

### **Abstract**

Although stories regarding helicopter parenting, which refers to the over-involvement of parents in their children's lives (Somers & Settle, 2010), are widely published in the media, the nature of helicopter parenting is still obscure in the academic field. Thus, the current study aimed to implement a thorough study upon the definition of helicopter parenting, its relationships with related parenting constructs, and its effects on the functioning and parent-child relationships of Hong Kong college students. This study recruited 303 local college students ( $M_{\text{age}} = 19.89$ ,  $SD = 1.89$ ), including 98 males and 205 females. A series of bivariate correlation analyses and multiple regression analyses were conducted to test the hypotheses. Behavioral involvement and emotional involvement were generated from the EFA, and were found to be correlated to helicopter parenting in an opposite direction. Helicopter parenting resembled a pattern of parental dimensions that was high in behavioral involvement and parental control, and low in autonomy support and warmth. It was negatively correlated with psychological well beings of autonomy and positive relations with others, school engagement and emotional warmth, but positively related to psychological ill-being and instrumental support. Unique effects of helicopter parenting were found on autonomy well-being and instrumental support. Despite the significant results obtained, the study had some limitations like being low in generalization power, and illusionary causal relationships. Thus, future studies are encouraged to have a more representative sample and launch a longitudinal study.

*Keywords:* helicopter parenting, dimensions of parenting, child's functioning, parent-child relationship