

The Impact of Helicopter Parenting Among Higher Secondary Students

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Abstract

Introduction: Helicopter parenting is more prevalent now than ever before in history. Parents are encouraged to get involved on a micro-level in the lives of their children. Helicopter parenting signals to kid's that their parent will make all major decisions for them including planning for their future and monitoring their performance. The aim of this study was to help the parents and students to know how are the helicopter parenting styles and the consequences of over parenting and to identify the negative effect of helicopter parenting and also helps to know about the behavioural changes of parents. It identifies the mental health problems that occur in children. **Methods:** A quantitative approach with a descriptive survey design was used. The sample consists of 50 higher secondary school students aged 16 to 19 years were selected by convenient sampling technique. A modified helicopter parenting scale was used to collect the data. **Results:** Descriptive and inferential statistics were employed to analyse the data and the analyses were carried out on the basis of the objectives and hypothesis of the study. The mean score of helicopter parenting was 152.2, the median was 149 and standard deviation was 40.37. There were an association between helicopter parenting and the following demographic variables gender, parents' educational status, Parents' marital status and a number of siblings at 0.05 levels. **Discussion:** The study showed that, there were moderate and severe levels of parental influence present on the higher secondary student and the invasion of living space by the parents mean score was high 27.2 which show the basic needs of the students were also met by the parents which reduce the independency level of the students.

Keywords: Impact, Helicopter parenting,

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I. Introduction:

Overly intrusive parents take on far too much responsibility for their child's choices, behaviors, successes and defeats₁. They work tirelessly to line things up in such a way that the child will have a perfect life, free of heartache and rejection. When defeat inevitably presents itself the parent subtly blames the child's self-initiative, however feeble it may be. In this way the child is taught not to experiment with self-directed decisions and this fosters what can be a crippling over-reliance on parents₂.

A Study about the effects of helicopter parenting on emotional regulation was conducted in 422 children over 8-10 years of age. The result showed that (67%) poor self-regulation was one of the primary effects of helicopter parenting. As a result of children of hovering parents were less able to adapt to school situations. The study acknowledges that the helicopter parents had good intentions but it provide negative impact₃.

Over-parenting translates into parents acting as the frontal lobe for the child—examples include manoeuvring to get the 'right' teacher, hovering over social interactions, directing the play, deciding when their children should pull the plug on a social relationship or initiate a new one, overly checking assignments and grades, controlling extracurricular activities. When trouble mounts, these parents often go in one of two extreme directions—either by not bailing out the child in any degree (abrupt parental withdrawal of affection creates so much anxiety that the child silently vows to never again go against parental wishes) or by bailing out to the point that the child experiences no consequences at all_{4,5}.

Need for the study

A research study was conducted to explore the effect of helicopter parenting on academic motivation. The study suggests that, (57%) helicopter parenting may have negative consequences of college student well being and academic achievements. The study suggests that helicopter parenting is related to maladaptive academic motivation (69%) that may have negative implications for academic achievement⁵.

A cross-sectional study to assess the extent of helicopter parenting in the adolescent age group. In this study, systematic sampling method is used for the selection of a sample for this every 3rd student is taken. 100 students were selected from each institute. so total of 200 students and 200 parents are selected. Behavioural based measures of helicopter parenting and its various aspects were assessed by semi structured question over parent and child separately with responses on 5 points Likert scale. The theory suggests that who pays extremely close attention and are obsessed with their children's success. Parenting skills differ from individual to individual depending upon educational status, family size etc ⁶.

The real motivations of parents are probably multiple. Without question, they are anxious about the future success of their kids and think that clearing every path for them, including taking over tasks, will smooth the way to achievement. Many parents want to continue the kinds of connection they had when their kids were younger; it feeds the illusion that the adults aren't aging after all, and it keeps the adults from having to carve new roles for their own post-parenting lives. There are studies showing that some parents are especially needy emotionally, expecting their children to supply the closeness missing from their marriages or their own social life. However you slice it, parents are putting their own emotional needs ahead of the developmental needs of their children⁶.

