

Helicopter Parenting: A Review

Helikopter Ebeveynlik: Bir Gözden Geçirme

Almaz Bannayeva¹, Aslı Sarandöl¹

¹Bursa Uludağ University, Bursa

ABSTRACT

Helicopter parenting is defined as overprotective, overcontrolling and perfectionist parental attitudes that are obsessively interested in all aspects of their children's lives. In recent years, with the development of technology, helicopter parenting has become more common. Although helicopter parents behave these attitudes to protect the well-being of their children, studies show that helicopter attitudes mainly negatively affect children's development and these individuals experience more difficulties in the future. The aim of the study is to contribute to the literature by bringing together studies examining helicopter parenting attitudes and the effects of these attitudes on individuals' lives and to offer suggestions for experts working on this subject. In the article firstly, studies on the concept of helicopter parenting, its history and the assessment of helicopter attitude are reviewed. Then, the characteristics of parents with helicopter attitudes, the factors that trigger the emergence of this attitude, and research on the differentiation of helicopter attitudes in terms of parents and children were examined. Finally, studies examining the effects of helicopter attitudes on the development of the individual and these attitudes relationship with psychopathologies were compiled.

Keywords: Helicopter parenting, development, psychopathology

ÖZ

Helikopter ebeveynlik, çocuklarının hayatlarının tüm yönleri ile takıntılı sayılabilecek düzeyde ilgilenen, aşırı koruyucu, kontrolcü ve mükemmeliyetçi anne-baba tutumları olarak tanımlanmaktadır. Son yıllarda teknolojinin gelişimiyle birlikte helikopter ebeveynliğin daha fazla yaygınlaştığı görülmektedir. Helikopter ebeveynler bu tutumları her ne kadar çocuklarının iyiliğini gözetmek için sergileseler de yapılan çalışmalar helikopter tutumların çocukların gelişimini çoğunlukla olumsuz yönde etkilediğini ve bu bireylerin yaşamlarının ilerleyen dönemlerinde daha fazla zorluk yaşadığını göstermektedir. Çalışmanın amacı, helikopter ebeveynlik tutumlarını ve bu tutumların bireylerin yaşamı üzerindeki etkilerini inceleyen araştırmaları bir araya getirerek alanyazına katkıda bulunmak ve bu konuda çalışan uzmanlar için öneriler sunmaktır. Makalede öncelikle helikopter ebeveynlik kavramına, tarihçesine ve helikopter tutumun değerlendirilmesine dair çalışmalar gözden geçirilmiştir. Ardından helikopter tutuma sahip ebeveynlerin özellikleri, bu tutumun ortaya çıkmasını tetikleyen faktörler ve helikopter tutumların ebeveynler ve çocuklar açısından farklılaşmasına dair araştırmalar incelenmiştir. Son olarak helikopter tutumların bireyin gelişimi üzerindeki etkilerini ve psikopatolojilerle ilişkisini inceleyen çalışmalar derlenmiştir.

Anahtar sözcükler: Helikopter ebeveynlik, gelişim, psikopatoloji

Introduction

The environment to which individuals are exposed and the relationships they establish have a significant impact on their lifelong development. The family environment and parental attitudes are the most important of these (Arslan and Kırıl 2022). In general terms, parenting is a phenomenon in which there are mechanisms of defence, nurturing, protection and care, and this phenomenon is shaped over time on the basis of cultural changes together with the conceptual contents it contains (Batu and Tos 2022). The emergence of different parenting styles has been inevitable with the change in the thoughts and views on the concept of childhood over time (Dursun Çirci 2021). Parenting styles differ according to many factors such as gender, region where parents live, age, educational level, age at marriage, number of children they have (Sak et al. 2015).

Baumrind (1966) categorised parental attitudes based on four dimensions. These are warmth/nurturing, expectation, control and communication. These dimensions play a role in forming permissive, authoritarian and authoritative parenting styles. Permissive parents have high warmth/nurturing, low expectation, control and communication. They give unlimited freedom to children, expect children to make all the decisions themselves, and avoid exercising control. For authoritarian parents, there are absolute standards and rules, the child has to accept the rules of the parent without questioning. In this parenting style, expectation and control are high, while warmth/nurturing and communication are low. In the authoritative parenting style, all dimensions are

high, the parent takes into account the individual and special interests of the child while applying his/her own point of view.

Maccoby and Martin (1983), based on Baumrind's perspective, developed a quadruple classification as authoritarian, democratic, permissive and neglectful parenting. This classification is analysed in the dimensions of demandingness and sensitivity. Demandingness is the control dimension that provides control over the child's behaviour. Sensitivity is the acceptance dimension that provides the child's special needs, shows warmth, allows individualisation and supports the development of self-concept. Authoritarian parents have low levels of acceptance, high levels of demand and control, and have less close relationships with their children. Democratic parents have high levels of acceptance and control, but they are not restrictive. Permissive parents have high levels of acceptance and low levels of control, they do not demand almost anything from their children, they have an accepting and child-centred attitude. Neglectful parents have low levels of both acceptance and control, often fail to monitor and control their children's behaviour, and neither support nor encourage the child's self-regulation (Aunola et al. 2000). Besides these attitudes, overprotective and inconsistent parenting styles are also quite common. Overprotective parents are defined as parents who are attached to the child with a great deal of love and who tend to show excessive care and attention to the child, fearing that the child will do something wrong (Kaya 1997). Parents with inconsistent parenting style are sometimes overly tolerant and permissive, while sometimes they show a very restrictive, oppressive and punitive attitude (Demiriz and Öğretir 2007, Aydođdu and Dilekmen 2016).

Nowadays, while there are rapid changes and developments in economic, technological, social, emotional and many other fields, parents who try to manage the process in the chaos environment brought by the emerging innovations are called "new generation parents" and the parenting style is called "new generation parenting" (Dönmez 2019). Some of the new generation parenting styles are summarised in Table 1. The helicopter parenting attitude, which we will examine in more detail in our article, is also one of the new generation parenting styles.

Table 1. New generation parenting styles	
Parenting style	Characteristics
Hand in hand parenting	It is based on good communication and interaction with at least one of the parents and a strong bond of love.
Parenting without being stubborn	It is important for parents to act decisively and to be in harmony with their children without entering into conflict.
Natural parenting	By following the natural processes of the child, it takes care not to use force and pressure.
Shared parenting	It is based on trying to improve the quality of life by taking care of the child equally.
Positive parenting	It is emphasised that the child should be guided by love and consistent behaviour instead of discipline, and it is important to satisfy the child's curiosity about why what he/she does is not acceptable.
Slow parenting	In raising children, it attaches importance to moving away from material concerns, not living in an external environment-oriented life, inner peace and family integrity.

