

# The Relationship between Helicopter Parenting and Anxiety in Adolescents

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**Abstract.** Helicopter parenting is a form of active control from parents in solving children's problems and making decisions that children can actually do themselves. The phenomenon that shows the existence of helicopter parenting treatment in adolescents is completing school assignments in order to get high scores. The purpose of this study was to determine the relationship between helicopter parenting and anxiety in adolescents. The respondents of this study amounted to 125 men and 125 women; the sampling technique used was quota sampling. The helicopter parenting instrument uses the helicopter parenting instrument developed by Odenweller, and the anxiety measuring instrument uses the Hamilton Anxiety Rating Scale (HARS), developed by Max Hamilton. The statistical analysis technique in this research uses the Pearson correlation analysis technique with the help of IBM SPSS version 26. The results of this study indicate a positive relationship between helicopter parenting and anxiety in adolescents, with a correlation coefficient value of 0.685 and a value of  $P < 0.000$ . It can be interpreted that the higher the helicopter parenting, the greater the anxiety in adolescents, and vice versa. Therefore,  $H_a$  is accepted and  $H_o$  is rejected. The recommendations for further researchers can add other variables that are still related to helicopter parenting in children.

**Keywords:** Anxiety, Adolescents, HARS, Helicopter Parenting, HPI.

## 1. Introduction

Over time, children will develop according to their developmental period. According to Ragita & Fardana [10], they have grouped the stages of adolescence into three phases, including early adolescence around 10–13 years old, middle adolescence around 14–17 years old, and late adolescence between 18 and 21 years old. In the phase of young children and school. Parents play a full role in determining children's decisions. Whereas when entering the adolescent phase, children can already determine their own decisions and tend to be insubordinate when their decisions are not in line with parental thinking. The defiance that often occurs in the adolescent phase causes concern from parents, so that parents often interfere and get too involved in their children's lives, or in parenting, is known as helicopter parenting.

According to idnMedis [5] there are several benefits or positive impacts arising from the application of helicopter parenting, the main one being that children can recognize themselves better. The full support of parents who are always there for children through helicopter parenting makes it easier for children to recognize themselves better. Parents who provide attention and support to their children will usually also direct their children to things that they like. This will help children develop themselves in their areas of interest.

In addition to the positive impact, there are also negative impacts due to helicopter parenting, one of which can increase anxiety in children. Quoted from Primaya Hospital [9], some phenomena or examples that show the existence of helicopter parenting treatment in teenage children are completing school assignments or children's homework so that children get good grades, cleaning rooms made messy by children, making excuses for children's bad behavior, and determining almost all major decisions for children, from school matters to romance. Such parental behavior is actually not expected by children because, basically, children can do these things independently if given space. Even if the child needs help, parents should help properly, but parents with helicopter parenting always provide excessive help to children, which is what causes anxiety in children.

Based on the results of a survey conducted by Wahdi, A.E [15] in the Indonesia-National Adolescent Mental Health Survey (I-NAMHS), almost 35%, or equivalent to 15.5 million adolescents in the age range of 10–17 years, have been diagnosed with at least one mental health problem in Indonesia. These problems then fall into the category of people with mental illness. Based on the survey, 26.7% of adolescents experience mental disorders in the form of anxiety. After that, as many as 10.6% experienced hyperactivity problems, 5.3% suffered from depression, 2.4% were related to behavioral problems, and 1.8% were post-traumatic stress. From the survey results, we cannot underestimate the anxiety that occurs in children. Children's development will be disrupted if excessive anxiety is not treated immediately, and it can even become more serious in the future. Based on the description of the problem above, the researcher is interested in examining the relationship between helicopter parenting and anxiety in adolescents with the aim of seeing parental involvement in children, as well as the level of anxiety experienced by children when parents do helicopter parenting. The research was conducted on adolescents because, in the adolescent phase, there are several developmental changes, including great curiosity, a love for challenges, and the dare to bear an act without considering the risks.

## **2. Literature Review**

Anxiety is an emotional state without a specific object. Anxiety is a vague feeling of fear accompanied by feelings of uncertainty, helplessness, and insecurity felt by a person. Anxiety is a natural response felt by a person in reaction to a situation or event perceived as a threat or stressor. It is a feeling of fear, uneasiness, or discomfort that can occur in varying degrees of intensity. Anxiety is a normal part of the human experience and can arise in a variety of contexts, such as before facing a challenging situation, such as an exam or job interview, or in response to an event that could jeopardize one's safety [12].

