

The Relationship Between Levels of Social Anxiety, Self-Confidence, and Social Interaction and Perceptions of Helicopter Parenting Among Emerging Adults

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Abstract

Parenting in the form of helicopter parenting is generally triggered by a high level of parental anxiety from childhood through emerging adulthood, a period that requires increasing independence in educational, career, and social relationship domains. However, overly controlling and protective parenting can negatively affect an individual's emotional and social development, leading to increased social anxiety, decreased self-confidence, and barriers to effective social interaction. This study aims to determine the relationship between social anxiety levels, self-confidence, and social interaction with perceptions of helicopter parenting among emerging adults. The study employed a quantitative correlational approach involving 210 participants aged 18–25 years who were selected using purposive sampling techniques. Data were collected using the Helicopter Parenting Instrument (HPI), Social Interaction Anxiety Scale (SIAS-6), Social Phobia Scale (SPS-6), as well as self-confidence and social interaction scales. The results showed that the levels of helicopter parenting, social anxiety, self-confidence, and social interaction were in the moderate category. Social anxiety had a significant positive relationship with perceptions of helicopter parenting ($r = 0.411$; $p < 0.05$), while self-confidence ($r = -0.242$; $p < 0.05$) and social interaction ($r = -0.286$; $p < 0.05$) had significant negative relationships. The higher the level of social anxiety, the higher the perception of helicopter parenting; conversely, higher levels of self-confidence and social interaction were associated with lower perceptions of helicopter parenting. Further research is suggested to incorporate interview methods, involve a more diverse age range, and conduct offline questionnaire distribution to minimize respondent.

INTRODUCTION

The family is the first environment in which individuals acquire learning experiences in academic, religious, and social domains. Parents have an obligation to control and guide individuals through the parenting styles they apply, which vary depending on parental experiences and perspectives (Sriwongo et al., 2022). The earliest recognized parenting style framework was Baumrind's theory, which includes authoritarian, permissive, authoritative, and situational parenting styles (Agustiawati, 2014). In line with changes in family and social dynamics, helicopter parenting has also emerged, referring to the tendency of parents to continuously "hover" over their children like helicopters that are ready to rescue them from disappointment and painful experiences. This term was first introduced by Cline and Fay (Weber et al., in Zainuddin et al., 2022). According to Odenweller (in Kan et al., 2021), helicopter parenting refers to parental involvement characterized by excessive protection, such

as making decisions in an individual's life, interfering in personal matters, and assisting in removing obstacles that individuals encounter.

The cause of parents implementing helicopter parenting is associated with high levels of parental anxiety toward the individuals under their care. Parents who are concerned about their children's future tend to become overprotective to ensure academic achievement, career success, and social well-being (Padilla-Walker & Nelson, 2012). In addition, this parenting style may be influenced by parents' fear of negative consequences experienced by their children, childhood experiences involving a lack of affection, and excessive worry (Bayless in Elmuhammadi, 2023), parents' experiences of failure and trauma during their youth (Segrin et al., 2012), as well as environmental pressures and social norms that emphasize children's success (Locke et al., 2016). Helicopter parenting generally begins during childhood and may continue consistently through adolescence and into adulthood, making its psychological effects increasingly apparent when individuals enter a life phase that requires greater independence, particularly among Generation Z individuals aged 18–25 years (Duha et al., 2023).

Generation Z is currently recorded as the largest generational group in Indonesia, accounting for 24.93% of the country's 284.67 million population (Central Statistics Agency, 2026). This generation is characterized by early exposure to and interaction with technology, which significantly influences their lifestyles and behaviors (Berkup, 2014). Exposure to globalization and rapid social change has significantly affected family dynamics, including the implementation of helicopter parenting. Parental concerns regarding negative influences in the digital era encourage parents to provide more intensive guidance (Hale, 2022) to develop high-quality human resources (HR) (Angelica, 2024). Consequently, Generation Z tends to grow up with relatively higher levels of parental supervision and control compared with previous generations.

This research specifically focuses on Generation Z individuals within the emerging adulthood period, which is a transitional phase from adolescence to adulthood occurring approximately between the ages of 18 and 25 years. This phase is characterized by various experimental and exploratory activities, including developing independence, establishing careers, and forming intimate relationships (Santrock, 2011). During this phase, individuals are expected to achieve independence and establish their identities; however, some continue to experience overly controlling helicopter parenting that has persisted since childhood, resulting in dependency and hindering the development of age-appropriate independence (Arnett, 2000; Cui et al., 2019). According to the Central Statistics Agency (2022), Generation Z is within the productive age group and has significant potential to become high-quality human resources, possessing multitasking abilities and high technological literacy (Bencis et al., 2016; Christiani & Ikasari, 2020 in Sawitri, 2023). However, this potential may be hindered when individuals grow up under overly protective parenting and excessive parental expectations (Parry, 2020). Such conditions may contribute to mental health challenges in adulthood, including problems with individual well-being, adjustment difficulties, poor academic performance, and limited social skills (Sawitri & Hadiyati, 2020), as well as influencing family resilience among Generation Z (Fitra & Achmad, 2024).

