

PERCEIVED HELICOPTER PARENTING AMONG X HIGH SCHOOL STUDENTS

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ABSTRACT

Parents with helicopter parenting are often intensely involved in the lives of adolescents with an orientation to protect adolescents from negative outcomes and to ensure their own success. Helicopter parenting refers to parenting with high involvement and protection for adolescents such as constant communication with adolescents, interfering in the personal affairs of adolescents, being involved with adolescents' personal goals, making decisions for adolescents, and removing obstacles that adolescents face. This study aims to examine the helicopter parenting perception in X High School students. The number of research participants was 434 X High School students, aged 14-18 years and living with both parents. The sampling technique used purposive sampling. By using a descriptive quantitative research design, this study used the Helicopter Parenting Instrument (HPI) to measure helicopter parenting perception. Data analysis used descriptive statistics. The results showed that participant get perceived helicopter parenting and perceived maternal helicopter parenting found higher than perceived paternal helicopter parenting. This can be seen from mean value of perceived maternal helicopter parenting variable ($M = 4.755$) that found higher than the mean value of perceived paternal helicopter parenting variable ($M = 4.209$). Furthermore, 14.7% of participants had perceived paternal helicopter parenting in the low category, 66.6% of participants had perceived paternal helicopter parenting in the medium category, and 18.7% participants had perceived paternal helicopter parenting in the high category. Furthermore, as many as 13.6% of participants had perceived maternal helicopter parenting in the low category, 59.4% of participants had perceived maternal helicopter parenting in the medium category, and 27% of participants had perceived maternal helicopter parenting perception in the high category. The highest dimension of perceived paternal helicopter parenting is involved with adolescents' personal goal, whereas the highest dimension of perceived maternal helicopter parenting is intervening personal matters.

Keywords: Perceived helicopter parenting, paternal, maternal, adolescence

1. PREFACE

A parenting style, namely helicopter parenting, in recent years has been known to put pressure on children, such as study hours, choosing schools, and choosing sports activities (Segrin et al., 2012). Helicopter parenting focuses on the child's success and interferes in the child's school life (Kwon et al., 2016; Schiffrin & Liss, 2017). Parents seem so concerned about performance so they complete assignments for children. Parents help children to be successful. Excessive involvement will have a negative impact on children's development so that it can continue into the emerging adulthood period (18-25 years), a time when children should be independent (Arnett, 2000).

X High School is the best school in one of the provinces in Indonesia. Based on data from the top 1000 schools in 2022 based on UTBK scores by the Higher Education Entrance Test Institute, X High School was ranked first in a province in Indonesia and was ranked in the top 50 nationally in 2022. In 2021 the national ranking of X High School was in the top 100 nationally and still maintains the first rank in one of the provinces in Indonesia, it means that nationally in 2022 X High School's ranking had increased from 2021. This school was able to maintain its first rank in one of the provinces in Indonesia from previous years (LTPMT, 2021).

In addition to having a positive impact on children, family factors can also have a negative impact on children, such as burden, pressure, stress, dependency, lack of independence, as data obtained from students and counselors of X High School.

“Mom is a worried person, wherever I am and whatever I do, I have to report it to my mom. For schools, mom support, provide tutors. For exams, mom reminds me”. (DF, personal communication, April 11, 2022).

"My mother always monitors my activities. I got 2nd place in the class, 98 points. Mom wasn't angry if I didn't get 1st place, but Mom said if you can get 1st place why don't you try harder, on one side it's a burden but on the other hand there is a desire to achieve it". (ALA, personal communication, April 11, 2022).

“Many students met with me about major selection, many of them were directed by their parents and there were also those who really had to come from their parents even though they didn't want to, it really became a conflict for him, stress too. About majors, sometimes even parents contact me. They are controlled by their parents a lot, but maybe because they have been digitized since they were little, many of them have to follow suit because they don't want to make their mother angry, they don't want to disappoint their parents. Parents said they had to take academic lessons, they had to take music lessons, someone helped their parents at the store. If I see that these children are still dependent on their parents, what problems do they go directly to the parents at school, sometimes the teacher finds out from their parents, if they encounter a problem, they go back to their parents, a little bit of the parents, the impact is that the children are not independent, lacking in problem solving”. (VP, personal communication, April 11, 2022).