Anxiety is the body's natural response to situations perceived as threats. It is part of the body's warning system to deal with potential danger. Evolutionarily, anxiety has a protective function. It allows humans to respond vigilantly to dangerous situations, increasing their physical and mental acuity to deal with them. Anxiety can present in varying degrees, ranging from mild anxiety that is only temporary to severe anxiety that can interfere with one's daily life. When anxiety becomes chronic, excessive, or interferes with one's social and personal functioning, it can be considered an anxiety disorder. Some examples of anxiety disorders include generalized anxiety disorder (GAD), social anxiety disorder, specific phobias, and panic disorder

### **2.1. Dimensions of Adolescent Anxiety**

Based on research by Annisa and Ifdil [1], anxiety is divided based on cognitive, behavioral, and affective responses, namely: Behavioral, which is feeling restless, speaking faster than usual, tremors, lack of coordination, often avoiding, feeling more alert, running away from problems, the appearance of physical tension, and the like. Cognitive, which is characterized by impaired concentration, less attention, forgetfulness, decreased productivity and creativity, frequent confusion, fear of losing control, feeling more alert, bad dreams, and the like. Affective is characterized by an impatient attitude, often feeling tense and uncomfortable, nervousness and restlessness, fear, vigilance, excessive worry, numbness to things, feelings of guilt, and the like.

Adolescent anxiety is a complex phenomenon that can be broken down into several dimensions to better understand how anxiety affects individuals in this age group. There are several dimensions of anxiety in adolescents. Such as physiological dimension, cognitive dimension, emotional dimension, social dimension, and others.

The physiological dimension includes the body's response to anxiety, such as increased heart rate, excessive sweating, flatulence, and trembling. Anxious adolescents may experience these physical symptoms when they feel tense or worried. The cognitive dimension includes adolescents' thoughts and thought processes associated with anxiety. They may tend to overthink potential dangers, magnify risks, or have obsessive thoughts related to their worries. The emotional dimension of adolescents is often related to emotions such as fear, anxiety, worry, and feelings of unease. They may feel restless or tense for no apparent reason. As well as the social dimension that can affect adolescents' social relationships. They may feel worried about how others perceive them, anxious about social rejection, or find it difficult to interact with peers.

## **2.2. Helicopter Parenting**

Helicopter parenting was first developed by Cline & Fay, according to Odenweller et al.[8] Helicopter parenting is a parenting pattern that involves excessive involvement and protection of children, such as always interfering with children's personal affairs and determining children's decisions. Even parents in helicopter parenting also always try to get rid of the obstacles that are being faced by children. Helicopter parenting is a term used to describe parenting that is highly involved and over-involved by parents in their children's lives. The term refers to the way parents "hover" over their children like a helicopter, always ready to rescue, organize, or provide assistance in every aspect of the child's life without giving them space to take initiative, take responsibility, or learn from their own experiences.

There are some key characteristics of helicopter parenting, such as often being too involved in their children's lives. They may interfere too much with their child's schooling, social life, extracurricular activities, and even homework. Helicopter parents tend to keep a close eye on their children, even on things that should be part of the child's independence, such as keeping bedtime or completing homework. They often make major decisions for their children, such as school subject selection, career plans, or even romantic relationships. They may feel that they know what is best for their child and want to control every aspect of their life. Helicopter parenting can hinder the development of children's independence. Children who are always directed and taken care of by their parents may struggle with taking responsibility and making

their own decisions when they grow up.

### **2.3. Dimensions of Helicopter Parenting**

There are three dimensions of helicopter parenting, namely: parents' inability to see children face risks, meaning that parents cannot provide rights and opportunities for children to be able to try something new. Parents only focus on their children's happiness. This means that parents do not give freedom to positive things to children. Solving various children's problems without giving children space to try to overcome themselves This means that parents are more in control of the decisions their children will make [11].

This parenting can be seen in the various dimensions that shape the way parents approach education and parenting. There are several other keys. Dimensions of helicopter parenting, such as the strict supervision dimension, the decision-making dimension, the involvement in school work dimension, the independence formation dimension, and the anxiety of danger and risk dimension. In many cases, helicopter parenting is done with good intentions to protect and help children. However, the impact can vary, and this parenting can hinder the development of children's independence and cause anxiety. A more balanced upbringing that combines support with giving children space to grow and learn from their own experiences is often considered healthier for child development.