Helicopter parenting can influence four domains of individual development, namely physical, cognitive, emotional, and social development (Rani, 2022; Amril et al., 2024). This study specifically focuses on emotional and social development due to several considerations:

these two domains represent the most prominent developmental tasks during emerging adulthood; they are consistently identified as being affected by helicopter parenting in previous studies compared with physical and cognitive domains; and they are highly relevant to the characteristics of Generation Z, who grow up amid digital interactions while still being required to achieve social and emotional independence during emerging adulthood (Cindrya, 2018; Dewi, 2022).

This phenomenon is illustrated by various cases in society, such as young adults who remain highly dependent on their parents in daily decision-making, ranging from clothing choices, friendships, romantic partners, to career paths. Such dependence may contribute to anxiety and reduced self-confidence when individuals are required to appear or interact independently within social environments. Recent research also confirms that this issue remains prevalent among students in the emerging adulthood phase. Research by Pinasti and Hertinjung (2025) found that helicopter parenting affects students' psychological well-being through fear of negative evaluation, while research by Chan, Wong, and Clark (2023) found that excessively demanding and controlling parenting behaviors are closely associated with the emergence of anxiety disorders during emerging adulthood. However, research on helicopter parenting among Generation Z in Indonesia that simultaneously examines its relationship with social anxiety, self-confidence, and social interaction remains relatively limited. The urgency of this research is further strengthened by Indonesia's collectivist culture, in which parental involvement in children's lives, even when children have entered adulthood, is still considered socially acceptable (Kim & Hong in Zainuddin et al., 2022). Consequently, the phenomenon of helicopter parenting has the potential to persist without families being fully aware of its long-term impacts.

One of the most frequently discussed impacts of helicopter parenting is the emergence of social anxiety, which is a form of fear characterized by stress, discomfort, and apprehension in social situations due to concerns about negative evaluation from others (Peters et al., 2012). LeMoyné and Buchanan (2011) found that individuals whose parents practiced helicopter parenting reported lower levels of happiness and were more likely to use medication to reduce anxiety. Research by Ulutas and Aksoy (2014) involving 422 students in Turkey and research by Natalia (2021) involving millennials in Indonesia also demonstrated a positive correlation between helicopter parenting and anxiety levels. Similar findings were reported by Sutarjo and Iswindari (2024) among adolescents. According to the World Health Organization (WHO), approximately 1 billion children and adolescents aged 10–19 years worldwide experience mental health conditions, with anxiety disorders representing a significant proportion of these issues (Astuti & Zakiyah, 2023). Therefore, social anxiety is an important variable to examine among Generation Z individuals who are growing up amid increasing digital, academic, and social demands (Hale, 2022; Angelica, 2024).

In addition to social anxiety, helicopter parenting is also closely associated with low self-confidence because this parenting style may cause individuals to become less accustomed to experiencing failure, develop limited life skills, experience difficulties in parent–child relationships, and become dependent on their parents (Dewi, 2022; Ayu & Eka, 2017). Research by Selviana (2023) among high school students and research by Mahyuddin and Yanti (2023) indicate that individuals raised under helicopter parenting may experience reduced self-confidence into adulthood. Excessively controlling and intrusive parental

behaviors can negatively influence individuals' beliefs in their own abilities and reduce their confidence in making independent decisions.

In addition to social anxiety and self-confidence, helicopter parenting is also related to social interaction, which refers to reciprocal actions occurring between two or more individuals or groups that influence one another and involve mutual orientation (Fahri & Qusyairi, 2020). Individuals who excessively rely on their parents when making decisions and facing challenges tend to experience difficulties interacting with their social environment, lack confidence in social situations, and encounter barriers in developing interpersonal relationships (Amril et al., 2024). These three variables, namely social anxiety, self-confidence, and social interaction, are increasingly relevant for examination among Generation Z due to the characteristics of this generation, which is digitally connected and fast-paced while still being required to achieve social and emotional independence during the emerging adulthood phase.

Based on this description, the researcher is interested in examining the relationship between social anxiety, self-confidence, and social interaction with perceptions of helicopter parenting among emerging adults. The four variables in this study were measured based on their respective aspects or dimensions. Helicopter parenting was measured through five aspects proposed by Odenweller, Butterfield, and Weber (2014), namely constant communication, involvement in personal affairs, involvement in personal goal setting, decision-making, and obstacle removal. Social anxiety was measured through two aspects proposed by Peters et al. (2012), namely social interaction anxiety and social phobia. Self-confidence was measured through three dimensions proposed by Lauster (2002), namely cognitive, affective, and conative dimensions, while social interaction was measured through the aspects of communication, attitudes, group behavior, and social norms proposed by Sarwono (2010).

Based on this background, the research problem formulation is: how are social anxiety, self-confidence, and social interaction related to perceptions of helicopter parenting among emerging adults? The purpose of this study was to determine the relationship between social anxiety levels, self-confidence, and social interaction with perceptions of helicopter parenting among emerging adults. This research is expected to contribute to psychological literature regarding the implementation of helicopter parenting and its relationship with social anxiety, self-confidence, and social interaction among emerging adults.