Helicopter parenting refers to parents' intense involvement in a child's life, developmentally inappropriate supervision through advice, direction, and problem-solving assistance (Padilla-Walker & Nelson, 2012; Segrin et al., 2012). Parents with helicopter parenting are often intensely involved in adolescents' lives with the aim of protecting adolescents from the possibility of facing negative outcomes and to ensure adolescent success (Bradley-Geist & Olson-Buchanan, 2014). This parenting style is considered too involved, protecting and dealing with adolescent problems, and often interferes in decision making (LeMoyne & Buchanan, 2011). Helicopter parenting refers to parents with high involvement and protection of children such as communicating continuously with children, intervening in children's personal affairs, making important decisions for children, being involved with children's goals personally, and trying to get rid of the obstacles that child faces (Odenweller et al., 2014).

Helicopter parenting has an impact on children such as anxiety and stress in children (LeMoyne & Buchanan, 2011), a mentality that easily gives up (Odenweller et al., 2014), low self-efficacy (Bradley-Geist & Olson-Buchanan, 2014; Darlow et al., 2017; Ganaprakasam et al., 2018; Ingen et al., 2015; Jung et al., 2019), and lower academic achievement (Kim et al., 2013; Shoup et al., 2009). Research from Schiffrin and Liss (2017) states that helicopter parenting is negatively correlated with academic motivation (academic self-confidence) which may have negative implications for academic achievement. In the study of Jung et al. (2019) descriptive results show that the practice of helicopter parenting of mothers and fathers in a sample of American

students is not significantly related to the child's GPA, whereas in a sample of Korean students, helicopter parenting of mothers and fathers is negatively related to the child's GPA.

Researchers want to do helicopter parenting research because it is still minimal, especially in Indonesia and it is a novelty in researching a sample of high school students. High school students are included in the teenage phase. Teenagers are finding out who their identity is, what and where they are going, facing new statuses and roles. If adolescents explore different roles and carve out positive future paths, they will have a healthy identity (Santrock, 2018). Therefore, researchers want to examine how the perceived helicopter parenting in X High School students is described.

When associated with the types of parenting Baumrind (1966), namely authoritative, permissive and authoritarian parenting, helicopter parenting is more likely to lead to authoritarian parenting (Odenweller et al., 2014). From the research results showed that there is a positive relationship between helicopter parenting and authoritarian parenting because strict parental control, absolute obedience of children, and negative outcomes in children. From the research also found that helicopter parenting had no relationship with democratic parenting and permissive parenting (Odenweller et al., 2014).

There are many definitions of helicopter parenting. Helicopter parenting is excessive involvement of parents in children (Leymone & Buchanan, 2011). Helicopter parenting is defined as parenting that "floats" near the child and has the potential to become too involved in the child's life (Padilla-Walker & Nelson, 2012). Helicopter parenting refers to parental over-involvement such as hovering around a child to save him from harm and prevent the child from failing (Ganaprakasam et al., 2018). Helicopter parenting is a form of excessive parenting that use tactics that too involved and inappropriate for their child's development (Segrin et al., 2012). This "hyper-engagement" tactic is designed to ensure the child's success and protect the child from negative outcomes, and prevent children from taking responsibility for their own choices (Segrin et al., 2012). Helicopter parenting refers to parents with high child involvement and protection such as communicating continuously with the child, taking care of the child's personal affairs, making important decisions for the child, being personally involved with the child's goals, and trying to remove obstacles faced by children (Odenweller et al., 2014). Parents with helicopter parenting are often intensely involved in the lives of adolescents with the aim of protecting children from the possibility of facing negative outcomes and to ensure the success of adolescents (Bradley-Geist & Olson-Buchanan, 2014).

There are five aspects of helicopter parenting, namely constant communication with children, intervening in the child's personal affairs, being involved with the child's goals personally, making decisions for children, and removing obstacles faced by children. These aspects are explained as follows (Odenweller et al., 2014). First, constant communication with children. In helicopter parenting, parent-child communication is regular communication but restrains the child's autonomy.

Second, intervene the personal affairs of children. The helicopter parent's tendency to intervene and "rescue" their child from difficult situations may relieve their child's discomfort in the short term, but the behavior enables ultimately impairs the child's physical, social, and emotional development and well-being. Third, get involved with child's goals personally. Parents who provide continuous assistance with children's goals may make them dependent on others, anxious or afraid of new social situations, lack self-confidence and are not skilled at dealing with

both trivial and major problems. Children who are not used to failure can result in having a mentality that easily gives up.

Fourth, make decisions for children. Parents decide what to do for children so they do not teach children to have independent skills (LeMoyne & Buchanan, 2011). Fifth, get rid of obstacles faced by children. Helicopter parenting is a typical parenting process that never lets their children make mistakes and get stuck in a stress cave. Parents continuously care for children by solving children's problems so that children are not skilled in problem solving and decision making (Ganaprakasam et al., 2018).

