	<p>Annals of Social Sciences and Perspective</p> <p>ISSN (Print): 2707-7063, ISSN (Online): 2788-8797 Volume 5, Number 2, July-December 2024, Pages 261-270 Journal homepage: http://assap.wum.edu.pk/index.php/ojs</p>
---	--

Impact of Helicopter Parenting on Social Competence: The Serial Mediation through Insecure Peer Attachment and Self-efficacy among Adults

Sehrish Batool¹, Sarwat Sultan^{2*} & Shahida Perveen³

¹ M.Phil Scholar, Department of Applied Psychology, Bahauddin Zakariya University Multan, Pakistan.

² Professor, Department of Applied Psychology, Bahauddin Zakariya University, Multan, Pakistan.

³ Ph.D Scholar, Department of Applied Psychology, Bahauddin Zakariya University Multan, Pakistan.

*Corresponding Author’s Email Address: drsarwat@bzu.edu.pk

ARTICLE DETAILS	ABSTRACT
<p>History:</p> <p>Received: July 17, 2024 Accepted: August 06, 2024</p> <p>Keywords:</p> <p>Helicopter Parenting Insecure Peer Attachment Self-Efficacy Social Competence</p> <p>DOI:</p> <p>10.52700/assap.v5i2.388</p>	<p>The present research aimed to check the impact of helicopter parenting on social competence and the chain mediating effect of insecure peer attachment and self-efficacy among adults. A cross-sectional research design was utilized. The sample of the study was selected by utilizing the convenient sampling technique from different universities, educational institutions, and acquaintances that comprised 350 adults ages ranging from 20-31 years. The participants selected must have proper education and can understand the English language easily. Students were selected for study utilizing the Helicopter parenting scale (LeMoyne & Buchanan, 2011), The interpersonal competence questionnaire (Coroiu et al., 2015), the General Self-efficacy scale (Schwarzer & Jerusalem, 1995), and the Inventory of parent and peer attachment (Armsden & Greenberg (1987). The results showed that addressing the negative consequences of helicopter parenting requires encouraging parents to allow more autonomy, supporting young adults in developing secure peer relationships, and bolstering their self-efficacy.</p> <p style="text-align: right;">© 2024 The Authors, Published by WUM. This is an Open Access Article under the Creative Common Attribution Non Commercial 4.0</p>

1. Introduction

In the modern scenario, the parent and their children shared relationship has been studied with respect to contemporary changes of technology also with respect to individual differences in modern world (Martinez et al., 2018). The research showed that four major parenting styles (assertive, authoritative, authoritarian, and permissive) have significantly related to the children’s mental health and socialization. The behavior of parents with strong cultural values and behavioral adjustment with respect to strong social background is more demanding (sensible, controlling) and responsive (warmth, acceptance) (Martinez et al., 2018). The latest research showed that negative parenting practices leads to high emotional callousness (Alexander et al., 2019), poor emotional regulation which eventually leads to internet addiction in children (Karaer & Akdemir, 2019).

Research on parenting styles conducted by Baumrind (1991) indicates that children of authoritative parents tend to be happier and more content overall (Steinberg et al., 1992), more active and independent (Spera, 2005), better academically (Nyarko, 2011; Sultan et al., 2015), have healthy self-esteem (McClun & Merrell, 1998), have competent social skills when interacting with their peers (Rankin et al., 2009), and do not report psychological problems, delinquency, substance abuse, and violent tendencies (Zeinali et al., 2011).

Parenting in an authoritarian or authoritative style is different in outlook, expectations, and approach. According to McClun and Merrell (1998), children whose parents are too authoritarian may grow up to be dissatisfied, less capable, insecure, self-conscious, prone to tantrums, less successful in school, and less socially competent. The offspring of overly permissive parents are notoriously bad people: they lack discipline, are conceited, and struggle in interpersonal and group settings. Juveniles whose parents don't take care of them are more likely to act impulsively, struggle with emotion regulation, engage in criminal behaviour, struggle with substance abuse, and even contemplate suicide (Zeinali et al., 2011).

According to Gouze et al. (2017) parenting influences adolescent's mental health. Authoritarian parenting is the reverse. Gentle parenting is shown to raise happy and confident kids. Helicopter parenting is overprotective and continual parental intervention. Helicopter parents hover over their children, watch, and control every area of their lives and intervene when problems develop (Locke et al., 2012). Helicopter parents create children with low self-esteem, fear of failure, anxiety, depression, and drug usage, poor stress management, and less independence.

