



Helicopter Parenting as Correlate of Self Confidence and Esteem of Adolescents in Secondary Schools in Anambra State, Nigeria

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Author's contribution

The sole author designed, analyzed, interpreted and prepared the manuscript.

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ABSTRACT

The study is on adolescents' helicopter parenting as correlate of their self confidence and esteem in Onitsha Education zone, Anambra State. Three research questions guided the study while one null hypothesis was tested at 0.05 level of significance. Correlational research design was adopted for this study. The population of the study comprised 17,200 secondary school adolescents from which a sample size of 1760 adolescents was selected using simple random sampling and disproportionate stratified random sampling techniques. Two research instruments, namely: Adolescent helicopter parenting Questionnaire (AHPQ) and Adolescents' Self confidence and esteem Questionnaire (ASCEQ) were used for the study. The instruments were duly validated by experts before it was used in conducting this study. The reliability of the instrument is as follows: 0.949 for AHPQ, and 0.928 for ASCEQ. Data was collected through direct delivery method. Research questions 1 to 2 were answered using range of summated scores, while research questions 3 was answered and the null hypotheses was tested using Pearson Product Moment Correlation Coefficients. The findings of the study revealed among others that secondary school adolescents' helicopter parenting has high negative relationship with their self confidence and esteem. It was recommended among others that the Government and the school administrators should organize seminars, workshops and symposia for parents so that resource persons will educate and direct them on the right parenting style and the likely implication of wrong parenting styles.

Keywords: Helicopter parenting; self-confidence; self-esteem and adolescent.

1. INTRODUCTION

Parenting is the act of molding, shaping, guiding and supporting the development of an individual from infant to adulthood [1]. According to Christopher [2], parenting is the emotional climate in which parents raise their children: these emotional climates are usually characterized by different parenting styles, which according to Baumrid [3] includes; authoritarian, authoritative and permissive, though Maccobay and Martin [4] later added uninvolved parenting style. According to Chigbu, Nwobi, Ngwaka and Mokwelu [5], parenting is a very tough job and everyday challenges of bringing up a child or children can sometimes be overwhelming and beyond human endurance. However, based on the difficulty involved in parenting, parents should choose the best parenting style in order to achieve positive result.

Parenting styles are ways and manner, parents guide, monitor, nurture and direct the upbringing of their children/wards based on their values, beliefs and cultural background [6]. Chigbu et al. [5] define parenting styles as parenting pattern that shows how parents respond to and demand from their children, which later influence their behavior. Researchers have linked parenting styles directly to a child's social, physical and psychological development. Parenting styles is known to play a vital role of building a child's character based on their values, beliefs and cultural background. Notable parenting styles aforementioned in this study include authoritarian, authoritative, permissive and uninvolved; but it is also intriguing to note that recently, subsets of these parenting styles, like helicopter parenting, little emperor, tiger mums, concerted cultivation and lawnmowers have come to prominence. But for the sake of empirical review, this study will be based on helicopter parenting styles. The most predominant style of parenting practiced by the current generation, which is generation "X" (children born roughly between 1961-1981) is helicopter parenting. Millennial (Children born roughly between 1982-1999), the offsprings of generation "X" have been brought up with a wall of protection, to prevent them from unforeseen circumstances of life [7]. The theories of developmental psychology explain the process of helicopter parenting and relation with offspring which includes self-determination theory, family

differentiation theory and the circumflex model of family system (Srivastav and Mathur) [8].

However, this study hinges on the self-determination theory, which states negative effects on psychological wellbeing as reduction in child's sense of autonomy and competence and also undermines their relationship with their children [8]. Helicopter parents overly protect their children from the difficulties by setting some set of instructions without consideration of the uniqueness of their children. According to Hirsch and Goldberger in Srivastav and Mathur [8], "helicopter parenting is a process of distinctive parent that never allowed their children to make mistakes and trapped in the cave of stress".