Helicopter parenting was first introduced by Cline and Fay (1990) to describe parents who excessively supervise their children, similar to a helicopter that continuously hovers overhead. This parenting pattern is generally applied with positive intentions to protect children and ensure their success; however, it may negatively affect the development of autonomy and individuals' abilities to cope with life challenges (Schiffrin et al., 2014). Erikson's (1963) theory of psychosocial development is relevant for understanding the impact of this parenting style because human development requires a balance between independence and support. When parents excessively control, supervise, and take over children's decisions, they may deprive individuals of opportunities to learn independently (Pretiwi et al., 2022) and interfere with the development of autonomy during early life stages, which can affect their ability to manage developmental tasks in emerging adulthood (Segrin et al., 2012). Previous studies have also demonstrated that helicopter parenting may inhibit identity exploration during the transition to adulthood (Arnett, 2000), resulting in individuals becoming less confident in making decisions (Cui et al., 2019).

This parenting style is defined as parental behaviors characterized by excessive involvement in children's lives, including education, career, and social relationships (Locke et al., 2016). According to Odenweller (in Kan et al., 2021), helicopter parenting refers to excessive parental involvement and protection, including making decisions in children's lives, interfering with personal matters, and helping remove obstacles they encounter. Parents who practice helicopter parenting are characterized by excessive involvement in their children's lives, high levels of affection and protection, and tendencies to interfere with and restrict individual autonomy in various aspects of life (Jiao & Segrin, 2023; Howard, Nicholson, & Chesnut, 2019).

According to Odenweller, Butterfield, and Weber (2014), helicopter parenting consists of five aspects: (1) constant communication, in which parents frequently ask about their children's activities; (2) involvement in personal affairs, which may contribute to identity difficulties when adult children lack opportunities for self-exploration; (3) involvement in personal goal setting, in which parents attempt to determine and direct their children's personal lives according to parental expectations; (4) decision-making, in which parents participate in various aspects of their children's lives, including friendships and clothing choices; and (5) obstacle removal, referring to parental efforts to eliminate difficulties faced by children without allowing them opportunities to solve problems independently. Factors influencing the implementation of helicopter parenting include highly educated parents with high expectations for their children (Padilla-Walker & Nelson, 2012), stable socioeconomic conditions that allow parents to focus more on children's achievements (Schiffrin et al., 2014), and children's passive or dependent personalities, which may increase their vulnerability to becoming subjects of helicopter parenting (Cui et al., 2019).

According to Peters et al. (2012), social anxiety is a form of fear characterized by stress, discomfort, and apprehension in social situations due to concerns about negative judgments from others and fear of making embarrassing mistakes in public. Social anxiety consists of two aspects: social interaction anxiety, which refers to feelings of anxiety and discomfort during direct interactions with others, such as speaking with strangers or participating in groups, and social phobia, which refers to a persistent and significant fear of one or more social or performance situations that may result in embarrassment, often triggered by fear of negative evaluation (Ramdhany & Hakim, 2024). Factors contributing to excessive social anxiety include introverted or shy personality characteristics that encourage individuals to withdraw from their environment (Ayu et al., n.d.), fear of negative evaluation as the core component of social anxiety (Ramdhany & Hakim, 2024), and negative experiences or conflicts that hinder social interaction (Mar'atussolihah et al., 2024).

Self-confidence, according to Lauster (in Ghufroon & Risnawita, 2012), is an individual's positive attitude toward oneself that enables effective action in various situations, reflecting courage in facing challenges, acceptance of personal limitations, and responsibility for personal actions. Research by Segrin et al. (2012) shows that individuals raised with helicopter parenting have lower levels of self-confidence, particularly in decision-making and adapting to life pressures during the transition to adulthood. Self-confidence is influenced by internal factors, such as self-concept, self-esteem, and life experiences, as well as external factors, including family environment, education, and social support (Dictio, 2020; Wrijohnblog, 2014). According to Lauster (2002), self-confidence is a psychological condition

consisting of three dimensions: cognitive, which involves individuals' rational and objective evaluation of their abilities, potential, and limitations; affective, which refers to feelings of comfort, satisfaction, and pride in oneself (self-liking) that support healthy social relationships; and conative, which refers to the motivation to act based on confidence in one's abilities, including initiative, decision-making courage, and persistence in achieving goals.

Social interaction is a relationship between humans and other humans, individuals and groups, or groups and other groups (Sarwono, 2010). It may occur through direct or indirect contact, both verbally and nonverbally, and requires social contact and communication (Fahri & Qusyairi, 2020). Factors underlying social interaction include imitation, which refers to the tendency to imitate others' behaviors (Cindrya, 2018); identification, which refers to the tendency to identify with role models (Dewi, 2022); suggestion, which refers to the influence of others' opinions or attitudes on one's thinking patterns (Putri, 2024); and sympathy, which refers to feelings of concern toward others (Amalia, 2019). Sarwono (2010) identified four aspects of social interaction: communication, the process of transferring information between individuals; attitude, feelings of acceptance, rejection, or neutrality toward individuals, groups, or situations; group behavior, the combination of various individual behaviors within a group; and social norms, values that regulate individual behavior within groups. Limited engagement in these aspects may result in low social interaction, which can influence social and personal development.