## **3. Methods**

The type of research used in this study is quantitative research. Quantitative research is a method used to test certain populations or samples, using research tools for data collection and testing previously made hypotheses [13].

### **3.1. Participants**

The participants in this study amounted to 250 adolescents. The sampling technique used was quota sampling. The population in this study were adolescents in Jabodetabek, with a sample of adolescents aged 10–21 years. Participants' demographic data have been checked for validity, so no participants filled in twice and all items were answered.

### **3.2. Data collection instruments**

In this study, both variables used a Likert scale containing 5 benchmarks ranging from strongly disagree (STS), disagree (TS), neutral (N), agree (S), and strongly agree (SS). For helicopter parenting using Odenweller's Helicopter Parenting Instrument (HPI), which consists of 15 items that are divided into 3 aspects, all of these items are declared valid with a reliability test result of 0.753. An example item from Helicopter Parenting is "My parents try to make all my big decisions". For anxiety, Max Hamilton's Hamilton Anxiety Rating Scale (HARS) consists of 14 items, which are divided into 3 aspects, and the overall item is declared valid with a reliability result of 0.922. An example item of anxiety is "feelings of anxiety (anxiousness, bad premonitions, fear of one's own mind, irritability)".

### **3.3. Data Analysis Technique**

The data analysis technique used in this study to see the relationship between helicopter parenting and anxiety in adolescents is correlation analysis with the help of IBM SPSS Statistics

version 26. The survey was conducted to collect data by distributing questionnaires through Google Forms to adolescents in Jabodetabek.

Data collection in this study used a Likert scale. Data analysis techniques use correlation analysis to test the relationship between helicopter parenting and anxiety in adolescents. The tool used is IBM SPSS Statistics Version 26 statistical software.

#### 4. Results

This research was conducted using respondents who are teenagers from the Jabodetabek area (Jakarta, Bogor, Depok, Tangerang, and Bekasi). The number of respondents successfully obtained for this study was 250 teenagers. The selection of respondents follows certain criteria to ensure that the sample taken is representative of the teenage population in Jabodetabek. In conducting this research, general information about the respondents is important to provide further understanding of the characteristics of the sample used in the study.

The respondents in this study were adolescents, grouped by age phase. From a sample of 250 adolescents, the study identified how many belonged to the early adolescent phase (aged 10–13 years), the middle adolescent phase (aged 14–17 years), and the late adolescent phase (aged 18–21 years). This gives an idea of how anxiety levels vary between these phases of development. In addition to age, the gender of each respondent was also an important factor in this study. This data provides insight into whether there are differences in anxiety levels between male and female adolescents. The results show that there are differences in viewpoints between the genders of adolescents in relation to helicopter parenting.

This information includes how respondents, both boys and girls, perceive their parents' parenting. Some adolescents may see parenting as positive, while others may feel that their parents' parenting is negative. These perspectives illustrate the child's perception of the parenting they receive and can help explain the impact on their level of anxiety.

As such, an understanding of these respondent characteristics allowed the researcher to identify trends and differences in anxiety levels by age, gender, and perceptions of parenting. This provides a richer context for the results and allows readers to better understand how these factors interact with each other in the context of the relationship between helicopter parenting and anxiety in adolescents.

Table 1. Overview by Age

Age	Age tages	Frequency	Percent
10-13 years old	Early Adolescence	12	5%
14-17 years	Middle Teens	200	80%
18-21 years old	Late Teens	38	15%

Based on the table above in terms of age, it is dominated by middle adolescents who have 200 with a percentage of 80% compared to early adolescence and late adolescence.

