

## **Looking at the Relationship Between Perceptions of Helicopter Parenting with Self-Efficacy in Adolescents Final**

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### **ABSTRACT**

This study aims to determine the relationship between perceptions of helicopter parenting and self-efficacy in late adolescence. Subjects in this study amounted to 100 late teens. The data collection method used the Self Efficacy Scale and the Perception Scale of Helicopter Parenting. The data analysis method used is the Product Moment correlation of Karl Pearson. Based on the results of data analysis obtained a correlation of -0.423 and  $p = 0.000$  ( $p < 0.050$ ). These results indicate that there is a negative and significant relationship between perceptions of helicopter parenting and self-efficacy. The hypothesis in this study shows that the coefficient of determination ( $R^2$ ) between perceptions of helicopter parenting and self efficacy is 0.179, which means that the contribution of perceptions of helicopter parenting to self efficacy is 17.9% and the remaining 82.1% is influenced by other factors. not investigated in this study. Other factors such as, for example, gender, personality, age, ethnicity, and culture.

**Keywords:** Late Adolescence, Perception of Helicopter parenting, Self Efficacy

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### **Introduction**

Every individual must go through developmental stages starting from the fetus to growing into adulthood, including when entering adolescence (Feldman & Papalia, 2015). Youngblade et al (2007) stated that in adolescence individuals have the opportunity to grow, not only in the physical dimension but also in cognitive, social, autonomy, self-esteem, and intimacy competencies. Santrock (2016) said that adolescence is a developmental transition phase between childhood and adulthood, Adolescence is divided into two parts, namely early adolescence starting from the age of 12/13 years to 17/18 years, and late adolescence starting from the age of 17/18 years to 21/22 years (Mappiare, 1982). Ferer & Wreder (2019) explained that the so-called late adolescence is young people who complete their education and enter the world of work in their late teens or early twenties.

According to Erikson (Santrock, 2007) in late adolescence there is a psychosocial crisis where the late adolescent can be said to be successful if he is able to find his identity. Lating (2016) explained that the problems that often arise in late adolescents in Maluku are low social

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interaction skills, have a vindictive nature, are irritable, irritable, have conflicts with friends or family and are unable to solve problems well. Baron & Byrne (2003) stated that delinquent behaviors committed by adolescents such as physical and verbal aggression, stealing, vandalism, cheating, lying, delinquency, drug use and alcohol can be related to self-efficacy.

Bandura (1997) explained self-efficacy as an individual's belief in the ability to carry out and determine various actions in an achievement and produce positive results. Several other studies support the existence of problems in self-efficacy in late adolescents. Research conducted by Patibang & Zubair (2017) regarding Self-Efficacy in Students of SMA X Makassar, explained that the high cheating behavior was due to low self-efficacy, and from 142 students on average had low self-efficacy. This shows that individuals are more confident in the abilities of others than in their own abilities.

The research is reinforced by a longitudinal study conducted by Scott & Dearing (2012) on high school adolescents in North America which stated that high self-efficacy can lower the risk of depression. The study showed that late adolescents who have low self-efficacy have a negative perception of their ability to deal with stressors so that they are more likely to experience depression than late adolescents who have high self-efficacy.

There are several factors that can affect the level of self-efficacy according to Bandura (1997), namely parenting style, culture, nature of the task faced, external incentives, status or role of the individual in the environment, information about self-ability, and indirect experiences. Based on these factors, the researcher chose parental parenting variables that can affect the self-efficacy of late adolescents. Mulyadi (2019) explained that parenting is all forms of treatment and interaction between children and parents, with the aim of educating them to be in accordance with the norms that apply in society in general.

Parents' perception in educating children is sometimes wrong, the treatment they give to children with good intentions, actually has a negative impact (Satiadarma, 2001). Borba (2009) explained that parenting that is ineffective and has a bad impact on children, especially in modern times, is known as detrimental parenting. There are seven detrimental parenting styles according to Borba, one of which is helicopter parenting. Cline & Fay (2006) explained the term helicopter parenting, which is a parenting style used by parents in daily life by hovering overhead like a helicopter and always ready to save children whenever problems arise. Parents will protect their children from various dangers that lurk by acting overprotective and not wanting to let their children be in difficult situations (Manoppo, 2019).

Various studies related to parenting style show different impacts on children. These differences can be influenced by children's perception of the parenting style received (Arwing et al, 2021). Perception is the process of understanding or giving meaning to stimuli that comes from sensing events, objects, or relationships between symptoms which are then processed by the brain into information (Walgito, 2010). Meanwhile, the perception of helicopter parenting is a process of giving meaning from the results of late adolescent observations of helicopter parenting given by parents in which there is supervision, support, affection and full involvement in the child's life.

