

Assess the Level of Helicopter Parenting Style among College Students in Selected College, Kannur District

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Publication Date: 2025/07/28

Abstract: We conducted a research study to assess the level of helicopter parenting style among college students in selected college, Kannur district. The objectives of the study was to assess the level of helicopter parenting style among college students and to find the association between level of helicopter parenting style with selected demographic variables. The research study was held at Crescent College of Pharmaceutical Science, Madayi, Payangadi using quantitative approach and non-experimental cross-sectional design. The samples constitute of 100 college students and are selected by convenient sampling technique. Data was collected from the samples by using helicopter parenting scale and was analysed by using descriptive and inferential statistics. The study finding revealed that 19% of college students had mild level of helicopter parenting style, 57% had moderate level of helicopter parenting style, 21% had severe level of helicopter parenting style, and 3% had extremely severe level of helicopter parenting style. Chi square analysis was used to bring out the association between level of helicopter parenting style and selected demographic variables. The result showed that there is no significant association between level of helicopter parenting style and the selected demographic variables such as age, gender, religion, parents (mothers) educational status, parents (mothers) occupation, parents marital status, family type, parents current status and siblings. The study showed that out of 100 samples, 57% had moderate helicopter parenting style. This reveals that parents need more awareness and knowledge regarding helicopter parenting and its negative impacts on their children.

How to Cite: Haripriya A¹; Liya Jose²; Maneesha Elizabeth³; Manju Raju⁴; Maria Scaria⁵; Mariya Thomas⁶; Milu Jojo⁷; Rida Fathima⁸; Sherin Raju⁹; Sneha Sony¹⁰; Swetha Anil¹¹; Aswathi S. N¹²; Jisha C¹³; Jinciya Fernandez¹⁴ (2025), Assess the Level of Helicopter Parenting Style among College Students in Selected College, Kannur District. *International Journal of Innovative Science and Research Technology*, 10(7), 2219-2222. <https://doi.org/10.38124/ijisrt/25jul1360>

I. INTRODUCTION

Parenting is the process of nurturing, guiding and supporting a child's physical, emotional, social and cognitive development from infancy to adulthood.¹ Parenting style is important to creating a child's personality; it is directly related to child's social, physical and psychological development. Helicopter parenting is a unique phenomenon and a form of parental control that can be described as hand-on, involved plan of action. It is an emerging parenting style in the current world, which is a new concept in our country. It refers to an overly controlled and invasive parenting style that is common among parents of adolescents and emerging adults. This form of parenting involves an inappropriate level of participation, directness and support to children, which impaired both their physical and psychological development.² Helicopter parenting prefers to micro-manage

their child's life at every stage and milestones, from secondary school to college application, post-graduation and even during professional life.³ This parenting approach can occur at any age but it is most commonly associated with parenting late adolescents or young adult children. Helicopter parenting is important to a child's development. It effects on the child's physical and psychological wellbeing by making them more reliant and unable of making verdicts. It has been related to lower academic achievement and a decreased level of school active involvement. These adolescents also have lower level of well-being, including a higher prevalence of anxiety and depression as well as poor coping abilities along with increased anxiety.⁴ Parenting style significantly impact adolescent's development. Some researchers suggest that helicopter parenting can be linked to poor academic performance in college students and higher level of helicopter parenting is associated with lower level of physical self-

esteem among college students. Helicopter parenting can also have some positive impacts. Children of helicopter parents have been found with educational gains and satisfaction in academics with the help of parental engagement.⁵ Every parent wants to raise their child with love, support and care. While taking care of their children, they use different kind of approaches. These approaches invokes a range of responses and reactions in children and later impacts the psychological, emotional, social and interpersonal development. The helicopter parenting can influence child in a negative, positive or mixed manner.⁶ Conducting a study based on helicopter parenting style can helps to understand the potential positive and negative impact on adolescent's development and mental wellbeing; enabling parents to adopt more balanced parenting styles and promoting healthy child development.

II. OBJECTIVES

- To assess the level of helicopter parenting style among college students.
- To find the association between the level of helicopter parenting style with selected demographic variables.