Problem Statement

A study to assess the impact of helicopter parenting among students of selected higher secondary schools in Kannur district.

The **objectives** of the study are to :

- To assess the impact of helicopter parenting among students.
- To find the association between the mean scores of helicopter parenting among students and selected demographic variables.

Hypothesis:

To achieve the stated objectives the hypothesis will be tested at 0.05 level of significance.

H₀: There is no significant impact of helicopter parenting among students of higher secondary school and selected baseline variables

In order to test the null hypothesis, an alternative hypothesis is stated.

H₁: There will be a significant impact of helicopter parenting among students of higher secondary school and selected baseline variables

Assumption:

The study assumes that;

- The helicopter parenting has any form of effects on the higher secondary school students.
- Helicopter parenting is more in males (father) than females (mother).

II. Materials and Methods

Research Approach

Research survey approach was adopted for this study to assess the impact of helicopter parenting among students of selected higher secondary schools in Kannur District.

Research Design

Descriptive survey design was adopted for this study.

Setting of study

The study was conducted in Taliparamba Taluk, Kannur District.

Variables The demographic variables were age, sex, religion, marital status, education status, family type, number of children in the family, house, etc.

Sample and Sampling Technique

The sample comprises 50 students of higher secondary schools of selected communities, Taliparamba Taluk, Kannur district, and a convenient sampling technique was used.

Inclusion Criteria

Students of higher secondary schools who are;

- willing to participate in this study.
- below 19years of age

- selected locality

Exclusion Criteria

- students who are not willing
- Age group greater than 20 years
- Student who are residing in the school hostel

Description of the tool

Tool:1 Part 1: Baseline Characteristics, it consisted of 10 items

Part 2: Structured checklist to assess helicopter parenting. Modified Helicopter parenting scale which has five points and the total statements were 75. Points were Never (0), Rarely (1), Sometimes (2), Often (3), Always (4). The total score in 300.

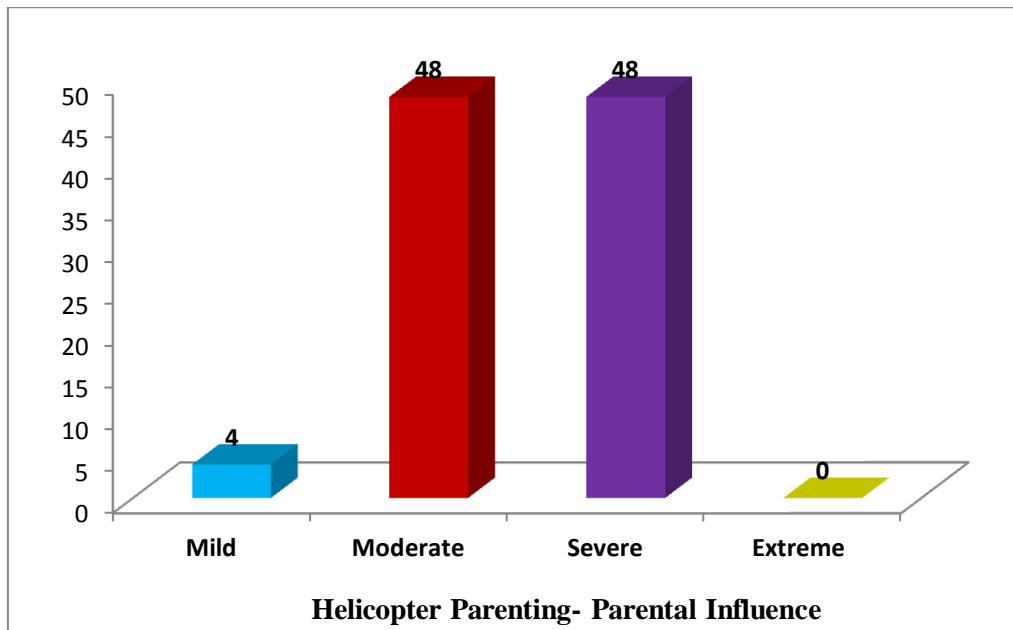
III. Results

Distribution of sample according to level of Helicopter Parenting

In order to facilitate the analysis and interpretation of the score of the level of helicopter parenting was graded into mild parental influence (0-75), Moderate parental influence (76-150), Severe parental influence (151-225), Extremely severe parental influence (226-300).