This study focused whether helicopter parenting has any impact on social competence at young age with mediating role of insecure peer attachment and self-efficacy. The concept of "helicopter parenting" has become the subject of heated discussions among psychologists, parents, and teachers. In his book "Parent and Teenagers," Dr. Haim successfully complete coined the term "helicopter parenting." If he is to be taken, the parents follow their children around like a helicopter, monitoring their every move. As a form of "over-parenting," this technique takes place when parents are excessively palms with the children at too early of an age (Ganaprakasam et al., 2018). The study gives the view of the new dimension of parenting i.e., the helicopter parenting or hovering parenting. An individual's upbringing and adult career are strongly affected by his or her parent and the parenting approach they took with their children (Luby, 2020). A parent's parenting style consists of many different attitudes and a pattern of conduct that is used to express the parent's control to the kid in different contexts. This, in turn, allows for the growth of a child's social and emotional skills as he or she is exposed to role models of societal norms and practices (Leung & Tsang, 2014).

With insecure peer attachment and self-efficacy playing a mediating role, this study sought to determine whether, in emerging adulthood, helicopter parenting is associated with adjustment outcomes (meaning, social competence). Notion known as "helicopter parenting" was that the parents follow their children around like a helicopter, monitoring their every move. As a form of "over-parenting," this technique takes place when parents are excessively palms with the children at too early of an age (Ganaprakasam et al., 2018). An individual's upbringing and adult career are strongly affected by his or her parent and the parenting approach they took with their children (Luby, 2020). This, in turn, allows for the growth of a child's social and emotional skills as he or she is exposed to role models of societal norms and practices (Leung & Tsang, 2014).

The impression of helicopter parenting by children have been associated with lower family satisfaction, more emotional problems in children, lower levels of well-being, and psychological

difficulties such as anxiety, stress, depression, and low life satisfaction in the emerging adult years (Segrin et al., 2014; Schiffrin et al., 2014).

By placing an unhealthy emphasis on communication and supervision, helicopter parents undermine their children's independence. Too much parental control and not enough child autonomy explain the unfavourable results seen in children raised by "helicopter" parents. Segrin et al. (2014) suggested that although if helicopter parents mean well, their actions often have unintended consequences for their children, such as increased neuroticism and dependence on others (Odenweller et al., 2014).

As adolescents mature into young adults, they face a number of significant challenges in terms of their personal development. These challenges include growing independence, expanding their interactions, and gaining control on day-to-day activities. It would suggest that both emotional and social intelligence are necessary components for the successful negotiation of these responsibilities.

During the period of adolescence, attachment is primarily influenced by internally constructed ideas and expectations, with a heightened emphasis on the experience of perceived security. According to Fraley and Shaver (2008), it is important to consider the influence of internal working models on the functioning of the attachment system. It is believed that self-efficacy has the most significant role in as well as being persistently influenced by one's own experiences of "mastery," or earlier achievements or level of expertise, with a certain activity.

College students who have been subjected to helicopter parenting may develop a fear helicopter parenting has been found to have detrimental effects on college students' interpersonal relationships (Agerup et al., 2014). This can lead to conflicts with peers who may not share the same level of entitlement or who may feel overshadowed by the helicopter parented student's expectations. This excessive monitoring can instill a fear of missing out in college students, as they may feel pressured to constantly be involved in various activities to meet their parents' expectations (McGinley & Evans, 2020).

On the basis of review of the literature, the present study focused on to examine the impact of helicopter parenting on social competence and investigated the serial mediation of two mediators (peer attachment and self-efficacy) between the relationship of helicopter parenting with social competence. Following hypotheses were tested in the present study;

1. There will be a negative relationship between helicopter parenting and social competence among young adults.
2. There will be a positive relationship between helicopter parenting and insecure peer attachment.
3. There will be a negative relationship between helicopter parenting and self-efficacy.
4. There will be an impact of helicopter parenting on social competence.
5. There will be a chain mediation effect of insecure peer attachment and self-efficacy between helicopter parenting and social competence among young adults.

