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THE IMPACT OF HELICOPTER PARENTING ON PSYCHOLOGICAL DEPENDENCY

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ABSTRACT

This article aims to examine the impact of helicopter parenting on psychological dependency. Helicopter parenting is characterized by parents' excessive interference in their children's lives and the restriction of their independence. This parenting style can lead to psychological dependency, loss of self-confidence, and other developmental issues. The study discusses the negative effects of helicopter parenting on children's independence and its role in the development of psychological dependency in adulthood. The findings suggest that helicopter parenting may contribute to the development of psychological dependency.

Keywords: *helicopter parenting, psychological dependency, independence, parents, psychological development, children, adulthood, dependency, independent decision-making, self-confidence.*

Introduction

Helicopter parenting has become one of the most discussed and addressed topics among parenting styles in recent years. This parenting style is characterized by parents' excessive interference in their children's lives, overprotecting them, and constantly supervising them. Helicopter parents track every step of their children, continuously guide them, and try to influence all their decisions. Such parenting can restrict

children's independence and their ability to make their own decisions, potentially causing negative effects in their developmental processes.

Psychological dependency can be defined as individuals being excessively reliant on others, struggling to make their own decisions, and needing external approval. Experiences of helicopter parenting during childhood can create a foundation for the development of such dependency. In this context, the relationship between helicopter parenting and psychological dependency may lead to significant psychological issues, especially during adolescence and adulthood.

The helicopter parenting style can lead to a lack of self-confidence, excessive anxiety, and an inability to gain independence in children's developmental processes. This, in turn, may result in psychological dependency in adulthood. Psychological dependency not only causes individuals to rely on others but also leads to a loss of the ability to fulfill their own emotional needs and solve problems. As a result, individuals raised with helicopter parenting may face difficulties in forming healthy relationships and making independent decisions.

This article aims to examine the relationship between helicopter parenting and psychological dependency. The focus of the research is to explore how helicopter parenting hinders children's processes of gaining independence and how this process contributes to the development of psychological dependency. Additionally, the effects of this parenting style on individuals' independence, decision-making abilities, and the capacity to form healthy relationships in adulthood will be discussed. The study seeks to raise awareness about the negative effects of helicopter parenting and provide guidance for parents to adopt healthier approaches in their children's development.

The relationship between helicopter parenting and psychological dependency has begun to attract increasing interest in psychological research in recent years. The literature clearly highlights the negative effects of helicopter parenting on children's independence, self-esteem, and psychological well-being. Similarly, studies on the development of psychological dependency provide important findings about the long-

term effects of such parenting styles. This section will present key studies on helicopter parenting and psychological dependency and the findings of these studies.

Literature review

Helicopter parenting was first described in 1969 by Dr. Haim Ginott and has since been expanded through various studies. The desire of parents to control every aspect of their children's lives and provide constant guidance can interfere with their independence, leading to developmental issues. Independence plays a critical role in children's emotional and social development and is necessary for healthy identity formation. The helicopter parenting style restricts children's ability to make their own decisions and can damage their self-confidence. Children who fail to gain independence often grow up to be individuals who have been excessively protected and controlled. This type of parenting hinders children's processes of exploring the world and may weaken their sense of trust in their environment. Parents' excessive interference can prevent children from developing problem-solving skills, laying the foundation for future psychological dependency.

Psychological dependency is when individuals become excessively reliant on others and tend to fulfill their emotional needs through others. Dependency is not limited to substance abuse but can also manifest in personal relationships and emotional needs. Dependent personality disorder can be considered a subset of psychological dependency, causing individuals to struggle with making decisions and becoming emotionally dependent on others. Excessive control and intervention experienced at an early age restrict children's independence and decision-making abilities, which may lead to an overreliance on others as they grow older. Additionally, the helicopter parenting style can increase feelings of anxiety, fear, and excessive worry, which are related to psychological dependency.

Helicopter parenting plays a significant role in children's development. Overprotective parenting attitudes can negatively affect children's problem-solving skills, independence, and self-esteem. O'Connor and colleagues (2007) found in their

research that overprotective parenting weakened children's self-confidence and hindered their ability to develop coping skills for stress. Constant parental intervention restricts children's ability to solve their own problems and make independent decisions.