n=50

Grading	Range	Levels of Helicopter Parenting	
		Frequency	Percentage
Mild parental influence	0-75	02	04
Moderate parental influence	76-150	24	48
Severe parental influence	151-225	24	48
Extremely severe parental influence	226-300	0	0



Data in the diagram shows that nearly less than 50% of the parent have a moderate and severe level of helicopter parenting style, at least four percent has a mild level and there was no extremely severe level of helicopter parenting.

Range, Mean, Median and Standard Deviation of the level of Helicopter Parenting

n=50

	Range	Mean	Median	Standard Deviation
Helicopter Parenting	64 - 219	152.2	149	40.37

Chi-Square values between level of helicopter parenting and selected demographic variables

H0: There is no significant association between mean scores and selected demographic variables.

In order to test the null hypothesis, an alternative hypothesis was stated.

H1: There is a significant association between mean scores and selected demographic variables.

Chi-square test was used to find the association. It is identified that, there was an association between mean scores of helicopter parenting and the following demographic variables.

n=50

Sl.no	Variables	X ²	P Value
1.	Age	9.5	0.091
2.	Gender	5.0	0.015*
3.	Religion	1.0	0.142
4.	Stream of study	5.0	0.112
5.	Parents educational status	1.0	0.047*
6.	Parent Occupation	1.94	0.190
7.	Parent marital status	1.0	0.047*
8.	Number of siblings	1.5	0.021*
9.	Parent current status of working	5.0	0.112

p<0.05 *Significant

At 5% confidence level the test is statistically significant as p<0.05 in Gender, Parents educational status, Parents marital status and Number of siblings, so that, null hypothesis was rejected and research hypothesis was accepted.

This chapter has dealt with the analysis and interpretation of the result of the study. Descriptive and inferential statistics were employed to analyse the data and the analyses were carried out on the basis of the objectives and hypothesis of the study. The mean score of helicopter parenting was 152.2, median was 149 and standard deviation was 40.37. There were association between helicopter parenting and the following demographic variables gender, parents' educational status, Parents' marital status and number of siblings at 0.05 levels.

Implication: Helicopter parenting is a type of over-parenting in which parents hover over their college students, ready to intervene at a moment's notice to protect and micromanage their emerging adult's personal and academic life. Constant monitoring by parents may have a negative impact on mental health by decreasing a sense of independence and self-efficacy. With the advent of smart phones, parents' surveillance adds to the "culture of safetyism" that predominates on college campuses, leading to mental health issues such as anxiety, depression, and eating disorders. Psychiatric-mental health nurses need to be aware of the effects of helicopter parenting on the development of college students and encourage youth to engage in challenging educational and social activities that promote autonomy and independence^{7,8}.

IV. Conclusion:

Helicopter parenting is more prevalent now than ever before in history. Parents are encouraged to get involved on a micro-level in the lives of their children. Helicopter parenting signals to kid's that their parent will make all major decisions for them including planning for their future and monitoring their performance⁸.

Helicopter parenting means firstly the information seeking behaviors include knowing your children's daily schedule and where they are at all times, helping them make decisions, and being informed about grades and other accomplishments⁸.

Second, direct intervention means jumping into conflicts with kids' roommates, friends, romantic partners, and even bosses⁹.

Third, autonomy limiting is when students think their parents are preventing them from making their own mistakes, controlling their lives for them, and failing to support their decisions⁹.

Ethical Clearance: The ethical clearance of this study was obtained from the Institutional Ethical Committee (IEC) of Lourde College of Nursing.

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Conflict of Interest: The authors declare that there is no conflict of interest.

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