Helicopter parenting refers to an overly controlled and intrusive style of parenting, which is rampant amongst the parents of adolescents and emerging adults [9]. Helicopter parenting refers to the excessive engagement of parents similar to hovering around their children to rescue from hazardous and preventing them from experiencing failure [10]. This type of parenting includes an unsuitable level of involvement, directness, and assistance to children; which in turn, hampers both their physical and psychological development [11]. Notably, helicopter parenting style involves behaviours; behavior where the parents constantly nurture their children, providing them with support and minimal space that may impede development of problem-solving skills and decision-making skills. Srivastav and Mathur, further assert that helicopter parents are over protective and authoritative such that they decide the present and future steps of their children, without demonstrating and teaching their children the adequate skills so that they can be independent in every point of life and every milestone and stage, from secondary school to college admissions, post graduate and even during professional life, the helicopter parents tend to micro-manage the lives of their child [7]. In agreement with the above assertion, Carolyn, the head of Centre for the treatment of anxiety disorder articulated that helicopter parenting is an emerging type of parenting that extremely watches over every inch of development of their children without permission to grow independently [10]. Ganaprakasam [10] further conclude that adolescents have their uniqueness, thus protecting them excessively without allowing them to explore the world

independently would disrupt the nature of their development and consequently would lead to behavior and psychological maladjustment. Studies have proved that helicopter parenting has capability to trigger anxiety among adolescent in school as well as in college lythcoth in Ganaprakasam et al [10]. Researchers also indicated that helicopter parenting affected children's lives psychologically [12]. Thus, helicopter parenting during emerging adulthood can interfere with and inhibit young adult's ability to achieve these important developmental goals [13] for example, college students who reported higher levels of perceived helicopter parenting also reported lower self-efficacy [14,12], and lower internal locus of control [15].

The helicopter parenting can influence adolescents in a negative, positive or mixed manner. Children of helicopter parenting have been found with higher life satisfaction and better psychological wellbeing (Srivastav & Mathur) [8]. On the other hand, the adolescents raised with helicopter parenting styles have been observed to display difficulty in decision-making (Srivastav & Mathur) [8]. In the context of this study, helicopter parenting simply refers to parenting style mostly adopted by paranoid parents, in which they exhibit high level of over protectiveness, pay extremely excessive attention to their children's activities, experiences and problems especially those relating to school experiences. It has to do with parents constantly hovering overhead trying to oversee, monitor, protect and scrutinize every aspect of their child's life.

Based on these discrepancies in the influence of helicopter parenting on the adolescent, this study is set to examine helicopter parenting as correlate of self-confidence and esteem of adolescents.

Self-confidence is an innate assurance in believing and trusting in one's will power, zeal, abilities, capacities and power of judgment in carrying out all possible tasks demanded while self-esteem is self-evaluation of one's worth/value. Most adolescents are faced with some problems which impedes their self-confidence and esteem. These problems range from environmental to genetic factors. The environmental factors as it concerns the family orientation through parenting styles may impede an adolescent's self-confidence and esteem.

Psychologically, helicopter parenting may resort to both low or high self-confidence and esteem of adolescent. It is against this background that the researcher seeks to examine the helicopter parenting styles as predictors of adolescents' self-confidence and esteem in Anambra State.

Sneha [9], study investigated the effects of helicopter parenting on adolescents and emerging adults.

The result of the analysis showed that helicopter parenting has a deleterious impact on both the physical and psychological well-being of the child. This study is relevant to the current study as helicopter parenting is indicated to have great impact on the psychological well-being of growing adults.

Ganaprakasam, et al. [10] conducted a study to assess helicopter parenting and psychological consequences among adolescent.

The statistical analysis revealed that helicopter parenting triggered disruptive outcome on mental health and associated negatively towards self efficacy for learning. Findings from this study is apparently relevant to the study as it studies the effect of helicopter parenting on the self efficacy of adolescent, hence, the self efficacy of an adolescents can influence its self confidence and esteem.