This perception is obtained by concluding the treatment given by parents, so that children can provide answers that are in accordance with their conditions from statements that are grouped based on characteristics or aspects of helicopter parenting. If the answer score of late teens is high, it indicates that late teens are getting helicopter parenting from their parents. Meanwhile, if the answer score of late adolescence is moderate, it indicates that late adolescence has a balanced parenting style between helicopter parenting and non-helicopter parenting. Meanwhile, if the answer score of the late adolescent is low, it indicates that the late adolescent did not get helicopter parenting.

A study from Pravitasari (2012) explained that if children perceive negatively the parenting style given by their parents, the child will act as he pleases because the child thinks that whatever is done will not be cared for by the parents. On the other hand, if the child positively perceives the parenting style given by the parents, the child becomes more careful in acting and obeying, because the child thinks that if he commits deviant behavior, the parents will reprimand or punish him.

The purpose of this study is to determine the relationship between perception of helicopter parenting and self-efficacy in late adolescents. Perception of helicopter parenting is the process of giving meaning from the results of observations of late adolescents on helicopter parenting given by parents in which there is the provision of supervision, support, affection and full involvement in the child's life.

## **Method**

The research methodology used in this study is quantitative, and the type of research is correlational. The data collection method used a scale of likert self efficacy and perception of helicopter parenting. The data analysis method uses product moment correlation analysis developed by Pearson with the help of a computer program, namely SPSS 23.0 to test the relationship between independent variables and dependent variables. There are two variables in this study, namely the perception of helicopter parenting as an independent variable and the self-efficacy variable as a bound variable.

The sample in this study consists of 100 subjects with characteristics, late adolescents aged 18-22 years, currently studying or working, unmarried, and living with parents from birth to at least high school/equivalent. The sample determination technique in this study uses the purposive sampling technique. Purposive sampling is a sampling technique based on certain criteria (considerations) of population members (Kurniawan & Puspitaningtyas, 2016).

## **Results**

Based on the results of the normality test, the results of self-efficacy measurements were obtained  $KS-Z = 0.078$  with  $p = 0.131$  ( $p > 0.05$ ), meaning that the distribution of the data of the self efficacy variable followed the distribution of normal data. In the normality test of the

perception variable of helicopter parenting,  $KS-Z = 0.079$  with  $p = 0.133$  ( $p > 0.05$ ), meaning that the distribution of the data of the perception variable of helicopter parenting follows the distribution of normal data.

**Table 1 Uji Analisis Data**

	skor	p
Uji Normalitas self efikasi	0,078	0,131
Uji Normalitas persepsi helicopter parenting	0,079	0,133
Uji Linearitas	28,554	0,000
Uji Hipotesis	-0,423	0,000
	100	100%

The results showed that there was a significant negative relationship between the perception of helicopter parenting and self-efficacy in late adolescence with a correlation coefficient ( $r_{xy}$ ) value of  $= - 0.423$  with  $p = 0.000$  ( $p \leq 0.050$ ), thus the hypothesis was accepted. This shows that the higher the answer score of the late adolescent perception scale towards helicopter parenting received, the lower the self-efficacy. Conversely, the lower the answer score of the late adolescent perception scale towards helicopter parenting received, the higher the self-efficacy. The acceptance of the hypothesis in this study shows that helicopter parenting can be considered as one of the factors that can affect the level of self-efficacy in late adolescence.

Based on the results of the description above, the higher the perception of helicopter parenting in late adolescence, the lower the self-efficacy in late adolescence. This can be seen from the results of the categorization and classification of subjects on the self-efficacy scale showing that, out of 100 subjects in this study, 29% (29 subjects) have a high level of self-efficacy, 68% (68 subjects) have a level of self-efficacy in the medium category, 3% (3 subjects) have a level of self-efficacy in the low category. In general, the subjects of this study have a level of self-efficacy in the medium category.

**Table 2 Kategori hasil pengukuran self efikasi**

Kategori	N	Persentase
Tinggi	29	29%
Sedang	68	68%
Rendah	3	3%
	100	100%

The results of the categorization and classification of subjects on the perception scale of helicopter parenting showed that, out of 100 subjects, there were 4% (4 subjects) who perceived helicopter parenting given by parents in the high category, 78% (78 subjects) perceived helicopter parenting given by parents in the medium category, while 18% (18 subjects) perceived helicopter parenting given by parents in the low category. In general, the subject of this study perceives helicopter parenting given by parents in a moderate category.

**Table 3 Kategori Hasil Persepsi Pola Pengasuhan**

Kategori	N	Persentase
Tinggi	4	4%
Sedang	78	78%
Rendah	18	18%
	100	100%

There is a relationship between the perception of helicopter parenting and self-efficacy, meaning that every aspect of helicopter parenting contributes to the level of self-efficacy in late adolescence. A high score on the perception scale of helicopter parenting indicates that late adolescents experience high helicopter parenting. A low score on the perception scale of helicopter parenting, indicates that late adolescents experience low helicopter parenting.

