of their quotas in a short time. They focus on the jobs they think will guarantee a future for their children and do not consult their children in doing so.

Justice and Advocacy Type Helicopter Parenting: Believes that the things they request or seek for their children are always in their best interest. They consistently advocate for justice and equality for their children in any challenging situation. These parents exert pressure by filing complaints and making demands whenever they perceive injustice (Dyck, 2015). For example, parents who pretend to be a democratic parent in all cases and argue that their children are right even though they exhibit an impartial attitude in any event are included in this group. Parents in this group seem fair to each child. But when it comes to their own children, their own children are right, regardless of the outcome. Even if their child is involved in a fight at school, they definitely think that there are logical reasons for the child to fight and they support their own children under all circumstances.

Proxy College Student Type Helicopter Parenting: Represents parents who are involved in every aspect of their children's university lives. They want to be informed about and participate in all activities related to their children's university experience, placing great importance on parent days. These families seem to live as if they were in university throughout their lives, wanting to experience what they missed in their own university lives through their children (Dyck, 2015). For example, parents who are happy and upset about their children's university grades as if they were their own grades can be given as an example to this group. Again, considering the primary school age, families who meet their children's friends as if they were their own friends and organize family meetings and breakfasts with families can join this group.

Toxic Family Type Helicopter Parenting: Indicated by psychological problems in parents. Even when their children are around, they don't feel secure and consider their children unreliable. They make decisions on behalf of their children, wanting them to live their lives in a direction they dictate. To achieve their desires, they constantly mistreat their children, believing that compliance with their rules and wishes will establish control (Uysal, 2015). For example, parents who decide from the child's profession to the person they will marry fall into this group. They are in constant conflict with their children. They want their children to fulfill their own wishes. At the same time, they constantly fight for the fulfillment of their own wishes and harm their children.

Safety Patrol Type Helicopter Parenting: These parents prioritize their children's safety, especially considering the chaos and attacks in universities. They are overly protective, concerned, and involved, displaying characteristics of extreme protectiveness (Dyck, 2015). For example, parents who do not send their children outside because they do not find the outside world safe or who do not send young children to places where daily needs such as grocery stores and bakeries can be met fall into this group. These parents think that if their children are not in front of their eyes, something may happen to them at any time.

In summary, helicopter parenting is a concept that emerged after World War II due to global changes and increased emphasis on education. The behavior of parents engaging in helicopter parenting varies based on the developmental stages of individuals, aligning with the skills expected to be acquired during infancy, childhood, adolescence, and adulthood. Research on the dynamics of helicopter parenting is crucial to providing necessary education to families and children for the healthy progression of developmental stages.

Possible Reasons for Helicopter Parenting

There are several reasons believed to contribute to the formation of helicopter parenting. One of them is the traumatic imprints of the parents' own childhood experiences. Those who experienced emotional neglect and abuse during childhood tend to exhibit helicopter parenting behaviors (Yılmaz et al., 2021). Similarly, individuals who were hindered and restricted by their parents during childhood are more likely to become helicopter parents when they establish their own families (Rousseau and Scharf, 2017).

Another reason is the reflection of the culture of competition in the changing world, particularly in social life. Individuals who want to prove their parenting skills and show themselves as ideal parents tend to apply a form of 'strict control' over their children (Battles, 2017). They are aware of their attitudes and express that they act this way to raise children who stand out in the system (Bristow, 2014).

Being in an anxious and fearful state of mind is another contributing factor to helicopter parenting. This intense emotional state necessitates protecting against possible dangers in the world and the current order to such an extent that it leads to parents acting on behalf of their children and becoming protectors from risks (Coates, 2015).

Additionally, anxiety about the uncertainty of the future increases the concern of families about building a good life for their children, leading to excessive intervention (Higuera, 2019). The

development of technology indirectly contributes to helicopter parenting. Parents who can track their children's activities at any time, using tracking devices or mobile devices like phones, can establish control over their children by communicating with them (Kelly et al., 2017). These tools provide a wealth of information, ranging from the location of their children to who they are in contact with and how long they have been in a particular place. Technology-based parent-child communications involve not only communication between them but also extend to online education systems, games, and dialogues with other individuals (Talmon, 2019).