2. Method

2.1. Participants

A sample comprising 350 young adults aged 20-31 years was recruited through convenient sampling technique at university. Among them 153 were male participants and 197 were female participants. They were enrolled in different departments of faculty of social sciences at graduate and undergraduate levels.

2.2. Instruments

2.2.1. Helicopter Parenting Scale

This instrument evaluates the degree to which a respondent believes his/her parents were in control and transactional (LeMoyne & Buchanan, 2011). The scale has 10 items rated on 5-point Likert scale ranging from "1" (strongly disagree) to "5" (strongly agree). Respondents' perceptions of helicopter parenting are indicated by higher ratings. Among the young people surveyed, the scale had a Cronbach's alpha reliability of .71 (LeMoyne & Buchanan, 2011).

2.2.2. The Interpersonal Competence Questionnaire (Brief form – ICQ-15)

The scale measures different aspects of social competence among young adults (Coroiu et al., 2015). The scale comprises 15 items measuring five dimensions; initiation (items 1-3), negative assertion (items 4-6), emotional support (items 7-9), disclosure (items 10-12), and conflict management (items 13-15). The responses are rated on 4-point scale from 1 (*I'm always poor at this*) to 4 (*I'm always good at this*). High score indicates more interpersonal competence among young adults. The scale had a Cronbach's alpha reliability of .80 (Coroiu et al., 2015).

2.2.3. General Self-efficacy scale

The General Self-efficacy scale measures person's strength towards generalized sense of self-efficacy (Schwarzer & Jerusalem, 1995). The scale comprises 10 items rated on 4-point scale from 1 (Not at all true) to 4 (Exactly True). The higher the score on scale indicates the more generalized sense of self-efficacy. The scale had a Cronbach's alpha reliability of .74 (Schwarzer & Jerusalem, 1995).

2.2.4. Inventory of Parent and Peer Attachment

The inventory measures parent and peer attachments (Armsden & Greenberg, 1987). The scale comprises 25 items rated on 5-point Likert scale from 1 (Almost Never or Never True) to 5 (Almost Always or Always True). The scale consisted of three parts; one for mother (25 items), one for father (25 items); and one for peers (25 items). In the present study the peer attachment subscale was used. The scale had a Cronbach's alpha reliability of .86 (Armsden & Greenberg, 1987).

3. Procedure

The research was approved by the departmental board of studies first and then all the necessary institutional permissions were acquired from the university. Participants were approached after taking the informed consent. The participants were thoroughly briefed regarding purpose of the study being done. They were informed about their right to withdraw at any stage of study. The participants were assured that their data would remain confidential. Data collected from the schools and colleges was inappropriate and was discarded due to missing responses and inaccurate responses. The collected data were then analyzed using SPSS-21 and the results were reported.

4. Results

Table 1: Correlation analysis for the study variables (N=350)

Variables	M	SD	1	2	3
1. Helicopter Parenting	29.65	6.85	-	-	-
2. Insecure Peer Attachment	76.13	11.30	.32*	-	-
3. General Self-Efficacy	28.69	6.01	-.42*	-.41*	-
4. Social Competence	42.07	7.30	-.44*	-.40*	.42*

* $p < .01$

Table 1 shows the correlation between study variables. Results show that there was a significant positive relationship between helicopter parenting and insecure peer attachment. Results also highlight significant negative relationships of helicopter parenting with general self-efficacy and social competence. Similarly, significant negative relationships were found of insecure peer attachment with general self-efficacy and also for social competence. Moreover, there was a significant positive relationship between self-efficacy and social competence.

Table 2: Serial Mediating Effect of Insecure Peer Attachment and Self-efficacy between Helicopter Parenting and Social Competence (N=350)

Paths	B	SE	T	P	95%CI	
					LL	UL
HP→PA	.56	.08	6.76	.000	.39	.72
HP→SE	-.27	.04	-6.51	.000	-.36	-.19
PA→SE	-.16	.02	-6.34	.000	-.21	-.11
HP→SC	-.29	.05	-5.54	.000	-.40	-.19
PA→SC	-.14	.03	-4.47	.000	-.20	-.08
SE→SC	.25	.06	4.09	.000	.13	.38
HP→PA→SC	-.08	.02	--	--	-.14	-.03
HP→SE→SC	-.07	.02	--	--	-.12	-.02
HP→PA→SE→SC	-.02	.01	--	--	-.04	-.01
Direct Effect	-.29	.05	-5.54	.000	-.40	-.19
Total Effect	-.47	.05	-9.31	.000	-.57	-.37
Indirect Effect	-.17	.04	--	--	-.26	-.10