There are several factors that influence parenting styles for children's growth and development. First, socioeconomic level. Parents who had middle socio-economic level are warmer than parents who had low socio-economic level. Second, level of education. Parents who had higher educational background are seen reading articles more frequently to see child's development, whereas parents with a lower educational level tend to be authoritarian and treat their children strictly. Third, personality. The personality of parents influences parenting greatly. Conservative parents tend to be strict and authoritarian. Fourth, the number of children. Parents tend to care more intensively who have two to three children (Hurlock, 1997).

There are several factors that influence the formation of parenting patterns. First, local culture that includes rules, customs, norms, and the culture that developed within it. Second, ideology. Parents who had certain ideologies and beliefs tend to instill and develop it in their children. Third, location of geographic and ethical norms. The inhabitants of the highlands certainly have different characteristics from the inhabitants of the lowlands according to the demands and traditions developed in each region. Fourth, religious orientation. Parents who adhere to certain religions and religious beliefs always try to make their children follow them in the end. Fifth, economic status. With sufficient economic opportunities and facilities provided as well as a supportive material environment, it tends to direct parenting styles towards certain treatments that parents consider appropriate. Sixth, the talents and abilities of parents. Parents who have communication skills and relate in the right way with their children tend to develop parenting styles that suit their children. Seventh, lifestyle. The lifestyles of people in villages and in big cities tend to have different styles and ways of managing parent-child interactions (Walker, 1992).

Most of the research on helicopter parenting had found that helicopter parenting had a negative impact on social, emotional and academic. Helicopter parenting had a negative impact on anxiety, depression, lower self-efficacy (Darlow et al., 2017). Helicopter parenting had correlation on neuroticism, dependency, and lower openness to new experiences (Montgomery, 2010). Helicopter parenting positively related to anxiety and depression for recreational pain pill use and taking prescription medication, and was negatively related to psychological well-being (LeMoyne & Buchanan, 2011). Helicopter parenting had correlation with lower quality of communication and had indirect relationship to lower family satisfaction (Segrin et al., 2012). Over-parenting had correlation with entitlement, which young adults believe parents should solve child's problems (Segrin et al., 2012). Helicopter parenting had a negative impact, namely reduced self-confidence, school involvement, and the development of adult identity (Padilla-Walker & Nelson, 2012). Children who received helicopter parenting tended to have higher interpersonal dependence, neurotic tendencies, low self-efficacy for coping and conformity communication patterns within the family (Odenweller et al., 2014). Helicopter parenting in many studies had found associated with low academic achievement (Kim et al.,

2013; Shoup et al., 2009), with poor academic outcomes include low self-efficacy (Bradley-Geist & Olson-Buchanan, 2014; Darlow et al., 2017; Ingen et al., 2015; Odenweller et al., 2014), academic adjustment to college (Darlow et al., 2017). Helicopter parenting had a negative relationship with self-efficacy for learning, where overprotective parenting had the opportunity to reduce adolescents' self-efficacy for learning (Ganaprakasam et al., 2018).

2. RESEARCH METHOD

This study uses a descriptive quantitative research design. Partisipants of this study were 434 X High School students with the characteristics of X High School students for the 2022/2023 school year, male and female, 14-18 years old, were in grade 10 to grade 12, and lived with both parents.

The sampling technique used purposive sampling. The general description of the participants, namely men (49.1%), 16 years old (34.1%), 10th grade (34.6%), ethnic Chinese (73.4%), hadn't participated in academic competitions (88.7%), hadn't won the top 3 in the class (77%). The overall description of the participants can be seen in table 1.

Table 1
General Description of Partisipants

Respondent Characteristic		N (434)	Percentage (%)	Respondent Characteristic		N (434)	Percentage (%)
Gender	Male	213	49.1	Ethnic	Chinese	320	73.7
	Female	210	48.4		Bataknese	61	14.1
	Not Mentioned	11	2.5		Minang	14	3.2
Age	14	22	5.1		Java	11	2.5
	15	140	32.3		Malay	8	1.8
	16	148	34.1		Others	14	3.2
	17	118	27.2		Not Mentioned	6	1.4
	18	6	1.4	Academic Competition	Ever	49	11.3
					Never	385	88.7
Class	10	150	34.6	Top 3 in class	Ever	100	23
	11	141	32.5		Never	334	77
	12	143	32.9				

Based on description family, father's occupation as entrepreneur/self-employed (65.2%), father's education is bachelor degree (37.6%), mother's job as a housewife (65.2%), mother's education is bachelor degree (35.7%), has 2 siblings (37.6%), ideal parenting was discussion and ask for opinion (71%), parenting received was discussion and ask for opinion (35.5%).