III. LITERATURE REVIEW

A descriptive study to assess the level of helicopter parenting among late adolescents. Quantitative research approach and non -experimental crosssectional design was adopted and 350 adolescents were selected as samples by convenience sampling technique, the data was collected by questionnaire method, the finding of the study reveals that 58.9% of participants had an average level of helicopter parenting, while 2.3% had a high level of helicopter parenting. They concluded the study as, there is a significant association found between family type and level of helicopter parenting.

A descriptive study to assess the impact and mechanism of helicopter parenting among college students. Quantitative research approach and non -experimental descriptive cross sectional design was adopted and 600 college students were selected as samples by cluster sampling technique, the data was collected by offline paper questionnaire. The finding of the study reveals that negative predict with physical self-esteem and positive predict depression. They concluded the study as, there is a significant association between helicopter parenting, physical self-esteem and depression.

A qualitative study to assess helicopter parenting and its influence on children among parents in Pakistan. Qualitative research approach and Phenomenological research design was adopted and 7 samples was selected by purposive sampling technique, the data was collected by semi-structured interview with parents of different parenting styles. The findings of the study reveal that the helicopter parenting

has a significant effect on emotional health of children along with their mental status. Children of helicopter parenting develop certain mental disorders like depression, anxiety, low self- esteem, and more. They concluded the study as, there is a negative association between helicopter parenting and its effects on children's mental and emotional growth and development.

A descriptive study to assess helicopter parenting, emotional regulation and mental well-being among university students. Quantitative research approach and nonexperimental descriptive cross – sectional design was adopted and 150 samples was selected by convenient sampling technique, the data was collected by helicopter parenting scale, emotional regulation scale, and mental health inventory tool. The finding of the study reveals that living areas have little bearing on the university student's ability to control their emotions or maintain good mental health; also it implies that university students are emotionally affected based on gender. They concluded the study as, there is no significant association between helicopter parenting, emotional regulation and mental health.

IV. METHODOLOGY

- Research Approach: Quantitative research approach.
- Research Design: Non-experimental cross-sectional research design.
- Setting: Study was conducted in Crescent College of Pharmaceutical Science, Payangadi, Kannur.
- Sample and Sample Size: 100 college students who are staying with parents, with the age of 18-25 yrs. Sampling Technique: Convenient sampling technique.
- Data Collection Instrument: HPS modified questionnaire.

V. FINDING AND ANALYSIS

- *Selected Demographic Variables of the Sample:*
Out of 100 Samples:
 - 44% belongs to age group of 20-21 yrs
 - 75% are females
 - 68% belongs to Muslim
 - 35% of respondent's mothers are having primary and secondary education
 - 80% are home maker
 - 93% are living together
 - 68% are from nuclear family
 - 63% are living with parents in India
 - 95% are having siblings

Table 1 Level of Helicopter Parenting Style Among College Students

Level of helicopter parenting style	Range percentage (%)	of	Frequency(f)	Percentage (%)
Mild	0-25		18	18
Moderate	26-50		59	59
Severe	51-75		20	20
Extremely severe	76-100		3	3

Table 2 Association Between Level of Helicopter Parenting Style Among College Students and Selected Demographic Variables

Sl no	Demographic Variables	Degree Freedom	of	Chi-Square Value	P- Value
1	Age	9		13.79	0.16
2	Gender	3		7.80	0.05
3	Religion	9		1.99	0.90
4	Parents(mothers) Educational status	9		9.12	0.42
5	Parents (mothers) Occupation	12		7.93	0.71
6	Parents marital status	9		3.57	0.88
7	Family type	6		4.30	0.64
8	Parents current status	6		0.54	0.99
9	Siblings	3		1.57	0.66

VI. RECOMMENDATIONS

- The study can replicate on large samples there by findings can be generalized to large population.
- A true experimental study can be conducted with structured teaching program.

VII. CONCLUSION

The current study was an attempt to estimate the level of helicopter parenting style among college students. The findings of the study showed that majority of college students (59%) had moderate level of helicopter parenting style. 20% had severe level of helicopter parenting style, 18% had mild level and only 3% had extremely severe level of helicopter parenting style.

LIMITATIONS

- Students who are staying with their parents.
- Study is limited to only 100 samples.
- College students in selected colleges.

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