Helicopter parenting, characterized by excessive parental control and involvement, has the potential to increase social anxiety among emerging adults because individuals who are accustomed to receiving protection and problem-solving assistance from parents have fewer opportunities to learn how to face challenges independently. Consequently, when entering social environments that require adaptability, individuals may feel uncertain about their abilities and become concerned about negative judgments from others (Peters et al., 2012). Increased social anxiety may further reduce self-confidence because individuals who frequently experience anxiety in social situations tend to doubt their abilities and avoid opportunities to demonstrate competence. Meanwhile, overly controlling parenting may limit children's experiences in making decisions, solving problems, and learning from failures. Low self-confidence may subsequently affect individuals' ability to engage in social interactions because individuals with limited confidence may feel uncomfortable communicating, expressing opinions, or initiating relationships with others, leading them to avoid social situations due to concerns about rejection or negative evaluation.

In this study, perceptions of helicopter parenting among emerging adults were formed through assessments of parental behaviors, including the extent to which parents excessively control decisions, provide overprotection against risks, interfere in problem-solving processes, provide excessive supervision, and limit opportunities for personal independence (Padilla-Walker & Nelson, 2012; Schiffrin et al., 2014). Perceptions of helicopter parenting (X) were then associated with two developmental domains: emotional development, reflected through social anxiety (Y1) and self-confidence (Y2), and social development, reflected through social interaction (Y3). These three variables represent aspects that illustrate the long-term impacts of helicopter parenting on emerging adults, as presented in Figure 1.

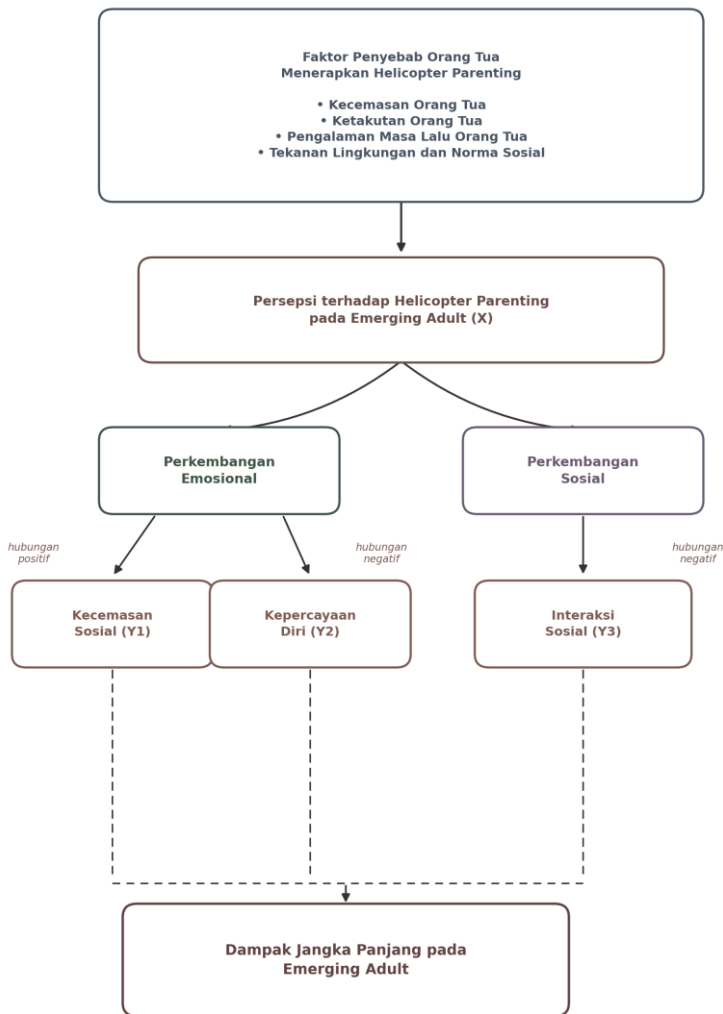


Figure 1. Research Framework of Thought

Source: Developed for the study (2026) based on the theoretical framework (Erikson, 1963; Arnett, 2000; Odenweller, Butterfield, & Weber, 2014; Peters et al., 2012; Lauster, 2002; Sarwono, 2010)

Research Hypothesis

Based on the description above, the hypotheses in this study are formulated as follows: (1) there is a significant relationship between *helicopter parenting* and social anxiety in *emerging adults*; (2) there is a significant relationship between *helicopter parenting* and self-confidence in *emerging adults*; and (3) there is a significant relationship between *helicopter parenting* and social interaction in *emerging adults*.

METHOD

Research Type and Design

This study used a quantitative approach with a correlational design to examine the relationships between social anxiety, self-confidence, and social interaction with perceptions of helicopter parenting among emerging adults. Data were collected through a Likert scale questionnaire and statistically analyzed to determine the relationships among the variables.

Operational Variables and Definitions

The variables in this study consisted of *helicopter parenting* (X) as the independent variable and social anxiety (Y1), confidence (Y2), and social interaction (Y3) as the bound variables. *Helicopter parenting* was identified through participants' perceptions of parental intervention and protection. Social anxiety is identified through participants' experiences that elicit feelings of stress, discomfort, and fear in social situations. Self-confidence is identified through confidence in one's own abilities, courage to face challenges, and a positive attitude towards one's potential. Social interaction is identified through communication, attitudes, group behavior, and the conformity of participants' behavior with applicable social norms.