Kouras, Pruitt, Ekas, Kiriaki & Sunderland [16] examined sex differences in the relation between helicopter parenting and autonomy support on college student's mental health and well-being. The findings highlight that parents' behaviour continues to predict their child's well-being even in emerging adulthood, and that parenting may differentially predict male and female college students' mental health outcomes. Findings from the study is relevant to the present study as it highlighted the influence of well-being on the helicopter parenting, which also has basis on the psychological aspect of the adolescents in the present study.

Jung, Hwang, & Kim [17] investigated the Relationship among Helicopter Parenting, Self-Efficacy, and Academic Outcome in American and South Korean College Students. Multi-group structural equation modeling analyses showed that South Korean fathers have a negative relation with students' academic outcomes. Higher levels of fathers' parenting were directly

related to students' lower academic outcomes in South Korean context Moilanen & Manuel [18] examined whether helicopter parenting in emerging adulthood is linked to adjustment outcomes above and beyond other parenting practices, and whether any associations are mediated by personal mastery and/or self-regulation. Helicopter parenting and parental acceptance had indirect effects on all forms of adjustment via self-regulation, as well as indirect effects via mastery for depression. The study being relevant to the current study concluded that helicopter parenting has comparatively stronger impacts for socio-emotional versus behavioural adjustment, operating indirectly via self regulation versus mastery. The reviewed empirical studies succeeded in touching aspects of helicopter parenting; psycho-social, physical and mental wellbeing of adolescent. However, none of the studies was actually focusing on helicopter parenting as correlate of self confidence and esteem of adolescents in Anambra State.

2. PURPOSE OF THE STUDY

The main purpose of this study was to examine the helicopter parenting as correlate of adolescents' self-confidence and esteem. Specifically, the study aims to determine the following:

- (a) Helicopter parenting scores.
- (b) Adolescents' self confidence and esteem scores.
- (c) How helicopter parenting relates to adolescents' self-confidence and esteem.

2.1 Research Questions

The following research questions are formulated to guide the study:

- (a) What are helicopter parenting scores?
- (b) What are adolescents' self confidence and esteem scores?
- (c) How is helicopter parenting related to adolescents' self confidence and esteem?

2.2 Hypothesis

The study formulated and tested one null hypothesis at 0.05 level of significance: Helicopter parenting will not significantly relate to adolescents' self confidence and esteem.

3. METHODS

Research Design: The researchers adopted correlational survey research design for the study. A correlational survey design is a kind of design that seeks to establish a relationship between two or more variables as well as indicates the direction and magnitude of the relationship between the variables (Nworgu) [19]. A correlational survey design is considered appropriate for this study because it seeks to establish a relationship between two variables, namely; helicopter parenting and adolescent self confidence and esteem.

Area of the Study: The area of study is Onitsha Education Zone in Anambra state. Onitsha education zone in Anambra State is made up of three local government areas namely; Onitsha North, Onitsha South and Ogbaru local government areas. The breakdown is Onitsha South: 5 schools, Onitsha North: 17 schools and Ogbaru: 10 schools respectively, making it a total number of 22 schools in Onitsha Education zone.

Population of the Study: The population of the study is 17,200 secondary school students (Source: Anambra State Post Primary Schools Commission, Awka, 2020/2021). This comprises of junior and senior secondary school students in Anambra state government owned secondary schools, from the three local governments in Onitsha education zone. Students were considered appropriate for this study because majority of the students are adolescents. Only students between the ages of 13 and 19 from the zone were included in the population.

Sample and Sampling Techniques: The sample size for this study consisted of 1,760 adolescents. Disproportionate stratified random sampling was employed to select 80 students from each of the 22 schools. The stratification was based on class levels. Also, 40 students were selected from JSSII to SSII classes. This yielded a total of 1760 adolescents in schools. JSSI students were not sampled because the children are not up to 13 years of age. More so, the JSSIII and SSIII students were not used in the sample because they were engaged in examinations while the SSI students were just back to school after their BESCE by the time of data collection.