Helicopter parents' attitudes towards their children are mostly well-intentioned (Padilla-Walker and Nelson 2012). However, even though these attitudes seem to solve children's problems and protect them in the short term, research shows that helicopter attitudes do not always have positive effects on the development of individuals who are exposed to these attitudes and make them more vulnerable in the struggle against the difficulties of life. In fact, this parenting attitude appears as one of the important factors in the emergence of psychopathologies (Odenweller et al. 2014).

Studies on parenting attitudes have been at the centre of mental health research for many years. The aim of this study is to bring together and present to the readers the studies examining helicopter parenting attitudes, which is a relatively new concept, the effects of helicopter attitudes on the lifelong development of individuals and these attitudes relationship with psychopathologies, to encourage researchers to contribute to the literature and to guide experts working on the subject in the light of the literature.

Conceptual Framework of Helicopter Parenting

The concept of "helicopter parent" was inspired by a child saying that his mother was circling around him like a helicopter, and was first used by Ginott (1969) in his book "Between Parent and Teenager", and was included in

the scientific literature in 2011 (Yılmaz 2020b). The concept was first defined by Cline and Fay (1990) in an article in the parenting book series. Different authors have defined helicopter parenting as overparenting (Bernstein and Triger 2010, Kuppens and Ceulemans 2018), tiger parenting (Juang et al. 2013). Parents with helicopter attitudes are also tagged as “hovercrafts”, “hummingbirds”, “stealth fighters” and “black hawks” (LeMoyne and Buchanan 2011).

Helicopter parenting occurs before children are born and continues until they graduate (Ritter 2011), sometimes even in work and married life (Yoo et al. 2016, Gençer 2020). Helicopter parenting begins during pregnancy, with parents seeking information on how to best maintain the pregnancy and ideally raise the baby, and continues after the child is born, with an effort to place them in a protective “bubble” or “armor” with cameras and security devices (Bernstein and Triger 2010).

Padilla-Walker and Nelson's (2012) research show that helicopter parenting is defined as distinct from behavioural control in that it does not directly target the child's emotional or psychological autonomy, but reflects some aspects of behavioural control with high levels of warmth and support, as well as excessive autonomy limitation that is not compatible with the child's age. The results of the study found that helicopter attitude was positively associated with psychological and behavioural control, as well as positive features of the parent-child relationship such as parental involvement, guidance in parent-child relationships, disclosure and emotional support (Padilla-Walker and Nelson 2012). Similar to Padilla-Walker and Nelson's (2012) research findings, Alsancak Akbulut and Kömürcü Akik's (2024) study showed that parents who over-engage in their children's lives in a developmentally inappropriate way can use psychological control to maintain or further strengthen their control over them.

Stone et al. (2011) reported that when the results of the first studies on the concept of helicopter parenting are compared with the results of recent studies, parents with helicopter attitudes have increased by 60 per cent in the last 30 years. It is observed that this increase in helicopter parenting attitudes is higher in fathers than in mothers (Yılmaz 2020b). Some researchers claim that the development of new technologies allows parents to tightly control their children's lives and is one of the reasons for the spread of helicopter parenting (LeMoyne and Buchanan 2011). It was found that the number of helicopter parents and the control power of parents over children increased owing to the developing mobile phone technology, and it was expressed that portable phones created an electronic umbilical cord between mothers and their children (Kelly et al. 2017).

Measurement of Helicopter Parenting

Most helicopter parenting measures are behaviour-focused and include elements that address parental intervention in the child's life (Padilla-Walker and Nelson 2012, Reed et al. 2016, Luebbe et al. 2018). Few measures directly assess how the child feels about these parental behaviours (LeMoyne and Buchanan 2011). Helicopter behaviour was first measured with the “Helicopter Parenting Scale” developed by LeMoyne and Buchanan (2011). Segrin et al. (2012) developed a multifactorial helicopter parent measurement tool by identifying four unique factors: “anticipatory problem solving”, “advice/affect management”, “child self-direction” and “tangible assistance”. Odenweller et al. (2014) developed the “Helicopter Parenting Instrument” and Schiffrin et al. (2014) developed the “Helicopter Parenting Behaviors Questionnaire” which measures both helicopter parenting and autonomy support.

Doğan and Adıgüzel (2017) carried out the Turkish validity and reliability study of the “Multidimensional Helicopter Parenting Scale” developed by Luebbe et al. (2018), and the four-factor structure of the scale (information seeking, academic and personal management, direct intervene, and autonomy limiting) was confirmed.

Turkish validity and reliability studies of the “Helicopter Parenting Behaviors Questionnaire” developed by Schiffrin et al. (2014) were carried out by Çok et al. (2022) and Kömürcü Akik and Alsancak Akbulut (2023), and the original two-factor structure of the mother and father forms (helicopter parenting and autonomy-supportive behaviours) was supported in both studies.

The concept of helicopter parenting was first introduced to the literature in Turkey by Yılmaz (2019) through an original scale development study. In accordance with the structure of the scale, helicopter parenting attitudes can be assessed separately for mothers and fathers in 4 dimensions: helicoptering on ethical and moral issues, helicoptering in academic / school life issues, helicoptering in basic confidence and life skills, helicoptering in emotional-personal life (Yılmaz 2019). The helicopter attitude about basic confidence and life skills is related to the child's basic life skills; parents with this sub-dimension constantly interfere with their children about basic

life skills, intervene in the child's daily routines, clothes, and even the friends with whom the child will play. Parents who have a helicopter attitude in the emotional-personal life area try to be too involved in their children's emotional life area and privacy. Parents who have helicopter attitudes in the field of academic / school life are constantly concerned about their children's school life and academic issues, are overly interested in their children's grades, and frequently ask questions about their children's school life. The helicopter attitude on ethical and moral issues reflects parents' approach to raising children by paying more attention to the ethical and moral framework than necessary (Yılmaz 2019).