Perceived Helicopter Parenting variable is measured using the Helicopter Parenting Instrument (HPI). HPI was developed by Odenweller et al. (2014). HPI had Cronbach's Alpha = 0.78. In this measuring tool there are 15 items, consists of 5 dimensions, namely aspects of constant communication with adolescents, aspects of intervening in the personal affairs of adolescents, aspects of being involved with adolescent goals personally, aspects of making decisions for adolescents, and aspects of getting rid of the obstacles faced by adolescents. The response format using 7 likert scale. Higher scores indicate higher levels of perceived helicopter parenting. Examples of items on this scale are "When I am going through a difficult situation, my parent always tries to fix it."; "My parents tries to make all of my major decisions". HPI showed strong construct validity that had positive association with authoritarian parenting style and conformity orientation, but hadn't relationship with conversational orientation (Odenweller et al., 2014).

Data collection was carried out using paper scale questionnaires which were distributed to X High School students in the class. Questionnaire scale paper contains informed consent, demographic data, helicopter parenting perception scale (father and mother). The reliability of the measuring instrument helicopter parenting results Cronbach's Alpha (α) = 0.749 (perceived paternal helicopter parenting), with 10 items are valid in the reliability test and Cronbach's Alpha (α) = 0.813 (perceived maternal helicopter parenting), with 13 items are valid in the reliability test.

3. RESULT AND DISCUSSION

Perceived Paternal Helicopter Parenting

Based on the results of the study, a general description of the participants' perceived helicopter parenting was obtained. Perceived helicopter parenting measurement tool has a rating scale of 1-7, with a median value of 4. Based on descriptive statistical analysis, the value of the participant perceived paternal helicopter parenting variable was high ($M = 4.209$ $SD = .871$), because the empiric mean value was above the hypothetic mean value. This means that the participants in this study had a high perceived paternal helicopter parenting. Based on the results of descriptive statistics, the highest dimension is involved goal personally and the lowest dimension is constant communication. The results can be seen more clearly in table 2.

Table 2

Descriptive Statistics of Perceived Paternal Helicopter Parenting

Variable	Mean	SD
Perceived Paternal Helicopter Parenting	4.209	0.871
Constant communication	3.449	1.756
Intervening personal matters	4.313	1.187
Involved goal personally	4.566	1.195
Making decisions	3.999	1.166
Getting rid obstacles	4.285	1.303

Categorization of data was carried out using empirical averages and standard deviations from perceived helicopter parenting. Based on Table 3, it is known that as many as 14.7% of participants have perceived paternal helicopter parenting in the low category, as many as 66.6% of participants have perceived paternal helicopter parenting in the medium category, and 18.7% of participants have perceived paternal helicopter parenting in the high category. See more detail about categorization in table 3.

Table 3

Categorization of Respondent from Perceived Paternal Helicopter Parenting

Variable	Range of Scores	Category	Number of Subjects	Percentage
Perceived Paternal Helicopter Parenting	<3.37	Low	64	14.7
	3.37 – 5.03	Medium	289	66.6
	>5.03	High	81	18.7

Based on descriptive statistical analysis, the value of perceived maternal helicopter parenting variable was classified as high ($M = 4.755$ $SD = 0.857$), because the empiric mean value was above the hypothetic mean value. This means that the participants in this study had a high perceived maternal helicopter parenting. Statistical descriptive results show that the highest dimension is intervening personal matters and the lowest dimension is making decisions. The descriptive statistics can be seen in table 4.

Table 4

Descriptive Statistics of Perceived Maternal Helicopter Parenting

Variable	Mean	SD
Perceived Maternal Helicopter Parenting	4.755	0.857
Constant communication	4.661	1.715
Intervening personal matters	5.101	1.084
Involved goal personally	5.024	1.137
Making decisions	4.535	1.103
Getting rid obstacles	4.553	1.173

Based on Table 5, it is known that as many as 13.6% of participants had perceived maternal helicopter parenting in the low category, 59.4% of participants had perceived maternal helicopter parenting in the medium category and 27% of participants had perceived maternal helicopter parenting in the high category. For more details, see table 5.