Effects of Helicopter Parenting

Like all parenting styles, helicopter parenting has various social, emotional, and psychological impacts on individuals' development. Additionally, these effects can persist throughout individuals' lifespans, influencing them at every age. The traits of helicopter parenting, such as excessive involvement, wanting to be present at every moment in their lives, protective behaviors, and high levels of psychological and behavioral control, have been examined in many studies for their reflection on individuals' lives (Geist & Buchanan, 2014; Hong et al., 2015; Hunt, 2008; Kwon et al., 2016; Shoup et al., 2009).

Parenting styles have an impact on individuals' lives from infancy to adulthood, with more pronounced effects observed in adolescence and especially adulthood (Stafford et al., 2016). In the literature, there are studies suggesting that helicopter parents positively support parent-child relationships in areas such as providing guidance and emotional support (Donnelly et al., 2013; Padilla-Walker & Nelson, 2012). However, the physiological (Hancock et al., 2014) and psychological (Segrin et al., 2012) issues resulting from these attitudes should not be overlooked. Research has revealed many negative effects of helicopter parenting on individuals. Children raised in an environment dominated by helicopter parenting, where parents do everything for them and plan their every move, may fail to develop life skills such as time management and problem-solving due to the influence of their parents' actions and planning (Segrin et al., 2013). Helicopter parents, carrying perfectionist behaviors, may unintentionally raise dependent individuals with low self-expression abilities, despite their attempts to be overly involved, protective, and solve problems on their behalf, leading to individuals' lives being excessively controlled and limiting their autonomy (Schiffirin et al., 2019).

While parental support during times of need is a positive quality, helicopter parenting occurs in situations that do not require parental support. In such cases, individuals may become accustomed to having their parents solve problems and face difficulties on their behalf, weakening their belief in their ability to solve problems independently (Spokas & Heimberg, 2009). Individuals subjected to helicopter parenting behaviors, where parents excessively involve themselves in their lives and attempt to control them, may develop a sense of having little control over events that affect them. This may lead to the development of an external locus of control, where individuals feel unable to control situations and are unlikely to take personal action to solve problems (Ballash et al., 2006; Kwon et al., 2016; Spokas & Heimberg, 2009). This external locus of control can hinder individuals in taking personal steps to address problems when they arise (Milita & Bunch, 2017). As individuals move through the critical developmental stages of adolescence and adulthood, where they shape their lives in terms of education, career, and emotional relationships, helicopter parenting behaviors can affect and hinder their ability to achieve important developmental goals (Arnett, 2014). Additionally, helicopter parenting has been associated with issues such as distrust of peers, alienation from peers, and poor peer communication (Ingeen et al., 2015).

When examined across developmental stages, excessive parental control in young adults is associated with emotional regulation, depression, and disappointment (Fischer et al., 2007). Excessive parental control leads to increased depression levels and decreased life satisfaction (Schiffirin et al., 2014), prescription drug use for anxiety/depression, and recreational use of pain relievers (LeMoyné & Buchanan, 2011). In younger children, overly parental behaviors may lead to the development of anxious, introverted, depressive, and insecure tendencies (Bayer et al., 2006). Especially, mothers' excessively protective behaviors towards their children can increase social anxiety levels in individuals (Spokas & Heimberg, 2009). In a study conducted in Washington, a university student reported experiencing anxiety attacks when someone asked them to do something challenging (Pautler, 2017).

Helicopter parenting behaviors not only have psychological effects on children, adolescents, and young adults but also negatively affect parents' perceptions of their psychological well-being. A study conducted on parents and young adults showed that helicopter parenting negatively affected parent-child communication and was associated with low family satisfaction (Segrin et al., 2012).