Note: HP= Helicopter Parenting, PA= Peer Attachment, SE= Self-Efficacy and SC= Social Competence

Table 2 shows the chain mediating role of peer attachment and self-efficacy between the relationships of helicopter parenting with social competence. It is evident that the direct effect is significant and indirect effect in the model is also significant which means that there is a significant serial mediation through peer attachment and self-efficacy between helicopter parenting and social competence.

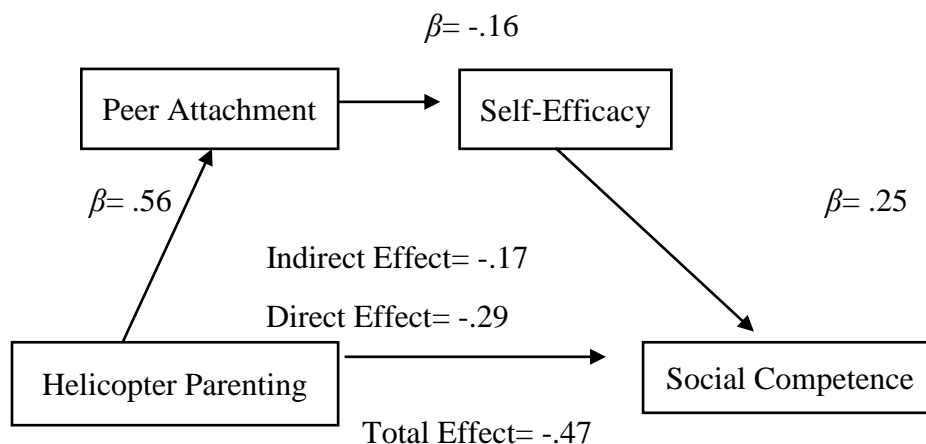


Figure 1: Hypothesized Path Model

Figure 1 shows there is a significant serial mediating role of peer attachment and self-efficacy between helicopter parenting and social competence.

5. Discussion

The current study was conducted to investigate the relationship between helicopter parenting and social competence among the young adults along with the chain mediating role of self-efficacy and insecure peer attachment between that specific link. The helicopter parenting is very controlling and strict for the children, adolescents and young adults too which results in poor growth and development resulting in adverse impact upon the social competence of young adults as such people are dependent on their parents and are controlled by their parents much (Srivastav & Mathur, 2020). The role of self-efficacy along with insecure peer attachment was also investigated as self-efficacy can serve as protective factor against the poor social competence whilst insecure peer attachment can exacerbate the effect of helicopter parenting on the social competence (Miller et al., 2024). The study was completed with 350 participants with both males (n=153) and females (n=197) within age range 20-31 years old. The study was quantitative in nature variables were assessed using standardized tools.

For the first hypothesis, findings from our study revealed that there was a significant negative relationship between helicopter parenting and social competence among young adults. This signifies that the increased helicopter parenting results in poor social competence. This proves our first hypothesis of the study. These findings correspond to the findings of the previous studies where a study conducted to investigate the relationship and impact of helicopter parenting upon social and adjustment outcomes in young adults revealed that there was a negative link between helicopter parenting and social competence among young adults (Moilanen & Lynn-Manuel, 2019).

For the second hypothesis, the findings from present study highlighted a significant positive relationship between helicopter parenting and insecure peer attachment among young adults such that increased helicopter parenting leads to more insecure peer attachments. This proves our second hypothesis of the study. These findings can be explained by our previous findings where the helicopter parenting leads to the poor social competence and when there is a poor social communication and interaction skill in young adults, this will lead to the insecure peer attachment because such young ones would not be able to form healthy and firm social connections and relations (van-Ingen et al., 2015). The findings are also consistent with the previous study that showed helicopter parenting was negatively correlated to the self-efficacy and was positively correlated to the insecure peer attachment and that helicopter parenting results in withdrawal and mistrust from the peers (van-Ingen et al., 2015).