Characteristics of Helicopter Parents

Parents with helicopter parenting attitude give too much advice to their children and provide excessive and unnecessary help in every subject (Segrin et al. 2012). These parents tend to be overprogramming, protective, perfectionist (LeMoyné and Buchanan 2011, Lee and Kang 2018, Zienty and Nordling 2018) and controlling (Schifffrin et al. 2014, Kelly et al. 2017). Parents with this attitude focus excessively on their children (Rousseau and Scharf 2017) and make them the sole centre of attention in their lives (Odenweller et al. 2014). The words helicopter parents use about their children contain clues about their attitudes. They generally prefer to speak on behalf of their children and use plural subject in their sentences (Kelly et al. 2017). They pay little or no attention to the initiatives and wishes of their children (Hesse et al. 2018). Helicopter attitudes begin to appear even when children are very young (Hong et al. 2015). Constantly following their children like a shadow and directing their behaviors and games (Bradley-Geist and Olson-Buchanan 2014), determining children's friends and activities (Bristow 2023) are among the common behaviors of parents with helicopter attitude.

Expecting high levels of success from their children is one of the most salient features of helicopter parents (Odenweller et al. 2014). These parents take a lot of responsibility for their children's lives, especially about their success or failure (Somers and Settle 2010, Yılmaz 2020b). Since helicopter parents are overly concerned about their children's academic success, they frequently exhibit the behaviors of meticulously checking the homework given to them as if it were given to themselves and providing disproportionate help for homework and school projects (Duygulu 2018, Gençer 2020, Bristow 2023). Behaviors such as being in constant contact with teachers for low grades, sending their children to courses, deciding on the university they will study at, choosing the classes they will take, controlling their environment and the places they visit, and sometimes contacting their employers to discuss job offers and salaries later in life are observed (Yoo et al. 2016, Kouros et al. 2017, Duygulu 2018, Gençer 2020). These parents take it upon themselves to defend their children's rights instead of their children (Dönmez 2019). In fact, deciding whom their children will marry and intervening in their spousal relationships and where they will live after marriage is a perceived normal process for helicopter parents (Yoo et al. 2016, Gençer 2020).

According to the results of Yılmaz's (2020b) research, parents' helicopter attitudes about basic confidence and life skills and emotional-personal life differ significantly from each other. It is observed that the helicopter attitudes of mothers are higher than fathers in both dimensions. In addition, although there was no significant difference in the general helicopter attitude according to the gender of the children, when assessed in terms of the sub-dimensions of helicopter parenting attitude, it was found that the attitude towards boys in academic life issues and towards girls in ethical and moral life issues was more dominant. The results of Turan et al. (2024) similarly show that the helicopter attitudes perceived by women are higher than those of men. In a study by Yılmaz (2020b), one-third of mothers and one-seventh of fathers in Turkey were found to have helicopter attitudes. Later studies also showed that mothers had significantly higher helicopter attitudes than fathers (Süsen et al. 2022, Turan et al. 2024). Turan et al. (2024) found that mothers' helicopter attitudes were at the highest level in the field of academic / school life and at the lowest level in ethical and moral issues, while fathers' helicopter attitudes were at the highest level in the field of basic confidence and life skills and at the lowest level in the field of emotional-personal life.

Helicopter attitudes are observed more commonly in young generation parents (Bradley-Geist and Olson-Buchanan 2014). In addition, it was found that the helicopter attitudes perceived by individuals growing up in homes where sexist attitudes were exhibited were higher (Turan et al. 2024). Studies have shown that helicopter attitudes are more common when the number of children in the family is low (Bradley-Geist and Olson-Buchanan 2014, Turan et al. 2024). In families with more than one child, it was determined that the helicopter attitude towards the first children was at a high level compared to other siblings, and the least helicopter attitude was exhibited towards the middle children (Yılmaz 2020b). As a result of the research with students, it was observed that the helicopter parenting attitudes perceived by secondary school students were higher compared to individuals at other educational levels. This difference is thought to be due to the increase in helicopter

attitudes in parents due to the developmental characteristics of pre-adolescence and academic concerns about the future (Yılmaz 2020b). In addition, it was found that the helicopter attitudes perceived by individuals with a physical disability were higher than those without physical disability (Turan et al. 2024).

There are studies showing that helicopter parenting attitudes, which are increasing in every culture, are at high levels both in families with above middle socioeconomic status (Bradley-Geist and Olson-Buchanan 2014, Kwon et al. 2017) and in families with low socioeconomic status (Arlinghaus et al. 2023). In addition to these studies, Yılmaz (2020b) found that families with middle socioeconomic status had higher levels of helicopter attitudes. It was also observed that helicopter attitudes were higher in families living in large cities compared to those living in small settlements (Yılmaz 2020b). When analysed in terms of the educational level of the parents, it was found that mothers who graduated from university had a higher level of helicopter attitude compared to those who graduated from other educational levels, while there was no significant difference in terms of fathers (Yılmaz 2020b).

It is indicated that one of the underlying causes of helicopter parenting attitudes is parents' excessive anxiety and fear of possible bad outcomes related to their children's lives (Luebbe et al. 2018). Distrust of the outside world, concerns about the economy and the world in general are another important reason that pushes families to have more control over their children's lives in order to protect them (Hesse et al. 2018). One of the reasons that lead parents to helicopter behaviours is environmental pressure from other parents (Odenweller et al. 2014). Another factor that triggers helicopter parenting is the desire of adults who think that they were not loved and neglected in their childhood to compensate for this (Rousseau and Scharf 2017). It is also thought that helicopter parenting is a way of fulfilment related to parenting and that their own egos underlie these attitudes (Odenweller et al. 2014). Eberly Lewis et al. (2023) suggested that narcissistic mothers may be using extreme parenting as a tactic to control their children, validate themselves, and maintain child dependency with their children in emerging adulthood.

Effects of Helicopter Parenting on Individuals' Development

Since children of helicopter parents who exhibit highly controlling, overprotective behaviours have lower levels of autonomy (Schiffirin et al. 2021, Ahmed and Mingay 2023), these individuals may have difficulty adapting to new environments that require autonomy, especially in periods such as transition to university (van Ingen et al. 2015, Reed et al. 2016). Parents with helicopter attitudes hinder their children's opportunities to achieve healthy independence and individuality (Flower 2021). These parents are thought to negatively affect their children's self-confidence and self-efficacy by giving them the message that they cannot manage their own lives (van Ingen et al. 2015). Since individuals with helicopter parents cannot develop the skills they need to be autonomous or think that they cannot solve problems independently, they may find it troublesome and difficult to do things that their parents always do for them (Arnett 2007, Wieland and Kucirka 2020). These individuals also have a low level of internal locus of control (Kwon et al. 2016). Turan et al. (2024) found that there was a significant positive correlation between perceived helicopter attitudes and the parentification of individuals who are exposed to these attitudes, and that the parentification of these individuals explained their perceived helicopter parenting attitudes to a great extent.