Research Participants

The study population was male and female individuals with *helicopter parenting experience*. Participant criteria include being 18–25 years old (Santrock, 2011) and having experienced *helicopter parenting* based on personal confession. The sampling technique uses *purposive sampling*, which is the researcher selects participants deliberately according to predetermined criteria (Ahmad & Wilkins, 2025). This study obtained 210 participants who met the criteria, consisting of 73 men (34.8%) and 137 women (65.2%), with an age range of 18–25 years that was spread quite evenly in each age group.

Research Instruments

This study uses four *Likert* scale instruments. First, the *Helicopter Parenting Instrument* (HPI), which was compiled based on five aspects from Odenweller, Butterfield, and Weber (2014), consists of 15 statements with seven points on a scale from Strongly Disagree to Strongly Agree, with a reliability of 0.78 in the developer's research and 0.81 in the adaptation of Zainuddin et al. (2022) in Indonesia. Second, the *Social Interaction Anxiety Scale* (SIAS-6) and *Social Phobia Scale* (SPS-6) developed by Peters et al. (2012) to measure social anxiety, consist of 12 items with five scale points, with Indonesia's adaptation reliability of $\alpha = 0.838$ (Chrisnatalia & Ashariyati, 2024). Third, the confidence scale, which is compiled based on Lauster's theory (1978) and has been adapted to the Indonesian context, consists of 35 items with four scale points, with a reliability of $\alpha = 0.87$. Fourth, the social interaction scale developed by Sarwono (2010), consists of 20 items with four main aspects, namely communication, attitudes, behaviors, and social norms, using five scale points.

Validity and Reliability

The validity of the content of the instrument was obtained through theoretical studies and *expert judgment* with supervisors and psychology experts. The validity of the construct was tested using the Pearson Product Moment correlation between the item score and the total score, with the item criteria being declared valid if the correlation coefficient value (r) > 0.30 and the significance (p) < 0.05 (Azwar, 2017); All items in this study are declared valid. Reliability was tested using Cronbach's Alpha coefficient with the instrument criterion being declared reliable if the Cronbach's Alpha value ≥ 0.70 (Ghozali, 2016). The results of the reliability test of the four research instruments are presented in Table 1.

Table 1. Results of the Reliability Test of Research Instruments

Variable	Number of Items	Cronbach's Alpha	Reference Values	Conclusion
Social Anxiety	12	0.735	0.70	Reliable
Confidence	35	0.773	0.70	Reliable
Social Interaction	36	0.757	0.70	Reliable
Helicopter Parenting	15	0.733	0.70	Reliable

Source: Primary data processed using JASP (2026)

Based on Table 1, all research instruments were declared reliable because Cronbach's Alpha value was above 0.70, with the highest value on the confidence scale (0.773) and the lowest value on the *helicopter parenting scale* (0.733).

Data Collection and Analysis Techniques

Data collection was carried out online through *Google Forms* which were disseminated through social media, such as WhatsApp and Instagram, to prospective respondents according to the research criteria. In addition to the measurement tool items, the questionnaire also contains demographic data and open-ended questions about parenting experiences to ensure that participants are truly experiencing *helicopter parenting*. The data collected was processed using *Jeffreys's Amazing Statistics Program* (JASP) application version 0.18.3.0, including descriptive statistical analysis, classical assumption tests (normality and linearity), and Pearson correlation tests to determine the relationships between variables. The interpretation of the correlation coefficient (r) refers to the category of Sugiyono (2019), namely 0–0.199 (very weak), 0.2–0.399 (weak), 0.4–0.599 (moderate), 0.6–0.799 (strong), and 0.8–1 (very strong).

Research Ethics

This research has obtained ethical approval from the Research Ethics Commission (KPIN) with number 347/2025. Participants' identities are kept confidential, participation is voluntary without coercion, and each participant is required to read and agree to the *informed consent* sheet before participating in this study.

RESULTS AND DISCUSSION

Demographic Characteristics of Participants

This study involved 210 participants who met the research criteria. The demographic characteristics of participants by age and gender are presented in Table 2.

Table 2. Demographic Characteristics of Study Participants (N = 210)

Characteristics	Categories	Frequency	Percentage (%)
Age	18 years old	28	13.3
	19 years old	24	11.4
	20 years	24	11.4
	21 years old	29	13.8
	22 years old	24	11.4

Characteristics	Categories	Frequency	Percentage (%)
Gender	23 years old	25	11.9
	24 years	27	12.9
	25 years	29	13.8
	Male	73	34.8
	Women	137	65.2
Total		210	100.0

Source: Primary data processed (2026)

Based on Table 2, participants were fairly evenly distributed in the age range of 18 to 25 years, with the highest proportion at the age of 21 and 25 years (13.8% respectively). In terms of gender, the majority of participants were female (65.2%) compared to men (34.8%). In addition to demographic data, the results of the frequency analysis of open-ended questions about parenting experiences showed that the most reported indicators of participants were parents who always monitor and control their children's lives (64 respondents; 30.48%), followed by excessive involvement in personal affairs such as school, college, and friends (51 respondents; 24.29%), as well as the arrangement of various aspects of life such as schedules and activities (51 respondents; 24.29%), as presented in Table 3. These results indicate that the study participants generally experienced *helicopter parenting* patterns characterized by excessive parental control, supervision, and involvement.

