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## THE RELATIONSHIP BETWEEN PERCEIVED HELICOPTER PARENTING ATTITUDE AND LIFE SATISFACTION LEVEL: A STUDY ON ADOLESCENTS DOING REGULARLY SPORTS

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### ABSTRACT

The aim of this study is to examine the relationship between perceived helicopter parenting attitude and life satisfaction in adolescents who do regular sports. The study group of the research consisted of 210 people, 68 women and 142 men, who actively do sports regularly at Şirnak Youth and Sports Provincial Directorate. Data for this research were recorded through the "Introductory Information Form", "Perceived Helicopter Parent Attitude Scale (AHETÖ)" and "Life Satisfaction Scale" filled out by the participants. Information about data collection tools is given in detail. The data obtained from the perceived helicopter parent attitude scale and life satisfaction scale were recorded in the SPSS package program. Personal information about the participants, inventory averages and factor scores were given by determining frequency (f) and percentage (%) values. Normal distribution of scores normal distribution curves, skewness-kurtosis values, normal distribution curves through histograms and Kolmogorov-Smirnov test values used in cases where the group size is greater than 50 were examined. In the research independent sample t test and pearson correlation analysis were applied among distribution analysis, descriptive analysis and parametric hypothesis tests. Statistically,  $p < 0.05$  was considered statistically significant. When examined in terms of gender variable, the perceived helicopter parent attitude level towards fathers, it has been determined that there is a statistically significant difference in the helicopter dimension regarding ethical and moral issues. When examined according to age variable, perceived helicopter parent attitude level towards fathers, it was determined that there was a statistically significant difference in the helicopter sub-dimension regarding basic confidence and life skills.

**Keywords:** Regular sports, parental attitude, life satisfaction.

## INTRODUCTION

The child's personality development plays an extremely important role in the parent-child relationship (Burger, 2006). Family is the place where the child gets his first social experiences. While the child's immediate environment meets its physiological and psychological needs, it also contributes to personality development. Today, it is known that family plays an important role in personality development (Cüceloğlu, 1998). Children are dependent on their parents, who meet their basic needs and provide care from the moment they are born. They are surrounded by their thoughts, feelings, and ideals. Parents want their children to live up to certain expectations in the future. They want to reach the standard. In order to children to reach these standards, their moral values, discipline and they aim to gain responsibility (Çakır, 2024).

The importance of the parent-child connection has been found in different theories. Freud states that the development of interaction in the family and the development of consciousness are advanced in the life stage, and that parent-child interaction is effective in the growth and personality development in the stages of psychosexual development (Geçtan, 2008). The development of emissions is directly proportional to its interaction with the environment. Families and children are in the situation they are in and can display the most appropriate behavior however they express it. Children who are raised by their parents, whose successes are appreciated, and who are made to realize the mistakes they make, show a healthy personality development. Thus, by paying attention to these issues, they continue to know their children better and improve their communication with their children (Özel and Zelyurt, 2016).

The attitudes of parents towards their children are characteristics of their entire lives. Sometimes very few things cannot provide him with the necessary support. Thus, it causes the formation of unwanted and inappropriate behavior patterns in the child. Having a balanced and specific attitude towards their children has a very important feature on growth, self-esteem, communication, decision-making capacity and academic success (İnci and Deniz, 2015). In addition, parental attitudes can also cause behavioral problems. Parental attitudes parents' democratic, authoritarian, sensitive, perfectionist, neglectful, dominating, punitive, protective or rejecting attitudes can have very different effects on the child (Arı, 2005). The relationships between these issues and situationsps many children lack the helicopter parenting attitude that keeps their children under control in every situation and interferes with their lives and personality structures rather than their growth health (Duygulu, 2018).

Helicopter parent presence, first hosted by Cline and Fay (1990); interruption is a concept used for flexibility in the attitudes of overprotective, scheduler and perfectionist parents who change their education, life, all kinds of activities, in short, with all the details of life, to the extent that they can be considered obsessed (Lee and Kang, 2018). Making decisions on behalf of their children regarding every activity, determining their performance, and eliminating the obstacles they encounter on their behalf (Segrin et al., 2012) is helicopter parenting, which is frequently observed. Scientific studies on helicopter parents are almost non-existent in our country. Therefore, it is important to focus on these characteristics of those who do sports regularly and

contribute to the field. It is a change that educators, sports trainers and parents should support and even focus on this issue at the political level. The results of our work starting from here are available to these unexpected enthusiasts, will carry a result.

One child describes his mother as follows: "She's always hovering over me like a helicopter." In line with the studies of Haim G. Ginott and the opinions of many experts, helicopter parents are defined in different ways: Always being under control of children, excessively intervening behavior in the child's life and development. These are the stages of taking the responsibilities that the child needs to take and doing the things that the child needs to do individually to meet his/her physical needs. This also applies to their cognitive, social and psychological development; parents are the ones who cause regressions and delays in their development because they take responsibility for their development, and prevent children from socializing on their own and being accepted as individuals from an early age (Duygulu, 2018).

Helicopter parents were a choice made by their parents and sports had not yet been scientifically researched in Turkey. The scientificization of concepts was first carried out by Yılmaz (2018) and a scale development study was carried out on this subject. Considering the increase in the number of research conducted abroad in recent years, there was a need for similar research on this subject. It encourages the licensed helicopter parent attitude to be brought into standard discussion and similar research. The purpose of this regulation is to examine the relationship between the perceived helicopter parent relationship and the level of quality of life in adolescents who do sports regularly.