Instrument for Data Collection: The instruments for the study consisted of two questionnaires, termed: Helicopter Parenting

Questionnaire (HPQ) and Adolescents' Self confidence and esteem Questionnaire (ASCQ). The above mentioned questionnaires were structured by the researchers. The instrument comprised of 30 items, which aimed at appraising a number of parenting behaviour such as taking care of adolescents' needs, dictating for them, directing their initiation, pampering them, making choice for them among others. It has 10-point response options, which ranged from Least like me to Most like me, and had weighted values of 0 – 9 respectively. Adolescents' Self Confidence and Esteem Questionnaire (ASCEQ): The instrument is a self structured questionnaire. The instrument consisted of 24 items assessing the functioning in each of the self confidence and esteem of adolescents. The response option ranged from "not at all" to "all the time", and has weighted values of 4, 3, 2, and 1 correspondingly.

Validation of the Instrument and Reliability of the Study: The instruments were validated by three experts from Faculty of Education, NnamdiAzikiwe University, Awka. Two from Guidance and Counselling and one from Measurement and Evaluation. The two instruments validated by experts have coefficient alpha of 0.949 for HPQ, and 0.928 for ASCEQ. The high coefficient alphas show that they are reliable and good for the study.

Method of Data Collection: The administration of the instruments was done through direct delivery approach. By this method, copies of the questionnaires were distributed personally to the respondents by the researchers.

Method of Data Analysis: Research questions 1 and 2 were answered using range of summated scores, while research question 3 and the null hypothesis were analysed using Pearson Product Moment Correlation Coefficients.

The decision rule for judging the Helicopter parenting scores:

28 – 70 Low helicopter parenting
71 – 112 High helicopter parenting

For self confidence and esteem scores:

23 – 57 Poor self confidence and esteem
58 – 92 Good self confidence and esteem

For the resulting correlation coefficient:

Very low positive or negative relationship
= + or - 0.00 to 0.20,
Low positive or negative relationship
= + or - 0.20 to 0.40,
Moderate positive or negative relationship
= + or - 0.40 to 0.60,
High positive or negative relationship
= + or - 0.60 to 0.80,
Very high positive or negative relationship
= + or - 0.80 and above.

4. RESULTS

Research Question 1:

What are helicopter parenting scores?

In Table 1, it is observed that 592(33.64%) of the secondary school adolescents with the scores ranging from 28 to 70 have low helicopter parenting, while 1168(66.36%) others who scored between 71 and 112 have high helicopter parenting.

Research Question 2:

What are adolescents' self confidence and esteem scores?

Table 1. Range of scores on helicopter parenting style

Range of scores	N	%	Remarks
28 – 70	592	33.64	Low helicopter parenting
71 – 112	1168	66.36	High helicopter parenting

Table 2. Range of scores on adolescents self confidence and esteem

Range of scores	N	%	Remarks
23 – 57	1233	70.06	Poor adolescents' self confidence and esteem
58 – 92	527	29.94	Good adolescents' self confidence and esteem

Table 2 shows that 527(29.94%) of the secondary school adolescents with the scores ranging from 58 to 92 have good self confidence and esteem, while 1233(70.06%) others who scored between 23 and 57 have poor self confidence and esteem.

Research Question 3:

How is helicopter parenting related to adolescents' self confidence and esteem?

Table 3 reveals that there is high negative relationship of -0.73 existing between the secondary school adolescents' helicopter parenting and their self confidence and esteem.

Null Hypothesis: The type of relationship existing between the secondary school adolescents' helicopter parenting and their self confidence and esteem is not significant.