Table 3. Frequency of Helicopter Parenting Experience Indicators in Participants

No.	Indicator	Frequency	Percentage (%)
1	Always monitoring and controlling life (overprotective, overly vigilant, decision-making)	64	30.48
2	Excessive parenting (interfering in school, college, friendships, activities)	51	24.29
3	Managing every aspect of life (setting schedules, activities, playmates)	51	24.29

Source: Primary data processed (2026)

Descriptive Statistics and Categorization of Research Variables

The results of the descriptive statistical test on the four research variables are presented in Table 4.

Table 4. Results of Descriptive Statistical Test of Research Variables

Variable	N	Minimum	Maximum	Red	Std. Deviation
Social Anxiety	210	21.00	50.00	35.99	5.012
Confidence	210	55.00	119.0	87.30	9.998
Social Interaction	210	76.00	135.0	105.2	12.18

Variable	N	Minimum	Maximum	Red	Std. Deviation
Helicopter Parenting	210	40.00	67.00	55.30	5.038

Source: Primary data processed using JASP (2026)

Based on Table 4, the social anxiety variable had an average value of 35.99 (SD = 5.012), self-confidence had an average value of 87.30 (SD = 9.998), social interaction had an average value of 105.2 (SD = 12.18), and *helicopter parenting* had an average value of 55.30 (SD = 5.038). The scores are further categorized into three levels (low, medium, high) based on the *mean value* and standard deviation of each variable, with the results of the categorization presented in Table 5.

Table 5. Results of Categorization of Research Variable Score Levels

Variable	Categories	Frequency	Percentage (%)
Social Anxiety	Low	23	10.95
	Medium	162	77.14
	Height	25	11.90
Confidence	Low	30	14.29
	Medium	147	70.00
	Height	33	15.71
Social Interaction	Low	39	18.57
	Medium	138	65.71
	Height	33	15.71
Helicopter Parenting	Low	29	13.81
	Medium	145	69.05
	Height	36	17.14

Source: Primary data processed (2026)

Based on Table 5, the majority of participants were in the medium category for the four variables, namely social anxiety (77.14%), self-confidence (70%), social interaction (65.71%), and *helicopter parenting* (69.05%). These findings show that in general participants experience a level of *helicopter parenting* that is not extreme, but still sufficiently affects their psychological and social condition.

Classic Assumption Test

Before the correlation test is carried out, the data is first tested for normality and linearity. The results of the Shapiro-Wilk multivariate normality test are presented in Table 6.

Table 6. Shapiro-Wilk Normality Test Results for Multivariate Normality

Shapiro-Wilk (W)	p
0.992	0.222

Source: Primary data processed using JASP (2026)

Based on Table 6, a p-value of 0.222 (> 0.05) indicates that the data is normally distributed, which is reinforced by the results of the Q-Q *analysis of the plot* in Figure 2, where the distribution of data points follows a diagonal line.

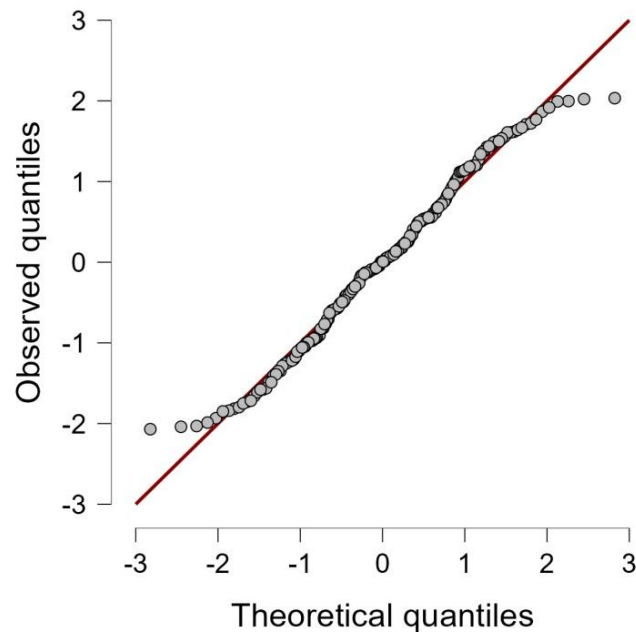


Figure 2. Q-Q Plot Normality Test Results
Source: Primary data processed using JASP (2026)

The linearity test showed a positive linear relationship between *helicopter parenting* and social anxiety (Figure 3), as well as a negative linear relationship between *helicopter parenting* and self-confidence (Figure 4) and social interaction (Figure 5). Because the data is normally distributed and meets the assumption of linearity, the correlation test used in this study is the Pearson correlation test.

