



THE IMPACT OF HELICOPTOR PARENTING ON PSYCHOLOGICAL WELL BEING OF YOUNG ADULTS

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Abstract: Parenting is the process of promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood. Parenting refers to the aspects of raising a child aside from the biological relationship. In many cases, orphaned or abandoned children receive parental care from non-parent blood relations. Others may be adopted, raised in foster care, or placed in an orphanage. This is a quantitative study that was conducted on young adults aged 18-25 who reside in and around TamilNadu. The study was conducted using convenience sampling method and 125 data were collected in the month of march 2021. Among these, 3 data were neglected due to the exclusive criteria of our study. To find out the estimated sample size, online sample size calculator was used and population size, margin error and confidence level were given as 78,800,000 , 5% and 95% respectively. Through this, the sample size was identified to be 385 but due to the pandemic situation, only 125 responses were able to collect. The questionnaire was composed of three main parts: Socio-demographic details, Helicopter Parent Controlling Item Scale developed by Baochun Z Hind in the year 2016.(See Appendix A), Psychological Wellbeing Abridged to 18 items developed by Carol D.Ryff in the year 2007(See Appendix B).The results from 122 young adults suggests that there was a negative correlation between helicopter parenting and psychological wellbeing . which means from the students perspective the parents of these individuals engage in a overparenting behavior .

Key words : Parenting, Psychological Wellbeing , Yound Adults.

INTRODUCTION :

Parenting is the process of promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood. Parenting refers to the aspects of raising a child aside from the biological relationship. Helicopter parenting is a style of parenting in which the parents are overly focused on their children. They take too much responsibility of their children's experience, specifically successes or failures.

Children who are brought up through helicopter parenting might experience an increase in anxiety level and may even lead to depression in the future. They might always look out for guidance, and when left alone, they might become nervous in handling things on their own. Such kids might become less open to new ideas and activities, it may affect their psychological wellbeing on the whole.

Children with helicopter parents may be less able to deal with the challenging demands. In addition to this, they may even struggle with navigating the complex school environment.

METHODOLOGY

This chapter contains detailed information regarding the procedures and techniques used to identify, process and analyze the study. The chapter includes Objectives, Hypothesis, Research design, Sampling techniques, Sample size, Procedure, Inclusive and Exclusive Criteria's. Through this chapter the individual will get a complete idea of what this research is based on and will identify the process followed from start till end.

OBJECTIVES:

To identify the relationship between helicopter parenting and psychological wellbeing.

HYPOTHESIS:

H1- There is a negative impact of helicopter parenting on young adults.

**PARTICIPANTS:**

This is a quantitative study that was conducted on young adults aged 18-25 who reside in and around TamilNadu. The study was conducted using convenience sampling method and correlational study design was used. 125 data were collected in the month of March 2021. Among these, 3 data were neglected due to the exclusive criteria of our study. Among the participants, 79 mentioned mother as their primary caregiver, 39 considered father as their primary caregiver and 4 members stated siblings as their primary caregiver

QUESTIONNAIRE:

The questionnaire was composed of three main parts: Socio-demographic details, Helicopter Parent Controlling Item Scale developed by Baochun Z Hind in the year 2016. (See Appendix A), Psychological Wellbeing Abridged to 18 items developed by Carol D. Ryff in the year 2007 (See Appendix B).

HELICOPTER PARENTING CONTROL ITEMS:

This scale consists of 22 questions which measure the level of involvement of primary caregiver in participant's lives (Hind, 2016). Participants were scored using 5 point Likert scale from 1 (never) to 5 (always). The questionnaire is comprised of four subtypes: Precautionary actions, Problem solving, Physical concerns and Whereabouts concerns (Hind, 2016). Higher scores determine higher Helicopter Parenting. Internal consistency measures calculated for each of the four factors showed consistency levels between $\Omega = .84$ and $.90$ (Hind, 2016).

PSYCHOLOGICAL WELL BEING ABRIDGED ITEMS:

The Psychological Scale used in this study was developed by Carol D. Ryff in the year 2007. This scale contains 18 items and it divides into 6 Subscales which includes " Self- acceptance, Positive relations with others, Autonomy, Environmental mastery, Purpose in life, Personal growth ". Participants were scored using 7 point Likert scale. High scores means higher levels of Psychological Wellbeing. The test-retest reliability coefficient of this scale was 0.82. The reliability of all the subscales fall under the range between 0.70 to 0.78 which shows the statistical significance to be less than 0.001.

PROCEDURE:

Permission was obtained to use Helicopter Parenting Controlling Item Scale from BaoChunZ.Hind through email and was combined with demographic variables and Psychological Wellbeing scale (Ryff 2007). Young adults in and around TamilNadu were distributed and were requested to fill the questionnaire. Data were collected from the required population. Certain instructions were provided in the beginning of the questionnaire such as "We are conducting a research for our final year project. Make sure you give us your honest responses and do not select randomly. Make sure you read each questions carefully, before you select.

We assure you that your responses will be used only for research purposes. Your responses and your personal details will be kept confidential. Your participation in this research is entirely voluntary; therefore, you can withdraw at any point of time. There is no right or wrong responses". Using the data provided from the participants the suitable Statistical Analysis were made. Correlation, Chi-Square and Regression were majorly used for this study.