Table 4 shows that at 0.05 level of significance and 1758df, the calculated $r=0.73$ with P-value 0.000, which is less than 0.05, the null hypothesis is rejected. The type of relationship existing between the secondary school adolescents' helicopter parenting and their self confidence and esteem is significant.

5. DISCUSSION OF FINDINGS

Helicopter parenting and self confidence and esteem of Secondary School Students:

Findings from the study revealed that most of the secondary school adolescents have high helicopter parenting. What this means is that more of the adolescents experience social, emotional and behavioural control by their parents which sometimes makes it difficult for them to boost their self confidence and esteem. So, it may be hard for these adolescents to

become emotionally, socially and psychologically stable. They may lack independent behaviour. This finding agreed with that of Ganaprakasam et al. [10], who stated that adolescents have their uniqueness, thus protecting them excessively without allowing them to explore the world independently would disrupt the nature of their development and consequently would lead to behavior and psychological maladjustment. The finding is likewise in line with Sneha [9], whose findings showed that helicopter parenting has a deleterious impact on both the physical and psychological well-being of the child. Impact on the physical as well as the psychological welfare of the children can be observed by their sense of conduct, emotional reactions and social interaction.

Relationship between the secondary school adolescents' helicopter parenting and their self-confidence and esteem: Findings from the study revealed that there is high negative relationship existing between the secondary school adolescents' helicopter parenting and their self confidence and esteem in schools. This means that as the secondary school adolescents' helicopter parenting increases their self confidence and esteem decrease. It is likely that they will find it difficult becoming socially independent in school, home and the society. This finding likewise is in line with Jung, Hwang and Kim [17], whose findings state that, helicopter parenting has a negative relation with students' academic outcomes, which in turn affect their self confidence and esteem.

Finding from the study more so, indicates that the type of relationship existing between the secondary school adolescents' helicopter parenting and their self confidence and esteem is significant. This means that the existing

Table 3. Pearson r on helicopter parenting and adolescents' self esteem

Source of Variation	N	helicopter parenting r	self confidence and esteem r	Remark
Helicopter parenting	1760	1.00	-0.73	High negative Relationship
Self confidence and esteem	1760	-0.73	1.00	

Table 4. Significance of pearson r on the adolescents' helicopter parenting and their self confidence and esteem using probability table of r

N	cal.r	df	P-value	Remark
1760	-0.73	1758	0.000	S

S =Significant

relationship between adolescents' helicopter parenting and their self confidence and esteem is very serious. This study is still in line with Srivastav & Mathur [8] whose findings indicate that low self esteem has strong association with helicopter parenting.

6. CONCLUSION

The adolescents in the present and future generation are indeed faced with enormous developmental challenges. These challenges most emanate as a result of numerous factors, one of which is style of parenting. This study specifically addressed the helicopter parenting, which is found to hold significant positive and negative effects on adolescent's self-confidence and esteem.

This study has therefore established strong positive relationship between the helicopter parenting style and noticeable mal-adjustive behaviours among adolescents in secondary schools. From the findings made by this study, it is obvious that the negative impact of helicopter parenting far outweighs its positive impacts.

In the light of the above, this study vehemently emphasizes need for proper effective guidance and counselling programmes aimed at assisting adolescents overcome the negative impacts of helicopter parenting as well as devising means to assisting parents to understand and adopt the best parenting style for proper and balanced upbringing of their children.

7. RECOMMENDATIONS

Based on the findings of the study, the following recommendations are made;

- (a) Guidance counsellors in schools should organize programmes in school that will help to reduce the negative effect of helicopter parenting among the students as it concerns their self confidence and esteem for their overall development, social, academic and psychological adjustment in schools and the society at large.
- (b) The Government and the school administrators should organize seminars, workshops and symposia for parents so that resource persons will educate and direct them on the right parenting style and the likely implication of wrong parenting styles.

CONSENT

As per international standard or university standard, Participants' written consent has been collected and preserved by the author(s).

COMPETING INTERESTS

Author has declared that no competing interests exist.

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