Independence is considered a necessary factor for healthy identity development in developmental psychology. However, the helicopter parenting style can hinder children's processes of gaining independence, leading to the development of emotional and psychological dependency. Continuous parental interference in children's decision-making processes may result in the loss of their internal independence (Schiffirin, Liss, Miles, & Erchull, 2014).

Psychological dependency refers to individuals becoming reliant on external approval and support. Dependent personality disorder can lead to difficulties in controlling oneself and one's environment. Helicopter parenting can lay the groundwork for these dependency behaviors. Researcher et al. (2016) found a strong relationship between helicopter parenting and emotional dependency in adolescence. Children who experience excessive control and intervention from their parents often have weakened self-confidence and struggle with independent thinking.

Another study examining the relationship between helicopter parenting and dependency in adulthood was conducted by McKinney and colleagues (2017). This study showed that individuals who experienced helicopter parenting tend to be more emotionally dependent on others in adulthood and face difficulties with independence. Particularly, these individuals may struggle to form healthy relationships and exhibit dependent personality traits by excessively projecting their emotional needs onto others.

Studies examining the relationship between helicopter parenting and psychological dependency suggest that this parenting style can have long-term effects on children's development. Attachment theory (Bowlby, 1969) posits that the bonds children form with their parents play a crucial role in their emotional and psychological health. Overprotective and controlling attitudes from helicopter parents can prevent children from developing healthy attachment styles. These children may struggle to

develop a secure attachment style in adulthood because their parents' constant intervention has not allowed them to become emotionally independent. This may result in individuals who are more dependent, indecisive, and emotionally vulnerable in adulthood (Bretherton, 1992).

It has also been suggested that overprotective parental attitudes can inhibit children's sense of self-efficacy. According to Erikson's psychosocial development theory (Erikson, 1950), as children gain independence and self-efficacy in their early years, their self-confidence grows, and these traits persist into adulthood. The helicopter parenting style can cause children to miss this developmental stage, weakening their ability to make independent decisions as they grow older. Due to continuous parental interference, children may feel indecisive and dependent (Cohen & Henrich, 1995).

Another important finding is that helicopter parenting weakens children's coping skills for stress. According to the stress-coping theory (Lazarus & Folkman, 1984), individuals must develop skills to cope with stress when they face difficulties. However, helicopter parents do not allow children to deal with challenges independently because they intervene in every situation. Such intervention can hinder children's development of problem-solving and emotional regulation skills. In adulthood, these deficiencies can lead to psychological dependency, as these individuals may seek to rely on others and become dependent in various areas of life (Schiffirin et al., 2014).

To better understand the relationship between helicopter parenting and psychological dependency, the concept of self-worth should also be considered. According to self-worth theory (Rosenberg, 1965), an individual's sense of self-respect is directly related to their overall psychological health. The helicopter parenting style can hinder the development of self-worth in children, as these children continuously seek their parents' approval. Parental overcontrol can complicate children's processes of forming their own values and identities. In adulthood, this situation can lead to

difficulties in making independent decisions and excessive dependency on others (Vohs & Finkel, 2006).

Conclusion

The helicopter parenting style can negatively affect children's development of independence and self-confidence. Parents' excessive controlling attitudes restrict children's decision-making abilities, hindering their development of problem-solving skills and emotional regulation. This can lay the groundwork for issues such as psychological dependency and emotional dependency in adulthood. The strong relationship between helicopter parenting and psychological dependency demonstrates the long-term effects of parents' constant interventions in their children's lives.

Helicopter parenting's negative impact on children's self-worth development and independence can lead these children to become emotionally dependent individuals during adolescence and adulthood. Furthermore, these individuals may struggle with establishing healthy relationships and making independent decisions. Studies show that the helicopter parenting style prevents children from developing secure attachment styles, leading to the emergence of more dependent and indecisive individuals in adulthood.

In conclusion, there is strong evidence linking helicopter parenting to psychological dependency. Parents' overly protective attitudes can interfere with children's developmental processes, preventing them from acquiring healthy independence skills. In this context, it is essential to emphasize the need for parents to adopt healthier and more balanced approaches. Future research should explore the relationship between helicopter parenting and psychological dependency in greater detail and provide deeper insights into the long-term effects of parenting styles on psychological development.

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