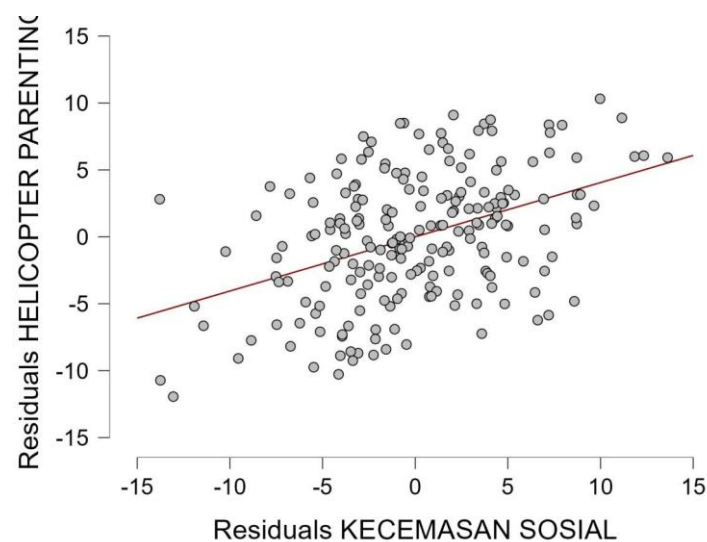


Figure 3. Results of Helicopter Parenting's Linearity Test on Social Anxiety
Source: Primary data processed using JASP (2026)

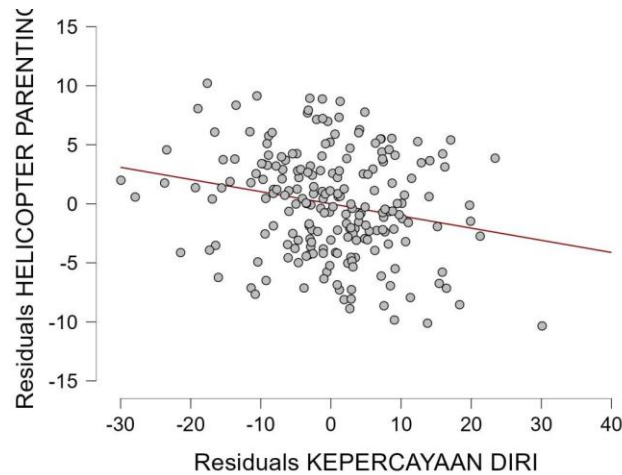


Figure 4. Results of Helicopter Parenting's Linearity Test on Confidence
Source: Primary data processed using JASP (2026)

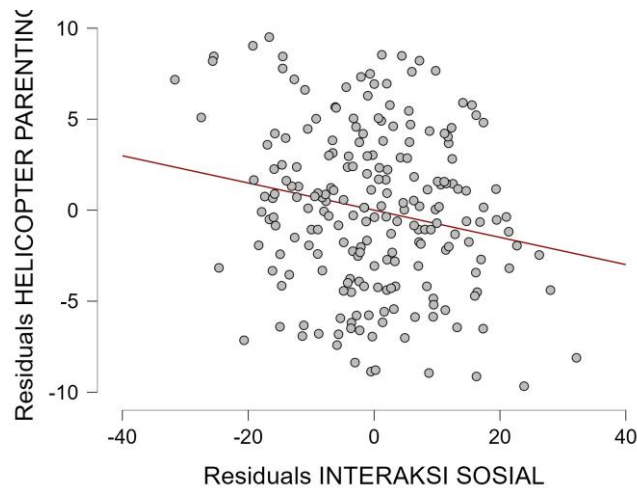


Figure 5. Results of Helicopter Parenting's Linearity Test on Social Interaction
Source: Primary data processed using JASP (2026)

Pearson Correlation Test

The results of the Pearson correlation test between *helicopter parenting* and social anxiety, self-confidence, and social interaction are presented in Table 7.

Table 7. Results of the Pearson Correlation Test between Helicopter Parenting and Research Variables

Variable	n	Pearson's r	p-value
Social Anxiety	210	0.411	<.001
Confidence	210	-0.242	<.001
Social Interaction	210	-0.286	<.001

Source: Primary data processed using JASP (2026)

Based on Table 7, social anxiety had a significant positive relationship with *helicopter parenting* ($r = 0.411$; $p < 0.05$) with moderate relationship tightness, which means that the

higher the individual's social anxiety, the higher the perception of *helicopter parenting* experienced. Self-confidence had a significant negative relationship with *helicopter parenting* ($r = -0.242$; $p < 0.05$) with the closeness of the relationship being relatively weak, meaning that the higher the individual's self-confidence, the lower the *helicopter parenting* experienced. Social interaction also had a significant negative relationship with *helicopter parenting* ($r = -0.286$; $p < 0.05$) with relatively weak relationship closeness, meaning that the higher the individual's ability to socialize, the lower the *helicopter parenting* experience. Thus, the three hypotheses in this study are accepted.

This section discusses the results of the correlation analysis between the three research variables and *helicopter parenting*. Each sub-discussion is structured based on the results of the research, linked to the underlying theory, compared to previous studies, and the implications are outlined.