It is noteworthy that the negative effects of helicopter parenting are not only on individuals but also on family satisfaction and parenting. Individuals raised by families with weak self-sufficiency skills due

to family intervention (Givertz & Segrin, 2012) may struggle to find and maintain jobs, demonstrating low performance in their workplaces. Helicopter parents may continue their interventions in job interviews, salaries, and conditions (Barnes, 2009; Bradley-Geist & Buchanan, 2014). In their study, Kouros et al. (2017) emphasized helicopter parenting as one of the most significant challenges among current parenting styles. This categorization as a problem stems from parents arranging their children's lives according to their desires, determining safe spaces, restricting their children in decision-making, and negatively affecting their autonomy (Kins et al., 2011; Odenweller et al., 2014).

In light of this information, it is crucial to control and prevent helicopter parenting behaviors. Providing education to parents and supporting guidance activities becomes essential.

Conclusion and Discussion

The concept of helicopter parenting affects individuals not only momentarily but also throughout their entire lives. In recent years, with the emergence and increasing importance of helicopter parenting, its reflections on individuals have become a subject of research. In addition to studies conducted in the past, it can be said that more research is needed on this issue and it is a concept that needs to be explored further. In the changing and transforming world, with the influence of various economic, political, and emotional factors, parents spend much more time observing, protecting, and caring for their children in nuclear families, often unknowingly displaying helicopter parenting attitudes due to various developments. While helicopter parents try to keep their children away from problems with these approaches, fundamentally, these behavior styles can leave children vulnerable in the face of difficulties. Even though done with good intentions, such approaches can lead to unwanted consequences in the lives of children, creating negative effects on their development. Living child-centric lives, constantly worrying about them, and wrapping them in cotton can be a factor that limits and reduces the quality of life for parents as well. The helicopter parenting attitude can hinder individuals from feeling a sense of competence because this attitude may convey the message to children that their parents do not trust their abilities. When parents solve problems for their children or try to solve them and act as controllers, individuals may not develop the confidence and competence to solve their problems. This parenting style may strain parent-child relationships. Instead of dictating their ideas and values, parents can be more helpful by trying to feel their children's fears and concerns and listening to them in challenging situations. Supporting children to take responsibility for their choices when they need it can be beneficial. When parents try to solve problems and be controlling in decision-making, it can negatively impact the development of problem-solving, independence, and autonomy in individuals. Rather than converting problems into personal victories, allowing individuals to fail can teach them that failure is an inevitable part of life and how to turn failure into success. Supporting individuals in discovering their strengths and weaknesses, talents, dreams, and expectations from life, accepting them as individuals, and acting accordingly can be helpful. Helicopter parenting behaviors that excessively involve individuals in their lives and try to control them can negatively impact the belief of individuals that they have little control over events that affect them, leading to the development of an external locus of control. This situation can hinder individuals from taking personal steps to address problems when they arise. In the developmental stages of adolescence and adulthood, where individuals shape their lives in terms of education, career, emotional relationships, helicopter parenting behaviors can affect and hinder their ability to achieve important developmental goals. Moreover, helicopter parenting has been associated with issues such as distrust of peers, alienation from peers, and poor peer communication. Excessive parental control in young adults is associated with emotional regulation, depression, and disappointment. Excessive parental control can lead to increased depression levels and decreased life satisfaction, prescription drug use for anxiety/depression, and recreational use of pain relievers. In younger children, overly parental behaviors may lead to the development of anxious, introverted, depressive, and insecure tendencies. Especially, mothers' excessively protective behaviors towards their children can increase social anxiety levels in individuals. Parents' excessive involvement in their children's lives, providing support and intervening, can lead to parent dependency. Although parental support at times of need is a positive quality, helicopter parenting occurs in situations that do not require parental support. In such cases, individuals may become accustomed to having their parents solve problems and face difficulties on their behalf, weakening their belief in their ability to solve problems independently. In conclusion, it is crucial to control and prevent helicopter parenting behaviors. Providing education to parents and supporting guidance activities becomes essential.

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