

The Study of Helicopter Parents

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- Worry, anxiety, and stress are the typical negative emotions that we feel when a great danger or issue has occurred in our lives. When it comes to the case of our parents it would amplify by tenfold if the lives of their children were the victims, understandably so. However, through the minds of helicopter parents (HP), it is a constant state of fear for the child and what could possibly be going on for them not only academically but also socially, resulting in the parents to become more overbearing and involved in their lives than truly needed. We aim to find how helicopter parenting can affect their children's life outcomes.
- Parenting is a crucial skill that many parents must be able to do for their children so that they can develop into teenagers and eventually adults that can sustain themselves without being nurtured by another person. When we take helicopter parenting, it creates a stagnant growth in the child's mental development as an individual. This results in the subject child to grow a dependency on others and less confidence in themselves. Helicopter parenting is not necessarily a bad thing, what determines if the method is detrimental to the child negatively or positively is solely dependent on whether the child deems that what the parent is doing is too much or is just the right amount of parenting and nurturing. More likely than not if there is only one person to be the helicopter parent it is more likely to be the mother of the parents. Overbearing the child with too much 'love' and care or very controlling from the parents result in worst adjustments in the future as an adult (Rote et al, 2020). In my personal experience with my own helicopter parents, at the age of 21 I understand given certain circumstances and know what the responsibilities are; being told to do that exact thing that I already know what to do is irritating and shows the lack of trust

or distrust my parents have in me to completing the task at hand. This in turn creates a slight crack in the bond between parent and child, making the interaction between one another more and more difficult. Since the child cannot look towards their parents as a way to speak to, they look for their friends and peers to vent their frustrations and feelings when really their parents should also be an option.

- When looking at helicopter parents in the older age groups of young adults, more specifically college students who stay at home, we see that the correlation between the two create more mental/emotional disorder for the child. This leads to higher levels of depression and anxiety, which in turn again allows for the child to possible medication abuse. The traditional route of a growing young adult when first going to college is a big leap since this is one of the first times as the child has an opportunity to live for themselves and take on adult responsibilities without the aid of their parents. This transition is paramount in the development of their mentality in the future for when they have to take the same tasks as their parents. However due to their helicopter parents in the negative cases, their mental health is not in the best scenario for adapting to such a big and new responsibility. With the parents in the picture near their child, there is less room for self-development to become a fully-fledged adult (Hong & Cui, 2020). Mental health is paramount for a person's growth and development of character. When in college there are many things that students must go through that can be mentally taxing such as, making friends and maintaining academic success. With the addition of helicopter parents who are already expecting more from you in your academics, it is just more added pressure that is unnecessary for the child.

- Having someone to vent and express your feelings to is important for one's mental health, for example a therapist that can pinpoint exactly what issues are occurring in your life and how to tackle those emotions. Being aware of the given situation and the multiple possibilities that one can take is crucial in finding the solution to the case of helicopter parenting. We notice in this case study of Lauren's family, being self-aware in certain scenarios where she wanted to explode and scream out her emotions was not worth the arguments that would arise after. Keeping calm and giving her time to process the situation, then speaking to her parents in a more proper manner. Having helicopter parents is treated as an issue when it comes to the child's outcome in life, but should be seen as more of an opportunity to understand the relationship between parent and child (Dumont, 2020). Being self-aware of our actions and thoughts is a crucial life skill that one must possess to become a mature adult. This leads to self-reflection and how we can better ourselves from a situation. Having built up all these pent-up emotions over the years are not an easy thing to talk about, but being able to realize our pitfalls and working out the solutions rather than getting mad at our parent-figures will do nothing but make the bond worse.

- In conclusion, helicopter parenting can be very detrimental towards a child's growth as they become young adults because of them either being too overbearing or nurturing the child too much when it is unnecessary for them to. Leading to higher stress, depression, and overall bad mental health. What determines if helicopter parenting is negative is based on the how the child received and interpreted the interaction between the parent figure. Given a good mindset that can self-reflect and view the situation with a different perspective we can see positive results that can actually benefit the relationship between

the two parties. This is a step towards adulthood as the child has become self-aware of the problem and looks to face it in a mature manner rather than being the child that the parents will always have to look over.

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