Based on the results of the analysis of this study, the determination coefficient ( $R^2$ ) between the perception of helicopter parenting and self efficacy was obtained of 0.179, which means that the variable of perception of helicopter parenting has a contribution of 17.9% to self efficacy and the remaining 82.1% is influenced by other factors that were not studied in this study. Other factors such as gender, personality, age, and culture.

Subjects in the high self-efficacy category can be interpreted as individuals who can effectively handle the situation they are facing, are persistent in their efforts, believe in their abilities, are happy to seek new situations, individuals consider obstacles as challenges that do not need to be avoided, and only show little hesitation. Subjects in the category of moderate self-efficacy can be interpreted as individuals who are not pessimistic but also not optimistic, the individual's confidence to complete tasks or face situations is at a moderate level. Subjects in the low self-efficacy category can be interpreted as individuals who are doubtful about their abilities, do not like to seek new situations, obstacles are considered something that must be avoided, quickly give up when encountering difficulties, slow to fix or face failure.

## **Discussion**

The results of this study are supported by research conducted by Ganaprakasam et al (2018) showing that helicopter parenting can trigger disturbances in adolescent mental health and is negatively related to adolescent self-efficacy for learning. In addition, Solekhah (2021) research revealed that there was a negative and significant relationship between maternal helicopter parenting and self-efficacy in adolescents with disabilities, with a correlation coefficient ( $r_{xy}$ ) value of -0.290 and a  $p$  value of 0.022 ( $p < 0.05$ ). So the higher the level of self-efficacy of disabled adolescents, the lower the level of helicopter parenting provided by mothers, and vice versa.

Previous research has explained the problems caused by helicopter parenting, such as a study conducted by Ulutas & Aksoy (2014) on 422 college students in Turkey showed that helicopter parenting can increase anxiety in children. Meanwhile, Odenweller et al (2014)

suggested that helicopter parenting can be positively associated with authoritarian parenting styles, inhibiting effective decision-making and neurotic tendencies in the millennial generation. Laksmi (2018) also revealed that parental parenting contributes to self-efficacy by 3.5%. Providing appropriate treatment and care can increase children's self-efficacy. However, helicopter parenting has been associated with low self-efficacy in late adolescents which has an impact on a lack of confidence in self-efficacy (Segrin, et al. 2012).

In addition, research conducted by Josephine Maria et al (2020) revealed that, there are factors that can affect helicopter parenting, namely the educational background of parents, parents who have higher education automatically have a high income, so parents will tend to invest more social capital to support children intensively and more academically than parents with low socioeconomic status. So that the higher the level of parental education, the higher the possibility of helicopter parenting.

In some studies, helicopter parenting has been considered as parenting that has a negative impact, namely excessive parenting (Kouros et al, 2017; Leung & Shek, 2018), intensive parenting (Schiffrin et al., 2015), intensive support (Fingerman et al., 2012), and intrusive parental involvement (Kouros et al., 2017) are often referred to as helicopter parenting. Helicopter parenting is largely considered to be inappropriate parenting for children's development into adulthood (Kouros et al., 2017).

However, there are different results in previous research conducted by Kan et al (2019) regarding the role of helicopter parenting in increasing self efficacy in University of Surabaya students, showing that there is a positive relationship between helicopter parenting and self efficacy The description of helicopter parenting received by University of Surabaya students is at a moderate or sufficient level, meaning that students feel stronger and more resilient when facing difficulties because feel supported, protected and assisted by parents in solving problems.

Although helicopter parenting is mostly thought to have negative effects, some studies have reported positive results i.e. individuals feel higher satisfaction with a better college experience or school adjustment than individuals with less intensely engaged parents (Bradley-Geist & Olson- Buchanan, 2014; Earle & LaBrie, 2016).

### **Conclusion**

Based on the results of the research and discussion, it can be concluded that there is a significant negative relationship between the perception of helicopter parenting and self-efficacy in late adolescence. This can be seen from the correlation coefficient between perception of helicopter parenting and self-efficacy in late adolescents of -0.423 and  $p = 0.000$  ( $p \leq 0.050$ ). This means that the higher the perception of late adolescents towards helicopter parenting received, the lower their self-efficacy. On the other hand, the lower the perception of late adolescents towards helicopter parenting received, the higher the self-efficacy.

Meanwhile, from the results of the categorization, it can be seen that most of the late adolescents have helicopter parenting and self-efficacy levels in the medium category.

The results of the analysis of this study obtained a determination coefficient (R<sup>2</sup>) between the perception of helicopter parenting and self efficacy of 0.179, which means that the variable perception of helicopter parenting has a contribution of 17.9% to self efficacy and the remaining 82.1% is influenced by other factors that are not studied in this study. Other factors such as gender, personality, age, ethnicity, and culture.

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