For the third hypothesis, findings from our study revealed that there was a significant negative relationship between helicopter parenting and self-efficacy among young adults. This signifies that the increased helicopter parenting results in poor self-efficacy among young adults. This proves our third hypothesis of the study. These findings are in line with the study that revealed - the helicopter parenting is linked to increased screen addiction and also related negatively to the self-control and self-efficacy among the young adults (Simsir-Gokalp, 2023).

For the fourth hypothesis, the results revealed that there was a significant negative impact of helicopter parenting upon the social competence in young adults. This proves our fourth hypothesis of the study. The findings can be explained relevant to the findings of the first hypothesis as explained above where it was concluded that the helicopter parenting has a negative correlation with social competence indicating that the helicopter parenting can influence the social competence and social development in young ones resulting in poor social interaction.

These results are in line with a study that revealed the helicopter parenting negatively affects the adolescent development including the social aspect of the development resulting in lower efficacy, poor peer interaction, withdrawal and mistrust on the peers (Srivastav & Mathur, 2020). The fifth hypothesis of the study was that there will be a chain mediating effect of insecure peer attachment and self-efficacy between helicopter parenting and social competence. The findings from this study highlighted a significant chain mediating effect of insecure peer attachment and self-efficacy between helicopter parenting and social competence among young adults. This proves our fifth hypothesis of the study. The findings are consistent with previous study findings revealing a significant mediating role of self-efficacy between the helicopter parenting and multiple screen addiction (Simsir-Gokalp, 2023). The findings can also be explained such that the helicopter parenting contributes to insecure attachment styles because children do not learn to form independent relationships. This insecurity in peer relationships manifests as difficulty in social interactions and poor social competence (Bagnato, 2022). Insecure attachments negatively impact self-efficacy. Children who are insecure in their relationships are less likely to feel confident in social settings, reducing their self-efficacy. Low self-efficacy due to insecure attachments results in decreased social competence. Children with low self-efficacy avoid social challenges and interactions, which are critical for developing social skills (Conrad, 2000). Moreover, self-efficacy had a negative mediating role which can signify the protective role of self-efficacy as higher self-efficacy fostering resilience to stress, enhancing problem-solving skills, and improving social interactions. It encourages proactive behaviors, supports better health practices, and buffers against anxiety and depression, contributing to overall well-being and success in various life domains. High self-efficacy individuals are more likely to engage in healthy activities, maintain positive social relationships, and achieve better academic and career outcomes, creating a positive feedback loop that reinforces their confidence and adaptability (Ye-Shengyao et al., 2024).

6. Conclusion

The present study offers substantial insights into the intricate dynamics between helicopter parenting and social competence among young adults, elucidating the mediating roles of self-efficacy and insecure peer attachment. Our findings affirm that increased helicopter parenting significantly diminishes social competence in young adults, a conclusion supported by the existing literature. This over-involvement and control by parents stifle the young adults' ability to navigate social interactions independently, leading to poorer social skills and heightened social anxiety. Additionally, the results highlight the profound impact of insecure peer attachment, mediating the relationship between helicopter parenting and social competence. The chain mediation analysis demonstrates that insecure attachments diminish self-efficacy, thereby intensifying social challenges. Conversely, self-efficacy serves as a protective factor, fostering resilience and enhancing social interactions, which could mitigate the adverse effects of helicopter parenting. These findings provide a comprehensive understanding of the mechanisms through which helicopter parenting influences social competence, emphasizing the critical roles of peer attachment and self-efficacy.

7. Limitations and Suggestions

Cross-sectional design limits causality inference, therefore longitudinal studies are needed. Self-reported data prone to biases so incorporate the parental and peer reports. Study did not explore cultural variations or deeply analyze gender and educational level differences, so future studies

should address these factors. Study has focused on self-efficacy and insecure peer attachment only, other potential factors (e.g., personality traits, family dynamics, mental health should be considered.

8. Implications of the Study

The present study encourages the parenting practices that balance guidance with autonomy to foster independence and social competence in young adults. It provides the notion to start parental education programs to highlight the negative impacts of helicopter parenting. On the basis of findings interventions and support systems that enhance self-efficacy in young adults can be developed. Schools and universities can incorporate programs that build confidence and independent problem-solving skills.

