

Hovering is not Helping: The Effects of Overindulgence and Helicopter Parenting

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ABSTRACT

Helicopter parenting also known as cossetting parent is the term that is used to define the manner in which parents overshadow their children, specifically children's success and achievements in the field of decision making, academic institution and social relationships. The involvement of parents in the life of children may have a positive impact on them. But if not in proper order, means over-controlling parenting it can be associated with anxiety and depression. This study also has taken overindulgence as a factor to make the understanding lucid and evaluate the impact of parenting. Parents need to re-evaluate how they interact with children, what they provide children and the environment in which they put children over nurturing and soft structures have led to children being over-indulged. 75 participants were selected for the research, out of which - were male and - were female. Parenting skills vary from individual to individual. It depends on many factors, like education level, social and economic status, the size of family and birth order of child. Helicopter parenting and Overindulgence are relatively new concepts to parents that are why they are in much need to be brought into the limelight.

Keywords: *Hovering, Helping, Overindulgence, Helicopter Parenting*

Helicopter parenting means parents who are always hovering over on the heads of their offspring's, always poking their nose in whatever they do, how they do and what they do. Children of such parents lack a sense of individuality and independence; they always live with a sense of fear. Parent's involvement in the life of their offspring's was considered a good and positive influence but now the perception of the highly involved parent is that they are over intrusive. This leads to anxious, depressive and insecure feeling in children. This makes them weak and later on, it is difficult for them to manage their emotions and they tend to be frustrated.

Such type of parents tries controlling 3 most important aspects of a child's life which are decision making, academic institution, and social relationships.

This practice of hovering can occur at any stage of childhood, mostly the parent of a late adolescent or young adult children. If parents micromanage every parameter of a child's life this will deprive them of learning from their mistakes.

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Parents who try to protect their child and solve their problems for them prevent them from facing failure and challenges of life. In recent light-years, parents have become over intrusive.

The type of family, nuclear or joint has also been taken as a factor to study the effect of helicopter parenting whether it is more in a nuclear family or joint family.

Which kind of child becomes a better adult, the one whose parents are always hovering or the one who's not? This study aims to find out the negative impacts of helicopter parenting, and the effect caused by it on the future of the child.

The growth of Over Indulgence amongst children in recent years has changed the outlook of society about what amount of overindulgence is more or less for children in the present western society. Parents have to reevaluate their methods of communicating with children, how to better their interaction, about what commodities should be given to a child, how the environment around him should be.

The idea behind the growth of this topic of research remains unknown, but parents trying to become a better version of them can be taken into consideration. The child being overindulged leads to a delay in process of the child's transition into adulthood.

Previous studies have shown that the child who was overindulged had a prolonged time in the transition of being an adult or never left an emerging adult stage.

After the in-depth analysis, the developed definition of overindulgence is as following. Overindulgent Parents clog their children with family resources even without letting children ask for it. Overindulged children grow up in a world that is not real and practical as a result of which they don't learn the skills which are required to cope up with the practical real-world they don't know how to manage their failures and be civil to one another. Parents overindulge to meet their own need, not the needs of their children. Overindulgence prevents children from fulfilling their developmental tasks and hinders them from learning necessary life lessons. This is a type of child neglect.

This study has focused on the connection between childhood overindulgence and related problem the child faced because of it as an adult. This study aims to find the impact of helicopter parenting and overindulgence on children and focuses to find the negative effects caused by them.

METHODOLOGY

Participants

Out of total the 75 participants (44% male and 56% female). The family of the participant was also taken as a factor to focus on 61.3% belonged to the nuclear family and 38.7% belonged to the joint family. The participants belonged to the age group 15 to 24. The data is collected from states across the country India, mostly consisting of participants who are either in high school or college. Some of the participants were pursuing psychology as a subject. The method of data collection used is the quantitative format. The collection of data is done via sending Google forms, which were identical to original paper-based questionnaires having the same questions and options, with proper instructions in the beginning.

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Methods and Procedures

The tests were done online, the tests were circulated in form of Google forms and the questions were asked, proper options were given as per standard, this is how data collection was done. The link of Google form was shared with various college-going students through means of a social application. The questions and the options were written in their original form as well as the instructions were given.

Two tests have been used in this research, to find the research findings. One is used to find the effects of overindulgence and another is used to find the effects of helicopter parenting. The instrument used to measure helicopter parenting is The Helicopter Parenting Scale by Barton, 2008. This is a 17 item test that was designed by Barton to measure helicopter parenting from the point of view of a child.

The instrument used to measure overindulgence is, Overindulged by Bredehoft, Clark & Dawson, 2002. This is a 14 item instrument that was designed by Bredehoft to measure parental overindulgence from the point of view of a child of any age.

Response of the participants was collected through the Over Indulgence scale and Helicopter Parenting scale.

RESULT

The scoring of the Helicopter Parenting Scale and Overindulged scale was performed via T-test, for which values obtained are given in the below-mentioned table.

Values	Helicopter Parenting Scale		Overindulged	
	Male	Female	Male	Female
Mean	63.17	63.77	136.33	134.93
SD	19.30	14.06	19.18	26.43
T Value	-0.13759 (not significant)		0.23477 (not significant)	

Correlation between Helicopter Parenting scale and Overindulged is 0.05145
 $r_s = 0.05144$, p (2-tailed) = 0.69626.

By normal standards, the association between the two variables would not be considered statistically significant.

DISCUSSION

There is no significant difference in the research findings conducted between males and females to study the effect of helicopter parenting and overindulgence on them.

Although the previous researches done on helicopter parenting show that females are negatively affected by helicopter parenting more the males' but this research has shown that there is not much significant difference in the extent to which females and males are affected by this.

The helicopter parenting style of a parent towards a male child and a female child is similar. It is not like helicopter parenting is practised more in a female child or less in a male child. It does not mean that if the parents are not practising helicopter parenting they are supportive, sometimes these types of parents don't help adults to make their own life choices.

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On the other hand in the case of overindulgence, there is not much significant difference between the male and female. Usually, the thinking is that the female child is more overindulged as compared to the male child.

The overindulged kid will not feel good about himself/herself as they are not independent and they neither have the skill to do that. Individuals who were overindulged faced negative effects of it during the time it was happening and also later in adulthood. Both male child and female child who had Inconsistent, negative and hostile environment growing up have been overindulged.

A family environment in which neglect abuse was common gave rise to adults with negative self-belief and low self-confidence.

This research tried to find the relation between overindulgent parenting and helicopter parenting but there was no such significant relation to be found.

The correlation between helicopter parenting and overindulgence is not significant which means the reason behind overindulgence doesn't need to be helicopter parenting only; there could be some other factors also like over nurture or micromanaging due to which parents can be overindulging. It doesn't mean that parents who adopt the helicopter parenting style overindulged their child. But as per finding helicopter parenting provides no such median or association with indulgent parenting.

The joint family and nuclear family concept were also kept in mind while doing the study; participants who belonged to joint families were the more severe survivor of helicopter parenting as compared to those belonging to nuclear families. The child belonging to a joint family or nuclear family didn't show much difference when it comes to being overindulged as a child.

As per gender the perception that female child is more overindulged or the helicopter parenting is adopted and practised more on them was not significant, the male child also faced the same.

One of the factors could be the small sample size; it is one of the limitations, if the sample size could have been bigger maybe the results would vary. The other factor could be lack of resource, all factors of overindulgence and helicopter parenting couldn't be studied due to the small sample size and shortage of resource. Many more elements can be discovered in future findings. But according to this sample size the above mentioned are the research findings.

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Conflict of Interest

The author(s) declared no conflict of interest.

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