RESULTS AND DISCUSSION

This chapter mainly focuses on the impact of Helicopter Parenting on the Psychological Wellbeing of young adults. The study was conducted using 22 item questionnaire with 4 factors (Precautionary Actions, Problem solving, Psychological Concerns, Whereabouts Concern) developed by BaochaunZ.Hind and Psychological Wellbeing questionnaire with 18 items and 6 factors (The Autonomy subscale item, The Environmental Mastery subscale, The Personal Growth subscale items, The Positive Relations with others subscale items, The Purpose in Life subscale items, The Self –Acceptance subscale items) developed by Ryff.

A total of 122 data were collected among young adults between the ages of 18-25 in and around TamilNadu. The demographic variables included in the study were Gender, Birth order, Educational Qualification of Primary Caregiver, Occupation of Primary Caregiver, Family type and Place of Stay.

Helicopter Parenting and Psychological Wellbeing

Pearson correlation was used to identify the relationship between helicopter parenting and psychological wellbeing. Table 1 indicates that there was a negative correlation between them, $R=-0.82$, $N=122$, $P=0.368$. This determines that the parents of these individual engage in the over parenting behaviour such as constantly monitoring their exercise schedule and diet, or intercepting and helping solve problems that their adult children face. The overall analysis indicates that the Psychological level of the individual decreases with respect to increase in Helicopter Parenting. These sort of parenting might lead to various mental health problems such as depression, anxiety, dependency, nervousness, lack of decision taking skills, lack of creativity and so on....

Table 4.1

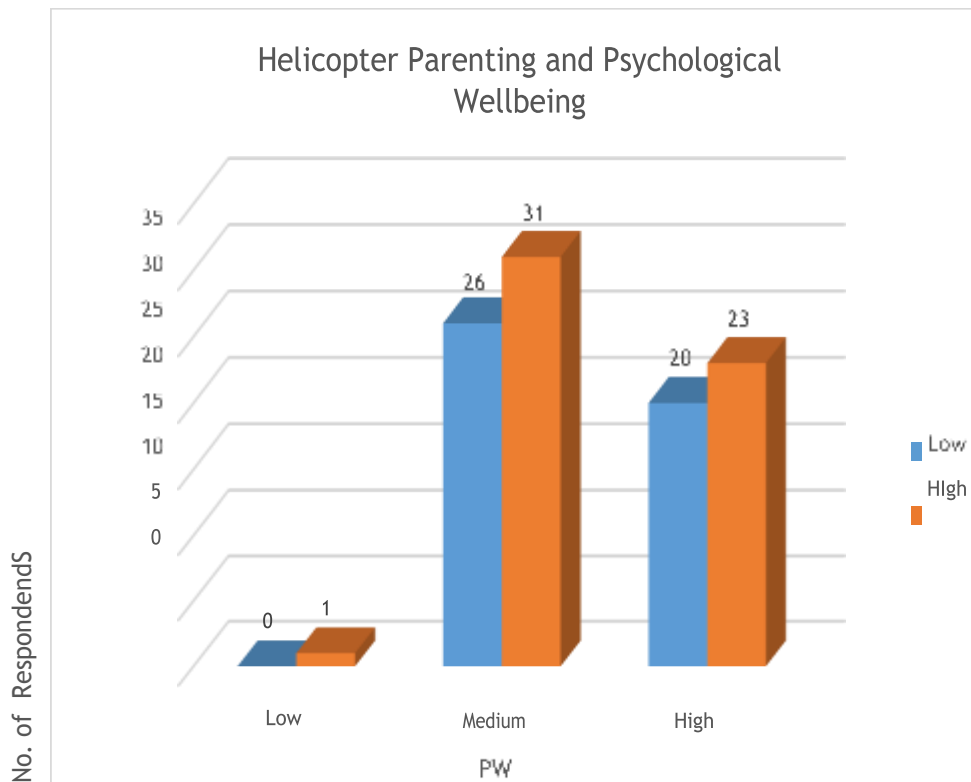
Pearson Correlation Results between Helicopter Parenting and Psychological Wellbeing

Pearson Correlation value -.082 shows negative correlation

Pearson Correlation -0.82 shows negative correlation between Psychological wellbeing and Helicopter Parenting

		HP	Psychological Wellbeing
HP	Pearson Correlation	1	-.082
	Sig. (2-tailed)		.368
	N	122	122
Psychological Wellbeing	Pearson Correlation	-.082	1
	Sig. (2-tailed)	.368	
	N	122	122

Figure 4.8



CONCLUSION:

The analysis determines a negative correlation between Helicopter parenting and psychological well being.

There is no significant relationship between helicopter parenting and Gender ; Place of stay ; Birth order.

There is an association between Helicopter parenting and educational qualification, occupation of primary care giver and Type of family.

The analysis indicates a significant relationship between four factors of Helicopter parenting and six factors of psychological well being.

LIMITATION:

There were an unequal distribution of male and female data in this study .

The geographical location of our research is limited.

The response were limited due to the covid-19 pandemic .

The measures were self-reported by the Young adults. There are many limitations in self- reported measures and because of that, the answers may be inflated.