The results of Darlow et al.'s (2017) study with university students show that high levels of helicopter parenting attitudes are associated with difficulties in academic and social adaptation to university by mediating low self-efficacy. In a study with university students and their parents, it was concluded that students whose parents supported autonomy had higher self-efficacy compared to students with helicopter parents (Hwang and Jung 2022). Kim's (2018) study found a negative relationship between only mothers' helicopter parenting attitudes and students' self-efficacy, while Buchanan and LeMoyné's (2020) study found a negative relationship between helicopter parenting and self-efficacy only for male students from single-parent families. Ganaprakasam et al. (2018) study with adolescents shows that helicopter parenting attitudes decrease adolescents' learning self-efficacy. Although there are many studies on the negative relationship between helicopter parenting and self-efficacy, Fooladi et al. (2022) found a positive relationship between helicopter parenting and academic self-efficacy.

Since helicopter parents are more willing to solve the problems their children face, individuals who are exposed to these attitudes may become dependent on others in a way that affects their general well-being in interpersonal relationships later in life (Odenweller et al. 2014). These individuals have great difficulty in decision-making and choice-making processes (Luebbe et al. 2018). In a study on work life and parental attitude, it was observed that

people with helicopter parents have difficulty in adapting to the situations they face at work and tend to rely on others to solve problems (Bradley-Geist and Olson-Buchanan 2014).

Studies on helicopter parenting attitudes and self-esteem show that there is a significant negative relationship between these two variables (Hesse et al. 2018, Uysal 2020). It has been revealed that helicopter attitudes also trigger ego inflation (inflated sense of self) (Eberly Lewis et al. 2018) and helicopter attitudes of mothers are more successful in creating ego inflation compared to fathers (Yılmaz 2020a). It was found that as the helicopter mother attitude increased, the impulsivity level of individuals who grew up with this attitude also increased, and the inflated sense of self had a full mediation effect in this relationship (Zeynep 2020).

Schiffirin et al. (2014) study shows that helicopter parenting has an indirect effect on life satisfaction and this effect is mediated through competence. Another study in the following years found that this effect also occurs through a decrease in the sense of autonomy (Schiffirin et al. 2019). In the study by Hwang and Jung (2022), it was concluded that students whose parents support autonomy have higher life satisfaction compared to students with helicopter parents. Although there are more studies showing that as the helicopter attitudes of parents increase, the life satisfaction level of individuals exposed to this attitude decreases, Lee and Kang's (2018) research results show that helicopter parenting attitudes increase parent-child interaction and this high interaction increases life satisfaction.

It is observed that individuals with helicopter parents have ineffective coping strategies (Odenweller et al. 2014) and are insufficient in problem solving (Gibbs 2009 as cited in Avcı and Şatır 2020). Studies on emotion regulation indicate that individuals who are exposed to helicopter parenting frequently experience emotion regulation difficulties (Cui et al. 2019a, 2019b, Güçlü et al. 2022, Nguyen et al. 2024). Analysing the studies on helicopter parenting and alcohol use, Nelson et al. (2015) found that helicopter attitudes were associated with high levels of alcohol use in individuals who grew up exposed to this attitude, while Pistella et al. (2022) found a significant relationship between only mothers' helicopter parenting and alcohol use. McGinley and Davis (2021) concluded that, only for high-income college students, increased helicopter parenting was associated with higher levels of alcohol consumption and that it is important to consider economic conditions when researching the impact of parenting attitudes on young adults' drinking habits. It is also observed that individuals with helicopter parents have a high rate of painkiller use even when they do not feel pain (LeMoyné and Buchanan 2011). The results of the study by Nelson et al. (2015) with university students show that increased helicopter parenting is associated with low levels of self-worth and high levels of risk-taking behaviours for individuals reporting low levels of maternal warmth, but this is not the valid situation for individuals reporting high levels of maternal warmth. Another study showing that risky behaviours are positively related to helicopter attitudes was conducted by Sedighi Arfaee et al. (2022).

Helicopter Parenting and Psychopathology

Helicopter parenting attitudes are negatively related to the optimism level (Yılmaz and Büyükbeci 2019) and psychological well-being of individuals who grow up with this attitude (Kouros et al. 2017, Cui et al. 2019a, 2019b, Yılmaz and Büyükbeci 2019, Wieland and Kucirka 2020, Ahmed and Mingay 2023). Since helicopter parents constantly have high expectations about their children, individuals exposed to this attitude experience more intense emotional distress when they make mistakes, and also tend to be more anxious, depressed and self-critical (Srivastav and Mathur 2020). It has been observed that these individuals have more neurotic tendencies (Odenweller et al. 2014). "Maladaptive perfectionism", which is defined as the tendency to fear making mistakes and blame one's self for not being perfect, is frequently seen in individuals with helicopter parents (Schiffirin and Liss 2017, Hayes and Turner 2021). According to the research findings, maladaptive perfectionism has a full mediating role in the effect of helicopter parenting attitude on psychological well-being (Seki 2023).

Individuals who are exposed to helicopter attitudes become more prone to depression (Okray 2016, Cui et al. 2019a, 2019b, Zhang and Ji 2023). Zhang and Wang's (2024) research results show that helicopter parenting has an effect on the development of depression in children, but a high level of inhibitory control reduces these negative effects. The results of the study, in which the sample consists of women, show that the helicopter parenting of the mother has a direct and indirect effect on depression, and maladaptive perfectionism plays a mediating role in this effect (Hong and Doh 2018). Helicopter parenting was found to have significant effects on depression through low levels of autonomy and competence (Schiffirin et al. 2014, Schiffirin et al. 2019). In Kim and Park's (2019) study, it was concluded that perceived helicopter parenting increased the level of depression in students, and the assertiveness level of students partially mediated the effect of perceived helicopter parenting on depression. The research results of Hong and Cui (2020) show that the relationship

between helicopter parenting and depression is mediated by self-control, and the study of Wang et al. (2021) shows that basic psychological needs as well as self-control mediate this relationship. There are study results showing that perceived stress mediates this relationship as well as psychological needs (Cook 2020). The attempts of parents to raise their children in a bubble by wanting to protect them excessively negatively affect the psychological resilience levels of individuals who are exposed to helicopter attitude (Yılmaz and Yalçın 2021). The research results of Reilly and Semkovsk (2018) show that psychological resilience mediates the effect of helicopter parenting attitudes on depression. Seki et al. (2023) research results revealed that although helicopter parenting is a risk factor for individuals' mental health, high levels of resilience reduce the potential harmful effects of helicopter parenting. In a study with university students, it was concluded that helicopter parenting affects depression directly and indirectly through self-efficacy (Lin and Rahim 2020). The results of Wang et al. (2024) show that self-esteem is one of the variables that have a mediating role in the effect of helicopter parenting on depression. Another variable that was found to have a mediating effect is the authenticity levels of individuals (Turner et al. 2020).