Table 5

Categorization of Respondent from Perceived Maternal Helicopter Parenting

Variable	Range of Scores	Category	Number of Subjects	Percentage
Perceived Maternal Helicopter Parenting	<3.84	Low	59	13.6
	3.84 – 5.3	Medium	258	59.4
	>5.3	High	117	27.0

Researchers conducted different tests on variables on demographic data. The results of the analysis found that in the perceived paternal helicopter parenting variable there was a significant difference in terms of the mother's occupation ($p = 0.047 < 0.05$) and participation in academic competitions ($p = 0.016 < 0.05$). In the variable of perceived maternal helicopter parenting, based on parenting received, there was a significant difference ($p = 0.000 < 0.05$).

Based on descriptive statistical analysis, mean of perceived maternal helicopter parenting variable ($M = 4.755$ $SD = 0.857$) higher than mean of the perceived paternal helicopter parenting variable ($M = 4.209$ $SD = .871$). The descriptive results in the high helicopter parenting category have a higher percentage of perceived maternal helicopter parenting (27%) compared to perceived paternal helicopter parenting (18.7%).

This shows that children perceive the helicopter parenting of mother and father differently. In general, fathers are seen as less interacting with children, less attention and firmer (Pohl et al., 2005). Mothers are usually seen as more interacting with children, better at communicating and caring for children than fathers (Craig, 2006). Perceived maternal helicopter parenting is seen as caring and supporting which is intended to ensure student success in the future. Russell and Russell's research also states that mothers interact with their children twice as much as fathers (Stafford & Bayer, 1993).

Participants in this study had a high perceived helicopter parenting which can be seen from cultural factors. When viewed from a cultural background, most of the research participants were from the Chinese ethnic group (73.4%), as adherents of the Confucian culture which emphasizes aspects of discipline and obedience. Forms of parenting in Confucian culture involve simultaneously providing high control and intensive support, two independent factors that shape helicopter parenting to a higher level. In Confucian culture, parents provide advice and guidance to children until adulthood because they have authority and responsibility for children. For parents, based on cultural emphasis, it is normative to be involved and control the decisions and lives of children even after reaching adulthood (Lee & Kang, 2018).

Based on the results of different tests on perceived paternal helicopter parenting variables, this study found that there were differences based on the mother's occupation. Participants whose mothers worked as entrepreneurs/businessmen had higher perceived paternal helicopter parenting compared to other types of work. According to Walker (1992) with sufficient economic opportunities and facilities provided as well as a supportive material environment tends to direct parenting styles towards certain treatments that parents consider appropriate. There are different perceived paternal helicopter parenting participating in academic competitions. Perceived paternal helicopter parenting in students who have participated in academic competitions is higher than students who have never participated in academic competitions. Academic support provided by fathers is positively correlated with adolescents' academic motivation (Alfaro et al., 2006).

Based on the results of different tests on perceived maternal helicopter parenting variables, this study found that there were differences based on the parenting they received. Participants who felt that they received strict parenting from their parents had higher perceived maternal helicopter parenting compared to other types of parenting. Helicopter parenting is positively related to authoritarian parenting and had no relationship with democratic parenting and permissive parenting (Odenweller et al., 2014). This research has several limitations. First, this study uses the self-report method. Second, it cannot be generalized to a wider scope because this research is more of a case study.

4. CONCLUSIONS AND RECOMMENDATIONS

The conclusion in this study was participants get perceived helicopter parenting, where perceived maternal helicopter parenting higher than perceived paternal helicopter parenting. This can be seen from mean value of perceived maternal helicopter parenting variable ($M = 4.755$) that higher than the mean value of perceived paternal helicopter parenting variable ($M = 4.209$). Furthermore, 14.7% of participants had perceived paternal helicopter parenting in the low category, 66.6% in the medium category, and 18.7% in the high category. As many as 13.6% of participants had perceived maternal helicopter parenting in the low category, 59.4% in the medium category and 27% in the high category. The highest dimension of perceived paternal helicopter parenting is involved goal personally, whereas perceived maternal helicopter parenting is intervening personal matters.

This research uses the self-report method, therefore further research can use the mixed method by obtaining data from other informants (example: teachers and parents). This research cannot be generalized to a wider scope because this research is more of a case study, therefore further research needs to expand the range of existing sample populations.

Recommendations for students/children, are expected to listen to advice and input from parents. Children should be able to communicate well the negative feelings they feel from helicopter parenting while still respecting and obeying their parents. Recommendations for parents, parents should know and understand the impact of helicopter parenting. Parents should communicate well with children by giving children opportunities to express their opinions, not getting too involved in children's affairs/privacy, giving children opportunities to have personal goals, giving children opportunities to solve personal problems and make their own decisions, for example regarding future goals regarding desired course and job. Fathers and mothers should agree together in providing care that is more in line with the child's character/personality.

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