Table 2. Based on Gender and Parenting Viewpoints

Gender	Parenting Assessment	Frequency	Percent
Male	Negative	66	52,8%
	Positive	59	47,2%
Male Total		125	50%

Female	Negative	62	49,6%
	Positive	63	50,4%
Female total		125	50%

Based on the table above, it can be seen that in the male gender, there are as many as 125 respondents with 50%, and in the female gender, there are as many as 125 respondents with 50%. This study sampled an equal number of men and women with the aim of getting a fair perspective from each gender regarding their parents' parenting. More male respondents (52.8%) perceived that their parents' parenting was negative. In contrast, more female respondents (50.4%) perceived their parents' parenting as positive

Table 3. *Helicopter parenting categorization*

Category	Value	N	Percentage
Low	$X < 44$	39	15,60%
Medium	$44 \leq X < 60$	157	62,80%
High	$60 \leq X$	54	21,60%

Based on the table above, the categorization results show that helicopter parenting in adolescents is dominated in the moderate category of 62.80%, with a total of 157. While the low category obtained 15.60% as many as 39 and 21.60% in the high category.

Table 4. *Anxiety Categorization*

Category	Value	N	Percentage
Low	$X < 57$	41	16,40%
Medium	$57 \leq X < 91$	164	65,60%
High	$91 \leq X$	45	18,00%

Based on the table above, the results of anxiety categorization with a low category of 16.40% amounted to 41 and the moderate category dominated with the acquisition of 65.60% as many as 164, while in the high category of 18.00% amounted to 45.

### Correlation Test Results

Table 5. Correlation

Pearson Correlation	Sig	N
0,685**	0,000	250

Based on the analysis data in the correlation table above, it can be seen that there is a relationship between helicopter parenting and anxiety with a probability value of 0.000 ( $P < 0.001$ ), indicating that  $H_a$  is accepted and  $H_o$  is rejected, which means that there is a positive relationship between helicopter parenting and anxiety. Thus, the more parents apply helicopter parenting to their children, the more anxiety they feel, and vice versa.

## 5. Discussion

Based on the results of the analysis conducted by researchers on the research sample involving 250 adolescents in Jabodetabek, it was found that the alternative hypothesis in this study was accepted. That is, there is a significant relationship between helicopter parenting (over-involved

and controlling parenting) and anxiety levels in adolescents. The study also revealed different patterns of anxiety across the three age phases of adolescence. Early adolescents, who range in age from 10 to 13 years old, tend to experience relatively low levels of anxiety. However, in the middle adolescent phase, aged between 14 and 17 years old, high levels of anxiety are seen. Then, in the late adolescent phase, aged between 18 and 21 years, anxiety levels tend to be in the moderate category. This indicates that some adolescents are still prone to experiencing different levels of anxiety during their developmental period.

In addition, this study also revealed differences in viewpoints between male and female adolescents regarding helicopter parenting. Male adolescents tend to view their parents' parenting as negative, while female adolescents tend to view their parents' parenting as positive. This finding is in line with research conducted by Buchanan and LeMoyne [2], which highlighted differences in how males and females interpret the influence of helicopter parenting. Males may see their parents as merely administrative executives who fulfill their practical needs, while females may see emotional support and positive attention in helicopter parenting. One factor that may contribute to anxiety levels in adolescents is the pressure to achieve perfect standards applied by parents. Helicopter parenting often demands that children always achieve high standards, which can create excessive pressure for children. In addition, the lack of opportunities for children to cope with problems or experiences independently, which is one aspect of helicopter parenting, can also support the onset of anxiety.

The results of this study also support the findings in other related studies, such as research conducted by Natalia and Vidgal [7, 14], which shown that helicopter parenting has a positive and significant relationship with anxiety levels in children and adolescents. Thus, this study makes an important contribution to the understanding of how helicopter parenting can affect anxiety levels in adolescents, and underscores the importance of giving children the space to grow, take responsibility, and overcome their own challenges in a healthy parenting context.

## **6. Conclusion**

The more helicopter parenting is applied by parents to their children, the higher the level of anxiety that will be experienced by children, especially in adolescence. Controlling and over-involved parenting in children's lives may contribute to higher levels of anxiety in adolescents. Adolescent anxiety can take many forms, such as social anxiety, school anxiety, or generalized anxiety. It can be caused by the pressure to achieve high expectations from parents, the feeling of having to be perfect, and the lack of space for children to develop their own independence and decision-making abilities.

This study provides important implications for parents. In addition to helicopter parenting, it is important for parents to see and appreciate their children's abilities and potential. This can help children feel more confident, independent, and able to overcome the challenges they face in their lives. Reducing the pressure placed on children to always achieve perfect standards and allowing them to make their own decisions will help reduce anxiety levels in adolescents. This will not only facilitate their healthier development but also help minimize feelings of over-reliance on parents for guidance and life decisions.

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