If we look at the studies on anxiety, it is seen that there is a significant positive relationship between helicopter parenting attitudes and anxiety levels of individuals exposed to this attitude (Cui et al. 2019a, 2019b, Uysal 2020, Zhang and Ji 2023). It was found that helicopter parenting had an effect on anxiety development in children and this effect was mediated by inhibitory control (Zhang and Wang 2024). Ganaprakasam et al. (2023) found a significant positive relationship between helicopter parenting and social anxiety disorder, generalised anxiety disorder, panic disorder and separation anxiety. Another study supporting the relationship between helicopter parenting and social anxiety was conducted by Jiao et al. (2024) and it was concluded that there was a significant positive relationship between the two variables. Lin and Rahim's (2020) study shows that helicopter parenting affects anxiety directly and indirectly through self-efficacy. The results of Love et al. (2020) showed that there was a significant relationship only between the helicopter parenting of the father and anxiety symptoms of female university students, and this relationship was mediated by both competence and self-efficacy. In the study showing that only the mother's helicopter parenting had an effect on anxiety, it was found that autonomy and competence mediated this effect (Schiffrin et al. 2019).

Although there are more studies showing that parents' helicopter attitudes affect children's development in the same direction, Zienty and Nordling's (2018) research results show that as the mother's helicopter attitudes increase, the child develops more depression and social anxiety, while as the father's helicopter attitudes increase, the child develops more social competence and peer safety and less depression.

The results of the study show that the helicopter parenting attitude of the father has a significant effect on problematic online gaming in emerging adulthood and this effect is mediated by low self-control levels of individuals exposed to helicopter attitude (Süsen et al. 2022). In addition, the research findings of Şimşir Gökalg (2023) found that there was a significant relationship between helicopter mother attitude and multiple screen addiction of individuals exposed to this attitude and that self-control mediated this relationship.

Focusing too much attention on their children and making them the centre of their lives does not lead to positive results for either children or parents. Overparenting restricts the individual lives of both parents and their children. Helicopter parenting is one of the most obvious example of this.

Since helicopter parents intervene in every aspect of their children's lives, do not allow them to face the difficulties that they can cope with or at least try to overcome on their own, and solve all the problems themselves instead of their children, they cause these individuals to experience more difficulties later in their lives. When individuals with helicopter parents face situations in their lives in which they have to take responsibility, this becomes troublesome for them. Failure to display autonomy also negatively affects the self-efficacy level of individuals. There are many studies showing that self-efficacy levels of individuals are related to psychopathologies (Jenkins et al. 2002, Saltzman and Holahan 2002, Chen et al. 2006, Mystakidou et al. 2013, Reed et al. 2015). Studies showing that concepts such as self-efficacy, self-control, autonomy, psychological resilience, life satisfaction have a mediating role in the effect of helicopter parenting on the development of psychopathologies indicate that the negative effects of helicopter parenting attitudes can be reduced when these mediating variables are at high levels.

Conclusion

Although positive judgements about helicopter parenting behaviors are more common due to the good intentions of parents, the studies compiled on the subject show that helicopter attitudes generally lead to negative effects on the quality of life of individuals who grow up exposed to these attitudes. Consequently, the

concept needs to be further investigated and new variables need to be included in the studies. Since the number of studies on the concept of helicopter parenting in Turkey is quite low compared to the foreign literature, the issue is still up to date. It is a fact that helicopter parenting attitudes, which have become more common in recent years, are affected by many factors. It is very important to see the prevalence of helicopter parenting attitudes in Turkey, to examine the factors that trigger this attitude and related variables, and to determine the measures to be taken to protect against its negative effects. In future studies, the identification of new variables that may mediate the relationship between helicopter parenting and psychopathology will be instructive for reducing the negative effects of helicopter attitudes. In addition, longitudinal studies on the subject may provide more detailed information about the emergence process of parents' helicopter attitudes, triggering factors and the effects of these attitudes on exposed individuals.

It is very important to carry out awareness-raising studies on helicopter parenting for those who do not yet have children, and to inform parents with helicopter attitudes about the benefits and harms of these attitudes in the light of current research. Raising awareness about the attitudes and behaviors of parents and providing information in family counselling and education centres, relevant institutions and digital platforms by experts on the subject in the development of a healthier parent-child relationship can help to eliminate misjudgments about helicopter parenting attitudes and prevent the spread of the negative effects of these attitudes. Supporting the individualisation process and gaining autonomy of children with helicopter parents more by teachers and psychological counsellors from the early stages of the education process and providing psychotherapy support when necessary can make these individuals more resilient against the difficulties they may face later in life.

