

# Helicopter Parenting: The New Trend and Challenge of Chinese Parents

Chengpu Deng

Keystone Academy, Beijing 101300, China

## Abstract

**Helicopter parenting is similar to intensive parenting, meaning parents treasure their children like jewelry with all affairs intervened. Appropriate parents' involvement is necessary for children's healthy growth. However, lots of research students from all kinds of perspectives and dimensions had reviewed the problem behind intensive parenting. This paper discusses about issues that centered around helicopter parenting, and how it potentially affected children's growth.**

## Keywords

**Helicopter parenting; parental involvement; development.**

## 1. Introduction

In China, it is commonly known that the education system is set in a very stressful setting where students are more often busier after school than during normal school hours. The hectic schedule leads to some of my classmates, like my friend James, never leaving the campus to complete all the additional work over the weekend. This common phenomenon got me thinking about the mental health of not only the students, but the parents as well. Many parents set restrictions to what their children can do or not. They interfere heavily in their children's developments, including areas like social life, academic objectives, and nutrient intake. James's parents are also performing the same conforming to the Chinese parent group.

As a result, in recent years, the one area within childrearing has become a topic that intrigues many psychologists. Among all the ways of parenting, as described before, intensive parenting came out. This specific term is usually used to reference intensive mothering, but it can also refer to intensive fathering. Also, intensive parenting can also be referred to as helicopter parenting, meaning parents treasure their children like jewelry with all affairs intervened. It is a highly demanding, child-centered approach to childrearing, which is both a time and emotionally intensive enterprise (Costigan & Dokis, 2006). The reason why these kinds of parents are called helicopter parents is because they are like helicopters, hovering above their children, monitoring them, and to make a relatively high-quality environment for them to grow (an environment with no jeopardizing events).

## 2. Parental Involvement

Parents' involvement in the development is essential and inevitable, and the aim will be to make the child having a prosperous future. Research has already proved the importance of parents' involvements. This phenomenon is quite common in China, especially in metropolis, for instance, Beijing and Shanghai. Families living in Beijing and Shanghai are averagely considering sending their children into international schools to have advanced educations. In most of these cases, the families are wealthier than families that have their children in Chinese public schools. It indicates that usually there will be one spouse of the parents staying at home taking care of things rather than earning

Very recently, lots of research studies from all kinds of perspectives and dimensions had revealed the problem behind intensive parenting and researchers have shown the negative impacts of intensive parenting on children's development. Moderate level parental involvements will boost the rate of having better outcomes produced by children. But if it is not within the fitted and correct level, it will be connected with chances of getting child anxiety and depression (Schiffrin 2013) Specifically, these authors discuss how having overly-involved parents may be related to higher levels of depression and anxiety as well as less perseverance in children (Gibbs 2009; Levine 2006; Marano 2008).

In the long run of researching on topics of parental involvements, it has shown the significance of conducting such research. There is a long history of research indicating that parental involvement (e.g., Restricting student activities) is crucial in achieving optimal child outcomes. Children who experience impoverished environments early in life (e.g., in Romanian orphanages) have been found to have physical, cognitive, and social delays including mild cognitive impairments and attention deficits (Chugani et al. 2001; Fischer et al. 1997; Rutter 1998).

### 3. Analysis

In the big context of China, especially in Beijing, intensive parenting styles can be clearly observed through all parents who want their parents to go to good schools, especially for those who want to send their children to study abroad. It is a very focused point that people usually discuss nowadays, and there are multiple causes of Chinese parents have intensive parenting styles. As Chinese people start to compete in all different areas, the competition between children's abilities becomes one of the reasons that triggers the problem of intensive parenting. As parents gradually got a higher level of education, and gradually become richer and richer, they started to invest on their children. They always want to get their children in to better institutions in order to get better education, and to have a brighter future than themselves. As a result, they started to cultivate their children at a very young age. This makes children having a lot of pressures when they are young, thus creating a very intense life for children.

### 4. Further Connections

In addition to psychological outcomes, parental involvement has also been related to higher social and emotional outcomes in kids. Mothers United Nations agency reported being additional concerned and connected with their kids had adolescents United Nations agency were additional prosocial and had higher social skills. Additionally, parental involvement has been related to fewer behavior issues. Finally, parental involvement has been related to higher emotional outcomes as well as fewer internalizing issues and additional hope.

Parental involvement appears to be significantly necessary in youngsters who are raised in low social economic status surroundings. A study that reviewed nearly each randomized, controlled intervention supposed to extend children's intelligence from birth through preschool found that those that participated in interventions scored a mean of 4–7 points above those that failed to on tests of intelligence at the top of the intervention amount (Protzko et al. 2013). once folks were trained to be additional concerned by participating in made communication exchanges and reading interactively, their youngsters created goodly psychological gain. Interventions conducted with youngsters residing in Romanian orphanages come back to similar conclusions (Spar-ling et al. 2005). once caregivers are trained to be more concerned with communication, for instance, additional physical and verbal interaction. Youngsters created important gains in motor, language, and social outcomes compared to the management cluster of orphans. Thus, there's substantial proof for the advantages of parental involvement for youngsters who would otherwise not expertise it.

Parental involvement is in relation with a lot of positive children outcomes, and it would be a pleasant feedback for all to see. There are researches that have been done that suggest parental involvement will highly facilitate children development. Young children need parents to offer help in different areas, and they are required to have accept such help from their parents too. With the appropriate level of help, children will benefit from this by showing good habits and behaviors, competent grades in school and well-established relationships with other students in the school. Also, a special note is that when there is more helps from parents, there is a possibility of an increasing level of social affinity, which is the term for closeness to others in the society.

However, if the involvement is not beyond the child's acceptability, the results might be different. Several book already have some level of accounts for the potential negative impacts that children might experience while they are being heavily controlled by their parents. (Marano 2008; Hofer and Moore 2010) Also, there are already studies that have shown these kinds of parenting styles, and "helicopter-parenting" has been reviewed by many psychologists who focus on developmental psychology. It is said to be that children or teenagers who have been parented with all aspects are usually not satisfied or less satisfied with their family life and they have less psychological wellness. (Marano 2008) Moreover, there are also studies that have shown to us that there is an increasing chance of children that live under over-control parents' discipline would often find hard when they are needed to manage their schedules on their own or they are needed to overcome the stressful situations themselves. (Hofer and Moore 2010; Marano 2008) This would eventually lead to detrimental long-lasting psychological harms. For instance, one typical behavior children tend to have is that students tend to act out.

## 5. Future Steps

As children gradually become more and more independent over their life, they would have to gain sets of necessary skills to help them manage their life well. In this process, parents should gradually withdraw their level of involvement in children/teenagers' life, because they will have to, one day, live by themselves.

But, this is not the way that a lot of people operate. Even if their children are already mature enough to control their lives, the parents still play the role of a person that cares about all things the children have. For instance, in China, there is a common phenomenon in high school, even in college that parents tend to speak for their children when they are facing different problem. As shown before, this is one type of "helicopter parenting", and it would reflect that the children are still living under the umbrella that their parents hold. And it has been admitted to be very detrimental that will affect the mental health of children. (Fischer et al. 1997)

Although the researches on intensive parenting already have a lot of success in different areas, it is still not sufficient with the relationship between intensive parenting and parent-child relationship. This part is still remained unexplored, and it would bring huge benefits to psychology is being conducted.

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