References

- Agerup, T., Lydersen, S., Wallander, J., & Sund, A. M. (2014). Associations Between Parental Attachment and Course of Depression Between Adolescence and Young Adulthood. *Child Psychiatry & Human Development*, 46(4), 632–642
- Alexander, E., O'Connor, M., Rees, C., & Halkett, G. (2019). A systematic review of the current interventions available to support children living with parental cancer. *Patient Education and Counselling*, 102(10), 1812–1821. <https://doi.org/10.1016/j.pec.2019.05.001>
- Armsden, G. C., & Greenberg, M. T. (1987). The Inventory of Parent and Peer Attachment: Individual differences and their relationship to psychological wellbeing in adolescence. *Journal of Youth and Adolescence*, 16(5), 427–454. <https://doi.org/10.1007/BF0220293>
- Bagnato, K. (2022). “Helicopter Parenting” and Antisocial Behavior: The Role of Family Education. *Rivista italiana di educazione familiare*, 21(2), 99-115.
- Baumrind, D. (1991). The influence of parenting style on adolescent competence and substance use. *The Journal of Early Adolescence*, 11(1), 56-95. doi:10.1177/02724316911111004
- Conrad, K. (2000). Impact of insecure attachment on children’s social skill development development.
- Coroiu, A., Körner, A., Burke, S., Meterissian, S., & Sabiston, C. M. (2015). Stress and posttraumatic growth among survivors of breast cancer: A test of curvilinear effects. *International Journal of Stress Management*, 23(1), 84.
- Fraley, R. C., & Shaver, P. R. (2008). Attachment theory and its place in contemporary personality theory and research. *Handbook of personality: Theory and research*, 3, 518-541.
- Ganaprakasam, C., Davaidass, K. S., & Muniandy, S. C. (2018). Helicopter Parenting and Psychological Consequences Among Adolescents. *International Journal of Scientific and Research Publications (IJSRP)*, 8(6). <https://doi.org/10.29322/ijsrp.8.6.2018.p7849>
- Gouze, K. R., Hopkins, J., Bryant, F. B., & Lavigne, J. V. (2016). Parenting and Anxiety: Bidirectional Relations in Young Children. *Journal of Abnormal Child Psychology*, 45(6), 1169–1180. <https://doi.org/10.1007/s10802-016-0223-z>
- Karaer, Y., & Akdemir, D. (2019). Parenting styles perceived social support and emotion regulation in adolescents with internet addiction. *Comprehensive Psychiatry*, 92. <https://doi.org/10.1016/j.comppsy.2019.03.003>
- Leung, C., & Tsang, S. (2014). Parenting Style. *Encyclopedia of Quality of Life and Well-Being Research*, 4608–4611. https://doi.org/10.1007/978-94-007-0753-5_2071