References

- Ahmed FL, Mingay D (2023) Relationship between helicopter parenting and psychological wellbeing in college students. *International Journal of Social Research and Innovation*, 7:49-70.
- Alsancak Akbulut C, Kömürçü Akik B (2024) Helicopter parenting, autonomy support, and young adults' psychological adjustment in Turkey: the mediating role of psychological control. *Curr Psychol*, 43:24355-24364.
- Arlinghaus KR, Hahn SL, Larson N, Eisenberg ME, Berge JM, Neumark-Sztainer D (2023) Helicopter parenting among socio-economically and ethnically/racially diverse emerging adults: associations with eight-related behaviors. *Emerg Adulthood*, 11:909-922.
- Arnett JJ (2007) Emerging adulthood: what is it, and what is it good for? *Child Dev Perspect*, 1:68-73.
- Arslan P, Kırıl B (2022) İlkokul öğretmenlerinin aşırı koruyucu (helikopter) velilerle ilgili deneyimleri: bir fenomenoloji çalışması. *Ankara Üniversitesi Eğitim Bilimleri Fakültesi Dergisi*, 55:827-882.
- Aunola K, Stattin H, Nurmi JE (2000) Parenting styles and adolescents' achievement strategies. *J Adolesc*, 23:205-222.
- Avcı SÇ, Şatır DG (2020) Yeni bir kavram: helikopter ebeveynlik. *Ordu Üniversitesi Hemşirelik Çalışmaları Dergisi*, 3:163-168.
- Aydoğdu F, Dilekmen M (2016) Ebeveyn tutumlarının çeşitli değişkenler açısından değerlendirilmesi. *Bayburt Eğitim Fakültesi Dergisi*, 11:570-585.
- Batu M, Tos O (2022) Kültürel değişim temelinde X ve Z kuşağının ebeveynlik algısı: Zmet tekniği temelinde bir analiz. *Akdeniz Üniversitesi İletişim Fakültesi Dergisi*, 38:194-217.
- Baumrind D (1966) Effects of authoritative parental control on child development. *Child Dev*, 37:887-907.
- Bernstein G, Triger Z (2010) Over-parenting. *UC Davis Law Rev*, 44:1221-1279.
- Bradley-Geist J, Olson-Buchanan J (2014) Helicopter parents: an examination of the correlates of over-parenting of college students. *Education Training*, 56:314-328.
- Bristow J (2014) The double bind of parenting culture: helicopter parents and cotton wool kids. In *Parenting Culture Studies* (Eds E Lee, J Bristow, C Faircloth, J Macvarish):200-215. London, Palgrave Macmillan.
- Buchanan T, LeMoyné T (2020) Helicopter parenting and the moderating impact of gender and single-parent family structure on self-efficacy and well-being. *Fam J*, 28:262-272.
- Chen SX, Chan W, Bond MH, Stewart SM (2006) The effects of self-efficacy and relationship harmony on depression across cultures: applying level-oriented and structure-oriented analyses. *J Cross Cult Psychol*, 37:643-658.
- Cline F, Fay J (1990) *Parenting with Love and Logic: Teaching Children Responsibility*. Colorado Springs, Piñon Press.
- Cook EC (2020) Understanding the associations between helicopter parenting and emerging adults' adjustment. *J Child Fam Stud*, 29:1899-1913.
- Cui M, Darling CA, Coccia C, Fincham FD, May RW (2019a) Indulgent parenting, helicopter parenting, and well-being of parents and emerging adults. *J Child Fam Stud*, 28:860-871.
- Cui M, Janhonen-Abruquah H, Darling CA, Carlos Chavez FL, Palojoki P (2019b) Helicopter parenting and young adults' well-being: a comparison between United States and Finland. *Cross Cult Res*, 53:410-427.

- Çok F, Güçlü CH, Özdoğan HK, Topuz S (2022) Helikopter anababalık ve özerklik destekleyici davranışlar ölçeği'nin Türkçeye uyarlanması: geçerlik ve güvenilirlik çalışması. *Ankara Üniversitesi Eğitim Bilimleri Fakültesi Dergisi*, 55:339-359.
- Darlow V, Norvilitis JM, Schuetz P (2017) The relationship between helicopter parenting and adjustment to college. *J Child Fam Stud*, 26:2291-2298.
- Demiriz S, Öğretir AD (2007) Alt ve üst sosyo-ekonomik düzeydeki 10 yaş çocuklarının anne tutumlarının incelenmesi. *Kastamonu Eğitim Dergisi*, 15:105-122.
- Doğan U, Adıgüzel A (2017) Helikopter ebeveynlik ölçeğinin Türkçe geçerlik ve güvenilirlik çalışması. 1st Eurasian Conference on Language and Social Sciences, May 22-24 2017 Antalya, Turkey. Conference Abstract Book page:194
- Dönmez D (2019) Yeni nesil ebeveynlik ve sosyal medya bağlamında blogger anneler (Yayımlanmış yüksek lisans tezi). İstanbul, İstanbul Üniversitesi.
- Dursun Çirci C (2021) Helikopter ebeveynin yeni nesil çocukları. *Sanat ve Sosyal Bilimler Sempozyumu Tam Metin Bildiriler Kitabı* (Eds N Çetin, Ö Şen, Ö Meccek):369-388. 30-31 Temmuz 2021, Antalya, Türkiye.
- Duygulu S (2018) Yeni Nesil Ebeveynlik ve Helikopter Aileler: K Kuşağı ve Tekno Dijital Kuşak. İstanbul, Destek Yayınları.
- Eberly Lewis MB, Vera Hughes M, Coetzee TM (2018) Parenting and adolescent grandiose narcissism: mediation through independent self-construal and need for positive approval. *J Genet Psychol*, 179:207-218.
- Flower AT (2021) The effects of helicopter parenting in emerging adulthood: an investigation of the roles of involvement and perceived intrusiveness (Honors theses). Ohio, University of Dayton.
- Fooladi F, Purshahriar H, Ebrahimi S (2022) The relationship between helicopter parenting and mental health with academic welfare in high school female students: the mediating role of academic self-efficacy. *Journal of Modern Psychological Researches*, 17:217-228.
- Ganaprakasam C, Davaidass KS, Muniandy SC (2018) Helicopter parenting and psychological consequences among adolescent. *International Journal of Scientific and Research Publications*, 8:378-382.
- Ganaprakasam C, Humayra S, Ganasegaran K, Hashim HA, Armathlingam S (2023) Anxious child: the association between helicopter parenting and anxiety among primary school students in Kedah, Malaysia. *Jurnal Psikologi Malaysia*, 37:84-99.
- Gençer GB (2020) Ergenlerde algılanan helikopter ebeveyn tutumunun, depresyon ve anksiyete ile ilişkisinin incelenmesi (Yüksek lisans tezi). İstanbul, İstanbul Okan Üniversitesi.
- Ginott HG (1969) *Between Parent and Teenager*. New York, NY, Macmillan.
- Güçlü CH, Özdoğan HK, Çok F (2022) Emerging adults' perceived life skills, self-regulation, emotion regulation, helicopter parenting and autonomy supportive behaviours. *Kıbrıs Türk Psikiyatrisi ve Psikoloji Dergisi*, 4:253-261.
- Hayes KN, Turner LA (2021) The relation of helicopter parenting to maladaptive perfectionism in emerging adults. *J Fam Issues*, 42:2986-3000.
- Hesse C, Mikkelsen AC, Saracco S (2018) Parent-child affection and helicopter parenting: exploring the concept of excessive affection. *West J Commun*, 82:457-474.
- Hong JC, Hwang MY, Kuo YC, Hsu WY (2015) Parental monitoring and helicopter parenting relevant to vocational student's procrastination and self-regulated learning. *Learn Individ Differ*, 42:139-146.
- Hong MH, Doh HS (2018) Effects of helicopter parenting on depression in female emerging adults: examining the mediating role of adaptive and maladaptive perfectionism. *Korean Journal of Child Studies*, 39:143-158.
- Hong P, Cui M (2020) Helicopter parenting and college students' psychological maladjustment: the role of self-control and living arrangement. *J Child Fam Stud*, 29:338-347.
- Hwang W, Jung E (2022) Helicopter parenting versus autonomy supportive parenting? A latent class analysis of parenting among emerging adults and their psychological and relational well-being. *Emerg Adulthood*, 10:731-743.
- Jenkins SR, Goodness K, Buhrmester D (2002) Gender differences in early adolescents' relationship qualities, self-efficacy, and depression symptoms. *J Early Adolesc*, 22:277-309.
- Jiao C, Cui M, Fincham FD (2024) Predicting changes in helicopter parenting, fear of missing out (FOMO), and social anxiety in college students. *J Adult Dev*, 31:1-11.
- Juang LP, Qin DB, Park IJ (2013) Deconstructing the myth of the "tiger mother": an introduction to the special issue on tiger parenting, Asian-heritage families, and child/adolescent well-being. *Asian Am J Psychol*, 4:1-6.
- Kaya M (1997) Ailede anne-baba tutumlarının çocuğun kişilik ve benlik gelişimindeki rolü. *Ondokuz Mayıs Üniversitesi İlahiyat Fakültesi Dergisi*, 9:193-204.
- Kelly L, Duran RL, Miller-Ott AE (2017) Helicopter parenting and cell-phone contact between parents and children in college. *South Commun J*, 82:102-114.
- Kim GY, Park JH (2019) Perceived helicopter parenting and depression among Korean university students: the mediating effect of assertiveness. *Korean Journal of Child Studies*, 40:165-177.
- Kim J (2018) Comparing mothers' and fathers' helicopter parenting as predictors of self-efficacy among emerging adults in college (Master's theses). Washington, Central Washington University.
- Kouros CD, Pruitt MM, Ekas NV, Kiriaki R, Sunderland M (2017) Helicopter parenting, autonomy support, and college students' mental health and well-being: the moderating role of sex and ethnicity. *J Child Fam Stud*, 26:939-949.
- Kömürcü Akik B, Alsancak Akbulut C (2023) Assessing the psychometric properties of mother and father forms of the helicopter parenting behaviors questionnaire in a Turkish sample. *Curr Psychol*, 42:2980-2992.