Social Anxiety and Helicopter Parenting

The results of the Pearson correlation test showed that there was a significant positive relationship between social anxiety and *helicopter parenting* ($r = 0.411$; $p < 0.05$), which means that the higher a person's social anxiety, the higher the *helicopter parenting* they feel, and vice versa. Theoretically, excessive parental control in *helicopter parenting* reduces the child's opportunity to train and develop problem-solving strategies independently (Segrin et al., 2012), so that children become less psychologically prepared when faced with social situations that demand independence. These results are in line with Natalia (2021) research on millennials aged 20–25 years, research by Chan, Wong, and Clark (2023) on the relationship between challenging and controlling parenting behaviors with anxiety disorders in *emerging adulthood*, and research by Pinasti and Hertinjung (2025) on the influence of *helicopter parenting* to the psychological well-being of students through the fear of negative evaluation. The similarity of results in various age groups and years in this study shows that the relationship between *helicopter parenting* and anxiety is quite consistent and not limited to certain generational contexts, one of which is because individuals feel pressured to meet the high expectations of parents who always control, supervise, and demand perfection (Iswindari & Sutarjo, 2024). Implication, parents need to be aware that excessive involvement in children's lives, even if based on good intentions, can be one of the risk factors that increase children's social anxiety when entering the *emerging adulthood phase*.

Confidence and Helicopter Parenting

The study also found a significant negative relationship between self-confidence and *helicopter parenting* ($r = -0.242$; $p < 0.05$), meaning that the higher the individual's self-confidence, the lower the *helicopter parenting* experienced. When all affairs, even the smallest things, are always handled by parents, children tend to feel that their parents do not believe in their abilities, so that the impact of *helicopter parenting* makes individuals feel inferior to their abilities (Mahyuddin & Yanti, 2023), in line with the view that *helicopter parenting* is not conducive to supporting child growth (Padilla-Walker & Nelson, 2012). Similar results were found in the study of Selviana (2023) on students of Yadika 8 Bekasi High School and the research of Ramadita and Nugraha (2024) on students in Indonesia, which showed that the impact of *helicopter parenting* on self-confidence consistently occurs, both in adolescence and *emerging adulthood*. The implication is that interventions to build the confidence of individuals who experience *helicopter parenting* need to be carried out early so that the negative impact of

this parenting style is not carried over until individuals enter the world of work and wider social life.

Social Interaction and Helicopter Parenting

The results of this study also showed a significant negative relationship between social interaction and *helicopter parenting* ($r = -0.286$; $p < 0.05$), which means that the higher a person's ability to interact socially, the lower the *helicopter parenting* experience. Excessive parental control can trigger a high fear of negative evaluations in children (Pakdaman & Nasiri, 2014) as well as related to withdrawal from social interaction in individuals raised with such parenting (Jiao et al., 2024). These results are in line with various studies showing that excessive parenting such as *helicopter parenting* is associated with poor social outcomes, such as self-adjustment, empathy, social skills, and communication with lower peers (Schiffrin et al., 2014; Cui et al., 2019), because parents who overprotect children cause children to be unprepared for social life and lack the opportunity to make their own decisions (Iswindari & Sutarjo, 2024). The implication is that the ability to interact with social in emerging adulthood needs to be supported through providing enough space for children to make decisions and solve their own problems early on, rather than being constantly intervened by parents.

Linkage with Indonesian Collectivist Culture

As mentioned in the introduction, Indonesia's collective culture makes the involvement of parents in the lives of children until adulthood as something considered natural (Kim & Hong in Zainuddin et al., 2022). This is also illustrated by the results of this study, where the level of *helicopter parenting* in the majority of participants was in the medium category (69.05%), not the high category, which indicates that in a collectivist culture, intensive parental involvement is not always perceived as excessive control, but as a form of family care and responsibility. Nevertheless, the results of this study still show that the higher the perceived *helicopter parenting*, the higher the social anxiety and the lower the individual's confidence and social interaction, in line with the research of Ulutas and Aksoy (2014) in Turkey which also has strong family and collectivity values. Implication, it is important for Indonesian families to start distinguishing between a form of care that supports a child's development and a form of control that can hinder children's psychological independence, even though both are rooted in the same family values.

CONCLUSION

The study involving 210 participants aged 18–25 years showed that the participants' levels of helicopter parenting, social anxiety, self-confidence, and social interaction were generally in the moderate category. Social anxiety had a significant positive relationship with perceptions of helicopter parenting ($r = 0.411$; $p < 0.05$), while self-confidence ($r = -0.242$; $p < 0.05$) and social interaction ($r = -0.286$; $p < 0.05$) had significant negative relationships. These findings indicate that higher levels of social anxiety were associated with stronger perceptions of helicopter parenting, whereas higher levels of self-confidence and social interaction were associated with lower perceptions of helicopter parenting. Therefore, all three hypotheses proposed in this study were accepted. These findings confirm that parenting characterized by excessive control and protection may hinder individuals' psychological and social readiness during emerging adulthood. Based on these findings, individuals in the emerging adulthood period are encouraged to develop self-responsibility, participate in positive activities to reduce

social anxiety, and improve communication skills to strengthen self-confidence and social interaction. Parents, particularly those with children in emerging adulthood, are advised to provide balanced support without excessive regulation of their children's lives, encourage open communication, and allow children opportunities to make independent decisions. The broader community is expected to increase awareness of the potential negative impacts of helicopter parenting, whether they are current or future parents. Future researchers are encouraged to expand this study through interview methods, involve participants from more diverse age groups, and distribute questionnaires offline to minimize potential response.

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