- Locke, J. Y., Campbell, M. A., & Kavanagh, D. (2012). Can a parent do too much for their child? An examination by parenting professionals of the concept of over parenting. *Australian Journal of Guidance and Counselling, 22*(2), 249–265. <https://doi.org/10.1017/jgc.2012.29>
- Luby, J. L. (2020). Editorial: The primacy of parenting. *Journal of Child Psychology and Psychiatry, 61*(4), 399–400. <https://doi.org/10.1111/jcpp.13236>
- Martínez, I., Murgui, S., Garcia, O. F., & Garcia, F. (2018). Parenting in the digital era: Protective and risk parenting styles for traditional bullying and cyber bullying victimization. *Computers in Human Behavior, 90*, 84–92. <https://doi.org/10.1016/j.chb.2018.08.036>
- McClun, L. A., & Merrell, K. W. (1998). Relationship of perceived parenting styles, locus of control orientation, and self- concept among junior high age students. *Psychology in the Schools, 35*(4), 381–390. <https://psycnet.apa.org/record/1998-12495-009>
- McGinley, M., & Evans, A. M. (2020). Parent and/or peer attachment? Predicting emerging adults' prosocial behaviors and internalizing symptomatology. *Journal of Child and Family Studies, 29*, 1833–1844.
- Miller, R. W., Rainbolt, C. L., & Tallents, S. (2024). Hovering Is Not Helping: Relationships among Helicopter Parenting, Attachment, Academic Outcomes, and Mental Health in College Students. *Youth, 4*(1), 260–271.
- Moilanen, K. L., & Lynn Manuel, M. (2019). Helicopter parenting and adjustment outcomes in young adulthood: A consideration of the mediating roles of mastery and self-regulation. *Journal of Child and Family Studies, 28*, 2145–2158.
- Nyarko, K. (2011). Parental School Involvement: The Case of Ghana. *Journal of Emerging Trends in Educational Research and Policy Studies, 2*(5), 378–381.
- Nyarko, K. (2011). The influence of authoritative parenting style on adolescents' academic achievement. *American Journal of Social and Management Sciences, 2*(3), 278–282. [doi:10.5251/ajsms.2011.2.3.278.282](https://doi.org/10.5251/ajsms.2011.2.3.278.282)
- Odenweller, K. G., Booth-Butterfield, M., & Weber, K. (2014). Investigating helicopterparenting, family environments, and relational outcomes for millennials. *Communication Studies, 65* (4), 407–425.
- Rankin Williams, L., Degnan, K. A., Perez-Edgar, K. E., Henderson, H. A., Rubin, K. H., Pine, D. S., ... Fox, N. A. (2009). Impact of behavioral inhibition and parenting style on internalizing and externalizing problems from early childhood through adolescence. *Journal of Abnormal Child Psychology, 37*(8), 1063–1075.
- Schiffrin, H. H., Liss, M., Miles-McLean, H., Geary, K. A., Erchull, M. J., & Tashner, T. (2014). Helping or overing? The effects of helicopter parenting on college students' well-being. *Journal of Child and Family Studies, 23*, 548–557.
- Schwarzer, R., & Jerusalem, M. (1995). Generalized self-efficacy scale. *J. Weinman, S. Wright, & M. Johnston, Measures in health psychology: A user's portfolio. Causal and control beliefs, 35*(37), 82–003.
- Segrin, C., Woszidlo, A., Givertz, M., Bauer, A., & Murphy, M. T. (2014). The association between overparenting, parent-child communication, and entitlement and adaptive traits in adult children. *Family Relations, 61*, 237–252. [doi:10.1111/j.1741-3729.2011.00689](https://doi.org/10.1111/j.1741-3729.2011.00689)
- Shengyao, Y., SalarzadehJenatabadi, H., Mengshi, Y., Minqin, C., Xuefen, L., & Mustafa, Z. (2024). Academic resilience, self-efficacy, and motivation: *The role of parenting style. Scientific Reports, 14*(1), 5571.

- Şimşir Gökalp, Z. (2023). Examining the relationships between helicopter parenting, self-control, self-efficacy, and multi-screen addiction among Turkish emerging adults. *The Journal of Genetic Psychology*, 184(4), 229-242.
- Spera, C. (2005). A review of the relationship among parenting practices, parenting styles, and adolescent school achievement. *Educational Psychology Review*, 17(2), 125- 146. <https://doi.org/10.1007/s10648-005-3950-1>
- Srivastav, D., & Mathur, M. L. (2020). Helicopter parenting and adolescent development: from the perspective of mental health. *Parenting-studies by an ecocultural and transactional perspective*.
- Steinberg, L., Lamborn, S. D., Dornbusch, S. M., & Darling, N. (1992). Impact of parenting practices on adolescent achievement: Authoritative parenting, school involvement, and encouragement to succeed. *Child Development*, 63(5), 1266- 1281. Hi
- Sultan, S., Hagger, M., Hussain, I. (2015). Academic Performance, Mental Health and Parenting Practices of Elementary School Students. *Journal of Education*, 44(1), 72-82.
- van Ingen, D.J., Freiheit, S. R., Steinfeldt, J. A., Moore, L. L., Wilmer, D. J., Knutt, A. D., Scapinello, S., & Roberts, A. (2015). Helicopter parenting: The effect of an overbearing caregiving style on peer attachment and self-efficacy. *Journal of College Counseling*, 18 (1), 7-20.
- Zeinali, A., Sharifi, H., Enayati, M., Asgari, P., & Pasha, G. (2011). The mediational pathway among parenting styles, attachment styles and self-regulation with addiction susceptibility of adolescents. *Journal of research in medical sciences: the official. Journal of Isfahan University of Medical Sciences*, 16(9), 1105. <https://www.ncbi.nlm.nih.gov/pubmed/22973379>