- Kuppens S, Ceulemans E (2019) Parenting styles: a closer look at a well-known concept. *J Child Fam Stud*, 28:168-181.
- Kwon KA, Yoo G, Bingham GE (2016) Helicopter parenting in emerging adulthood: support or barrier for Korean college students' psychological adjustment?. *J Child Fam Stud*, 25:136-145.
- Kwon KA, Yoo G, De Gagne JC (2017) Does culture matter? A qualitative inquiry of helicopter parenting in Korean American college students. *J Child Fam Stud*, 26:1979-1990.
- Lee J, Kang S (2018) Perceived helicopter parenting and Korean emerging adults' psychological adjustment: the mediational role of parent-child affection and pressure from parental career expectations. *J Child Fam Stud*, 27:3672-3686.
- LeMoyné T, Buchanan T (2011) Does "hovering" matter? Helicopter parenting and its effect on well being. *Social Spectr*, 31:399-418.
- Lin CH, Rahim MZA (2020) The impact of helicopter parenting on mental health through self-efficacy among university students. *International Journal of Pharmaceutical Research*, 12:952-960.
- Love H, Cui M, Allen JW, Fincham FD, May RW (2020) Helicopter parenting and female university students' anxiety: does parents' gender matter? *Fam Relatsh Soc*, 9:417-430.
- Luebke AM, Mancini KJ, Kiel EJ, Spangler BR, Sendlak JL, Fussner LM (2018) Dimensionality of helicopter parenting and relations to emotional, decision-making, and academic functioning in emerging adults. *Assessment*, 25:841-857.
- McGinley M, Davis AN (2021) Helicopter parenting and drinking outcomes among college students: the moderating role of family income. *J Adult Dev*, 28:221-236.
- Nelson LJ, Padilla-Walker LM, Nielson MG (2015) Is hovering smothering or loving? An examination of parental warmth as a moderator of relations between helicopter parenting and emerging adults' indices of adjustment. *Emerg Adulthood*, 3:282-285.
- Nguyen Q, Madison S, Ekas NV, Kouros CD (2024) Helicopter parenting behaviors and emerging adult mental health: the mediating role of emotion dysregulation. *Emerg Adulthood*, 12:820-837.
- Odenweller KG, Booth-Butterfield M, Weber K (2014) Investigating helicopter parenting, family environments, and relational outcomes for millennials. *Commun Stud*, 65:407-425.
- Okray Z (2016) Helicopter parenting and related issues: psychological wellbeing, basic psychological needs and depression on university students. *Current Research in Education*, 2:165-173.
- Padilla-Walker LM, Nelson LJ (2012) Black hawk down? Establishing helicopter parenting as a distinct construct from other forms of parental control during emerging adulthood. *J Adolesc*, 35:1177-1190.
- Pistella J, Isolani S, Morelli M, Izzo F, Baiocco R (2022) Helicopter parenting and alcohol use in adolescence: a quadratic relation. *Nordisk Alkohol Nark*, 39:134-145.
- Reed K, Duncan JM, Lucier-Greer M, Fixelle C, Ferraro AJ (2016) Helicopter parenting and emerging adult self-efficacy: implications for mental and physical health. *J Child Fam Stud*, 25:3136-3149.
- Reed K, Ferraro AJ, Lucier-Greer M, Barber C (2015) Adverse family influences on emerging adult depressive symptoms: a stress process approach to identifying intervention points. *J Child Fam Stud*, 24:2710-2720.
- Reilly S, Semkowska M (2018) An examination of the mediatory role of resilience in the relationship between helicopter parenting and severity of depressive symptoms in Irish university students. *Adolesc Psychiatry (Hilversum)*, 8:32-47.
- Ritter JL (2011) Growin'Up: an assessment of adult self-image in clinical law students. *Akron Law Rev*, 44:137-165.
- Rousseau S, Scharf M (2017) Why people helicopter parent? An actor-partner interdependence study of maternal and paternal prevention/promotion focus and interpersonal/self-regret. *J Soc Pers Relat*, 35:919-935.
- Sak R, Sak İŞ, Atlı S, Şahin B (2015) Okul öncesi dönem: anne-baba tutumları. *Mersin Üniversitesi Eğitim Fakültesi Dergisi*, 11:972-991.
- Saltzman KM, Holahan CJ (2002) Social support, self-efficacy, and depressive symptoms: an integrative model. *J Soc Clin Psychol*, 21:309-322.
- Schiffirin HH, Erchull MJ, Sendrick E, Yost JC, Power V, Saldanha ER (2019) The effects of maternal and paternal helicopter parenting on the self-determination and well-being of emerging adults. *J Child Fam Stud*, 28:3346-3359.
- Schiffirin HH, Liss M (2017) The effects of helicopter parenting on academic motivation. *J Child Fam Stud*, 26:1472-1480.
- Schiffirin HH, Liss M, Miles-McLean H, Geary KA, Erchull MJ, Tashner T (2014) Helping or hovering? The effects of helicopter parenting on college students' well-being. *J Child Fam Stud*, 23:548-557.
- Sedighi Arfaee F, Rashidi A, Tabesh R (2022) Predicting the occurrence of high-risk behaviors based on behavioral-psychological control and helicopter parenting in emerging adulthood. *Research in Clinical Psychology and Counseling*, 11:77-94.
- Segrin C, Woszidlo A, Givertz M, Bauer A, Murphy M (2012) The association between overparenting, parent-child communication, and entitlement and adaptive traits in adult children. *Fam Relat*, 61:237-252.
- Seki T (2023) The mediating role of perfectionism and the need for social approval in the effect of helicopter parenting on psychological well-being in emerging adults. *International Journal of Educational Research Review*, 8:343-353.
- Seki T, Haktanir A, Şimşir Gökalg Z (2023) The mediating role of resilience in the relationship between helicopter parenting and several indicators of mental health among emerging adults. *J Community Psychol*, 51:1394-1407.
- Set Z (2020) The mediating role of inflated sense of self and impulsivity in the relationship between helicopter parenting and psychological symptoms. *Noro Psikiyatrs Ars*, 57:318-324.

- Somers P, Settle J (2010) The helicopter parent: research toward a typology. *Coll Univ*, 86:18-27.
- Srivastav D, Mathur ML (2020) Helicopter parenting and adolescent development: from the perspective of mental health. In *Parenting-studies by an Ecocultural and Transactional Perspective* (Eds L Bendetto, M Ingrassia):71-90. London, IntechOpen.
- Stone J, Berrington A, Falkingham J (2011) The changing determinants of UK young adults' living arrangements. *Demogr Res*, 25:629-666.
- Süsen Y, Pak H, Çevik E (2022) Helicopter parenting, self-control, and problematic online gaming in emerging adults. *Journal of Clinical Psychology Research*, 6:331-341.
- Şimşir Gökalp Z (2023) Examining the relationships between helicopter parenting, self-control, self-efficacy, and multi-screen addiction among Turkish emerging adults. *J Genet Psychol*, 184:229-242.
- Turan FD, Yılmaz R, Işık M, Öngün M, Kayabaşı K, Amaç E et al. (2024) Bireylerin algıladıkları helikopter ebeveyn tutumlarının yordayıcısı olarak ebeveynleşme durumları. *Akdeniz Hemşirelik Dergisi*, 2:88-98.
- Turner LA, Faulk RD, Garner T (2020) Helicopter parenting, authenticity, and depressive symptoms: a mediation model. *J Genet Psychol*, 181:500-505.
- Uysal SL (2020) Helikopter ebeveynlerin çocuklarının benlik algısı durumlarının kaygı düzeyleri üzerine etkisi. *Uluslararası Sosyal Araştırmalar Dergisi*, 13:613-625.
- Van Ingen DJ, Freiheit SR, Steinfeldt JA, Moore LL, Wimer DJ, Knutt AD et al. (2015) Helicopter parenting: the effect of an overbearing caregiving style on peer attachment and self-efficacy. *J Coll Couns*, 18:7-20.
- Wang C, Shi H, Li G (2024) Helicopter parenting and college student depression: the mediating effect of physical self-esteem. *Front Psychiatry*, 14:1329248.
- Wang J, Lai R, Yang A, Yang M, Guo Y (2021) Helicopter parenting and depressive level among non-clinical Chinese college students: a moderated mediation model. *J Affect Disord*, 295:522-529.
- Wieland DM, Kucirka BG (2020) Helicopter parenting and the mental health of iGen college students. *J Psychosoc Nurs Ment Health Serv*, 58:16-22.
- Yılmaz H (2019) İyi ebeveyn, çocuğu için her zaman her şeyi yapan ebeveyn değildir: algılanan helikopter ebeveyn tutum ölçeği (AHETO) geliştirme çalışması. *Erken Çocukluk Çalışmaları Dergisi*, 3:3-30.
- Yılmaz H (2020a) Possible result of extreme parenting: power of helicopter parenting attitude to predict ego inflation. *Pegem Journal of Education and Instruction*, 10:523-554.
- Yılmaz H (2020b) Türkiyede helikopter ebeveynlik eğilimi ve helikopter ebeveynlerin demografik özellikleri. *Sosyal Politika Çalışmaları Dergisi*, 20:133-160.
- Yılmaz H, Büyükbeci A (2019) Bazı pozitif psikoloji kavramları açısından helikopter ebeveyn tutumlarının sonuçları. *Türk Psikolojik Danışma ve Rehberlik Dergisi*, 9:707-744.
- Yılmaz H, Yalçın H (2021) A new-generation parental attitude affecting gifted adolescents' psychological resilience: helicopter parenting. *Journal of Gifted Education and Creativity*, 8:121-129.
- Yoo G, Liu X, Cho S (2016) Effects of perceived helicopter parenting on subjective well-being among Chinese undergraduate students. *CASS and ISA RC06 Conference Social Change and Family Developments*, May 27th 2016 Beijing, China.
- Zhang Q, Ji W (2023) Overparenting and offspring depression, anxiety, and internalizing symptoms: a meta-analysis. *Dev Psychopathol*, 35:1-16.
- Zhang R, Wang Z (2024) Effects of helicopter parenting, tiger parenting and inhibitory control on the development of children's anxiety and depressive symptoms. *Child Psychiatry Hum Dev*, doi: 10.1007/s10578-024-01685-3.
- Zienty L, Nordling J (2018) Fathers are helping, mothers are hovering: differential effects of helicopter parenting in college first-year students. *Celebration of Learning*. <https://digitalcommons.augustana.edu/celebrationoflearning/2018/posters/19/> (Accessed 10.05.2024).

Authors Contributions: The author(s) have declared that they have made a significant scientific contribution to the study and have assisted in the preparation or revision of the manuscript

Peer-review: Externally peer-reviewed.

Conflict of Interest: No conflict of interest was declared.

Financial Disclosure: No financial support was declared for this study.