## **METHOD**

### **Research Model**

This study, which examines the life satisfaction and perceived helicopter parent attitudes of adolescents who engage in regular sports activities, is a descriptive research using the relational screening model. In this research, the relationships between variables were tried to be measured.

### **Population-Sample (Study Group)**

The research was conducted using the convenience sampling method. The easily available sampling method is the sampling performed on individuals who are in the immediate vicinity, are easily accessible, and want to participate in the research voluntarily. The study group of the research consisted of 210 people, 68 of whom were women and 142 of whom were men, actively doing sports in Şırnak Youth and Sports Provincial Directorate.

### **Data Tools**

The data recorded for the research were obtained through the "Introductory Information Form", "Perceived Helicopter Parent Attitude Scale (AHETÖ)" and "Life Satisfaction Scale" filled out by the researchers. Information on collection tools is given here.

### **Perceived Helicopter Parenting Attitude Scale**

The Perceived Helicopter Parent Attitude Scale was adapted into Turkish by Yılmaz (2019) in order to measure democratic, neglectful, authoritarian and tolerant parental approaches under the dimensions of acceptance/interest and supervision. The scale, which is a 4-point Likert type, consists of 21 items and 4 sub-dimensions. Subdimensions of the scale: "Helicopter attitude on basic trust (TGYBKH)", "Helicopter attitude on emotional-personal life (DYKH)", "Helicopter attitude on academic life area (AOYKH)" and "Helicopter attitude on ethical-moral issues (DYKH)" EAKH)". Mother and father sections of the scale are scored separately. The highest score that can be obtained from the mother or father section of the scale is 84, while the lowest score is 21. There are no reverse items in the scale. The internal consistency coefficient of the Perceived Helicopter Mother Scale was found to be .85. The internal consistency coefficients of the subscales of the scale range between .83-.79. The internal consistency coefficient of the Perceived Helicopter Father scale was found to be .83. The internal consistency coefficients of the subscales of the scale range between .83-.76. The high Cronbach alpha reliability coefficients of both the Perceived Helicopter Father Scale and the Perceived Helicopter Mother Scale indicate that the consistency of the scale is high.

### **The Satisfaction with Life Scale**

The scale developed by Diener et al. (1985) consists of five items. In the validity and reliability study conducted on university students, the scale was found to have good psychometric properties. The Cronbach Alpha coefficient of the scale was calculated as .87. It was determined that the single-factor scale had the power to explain 66% of the variance. Durak et al. (2010) adapted it back to Turkish and confirmatory factor analysis showed that it had a single-factor good fit index. The Cronbach Alpha coefficient of the scale was calculated as .81. The scales are "my living conditions are perfect", "my life is in line with my ideals in many respects", "my life satisfies me", "so far I have achieved the things I wanted in life", "if I had the chance to live my life again, I would change almost nothing". It consists of five items in total.

### **Analysis of Data**

The data obtained from the perceived helicopter parent attitude scale and life satisfaction scale were recorded in the SPSS package program. Personal information about the participants, inventory averages and factor scores were given by determining frequency (f) and percentage (%) values. Normal distribution of scores: Normal distribution curves, skewness-kurtosis values, normal distribution curves through histograms and Kolmogorov-Smirnov test values used in cases where the group size is greater than 50 were examined. IBM SPSS statistical program was used to analyze the data. In the research; independent sample t test and Pearson correlation analysis were applied among distribution analysis, descriptive analysis and parametric hypothesis tests. Statistically,  $p < 0.05$  was considered statistically significant.

## FINDINGS

**Table 1.** Demographic Characteristics of the Participants

Variables	Groups	N	%
Gender	Female	68	32,4
	Male	142	67,6
	<b>Total</b>	210	100,0
Age	13-17	34	16,2
	18-23	176	83,8
	<b>Total</b>	210	100,0
Sports Branch	Individual Sports	61	29,0
	Team Sport	149	71,0
	<b>Total</b>	210	100,0

When Table 1 is examined, it is seen that 32.4% of the participants are women, 67.6% are men, 16.2% are between the ages of 13-17, and 83.8% are between the ages of 18-23. It was determined that 29% of them do individual sports and 71% of them do team sports.

**Table 2.** Skewness-Kurtosis Scores of the Scales

	Dimensions	N	Skewness	Kurtosis	p
<b>Helicopter Attitude Towards Mothers</b>	Helicopter on ethical and moral issues	210	,384	,105	,000
	Helicopter on academic/school life issues	210	,195	-,410	,000
	"Helicopter training on basic confidence and life skills"	210	,356	-,155	,000
	"Helicopter in the emotional-personal sphere of life"	210	,083	-,853	,000
<b>Helicopter Attitude Towards Father</b>	Helicopter on ethical and moral issues	210	,530	,310	,001
	Helicopter on academic/school life issues	210	-,168	-,731	,000
	"Helicopter training on basic confidence and life skills"	210	,091	-,599	,004
	"Helicopter in the emotional-personal sphere of life"	210	,083	-,853	,000
<b>Life Satisfaction</b>	Life Satisfaction	210	-,076	-,775	,007

When the Kolmogorov Smirnov test results are examined, it is seen that the deviations from normality in the helicopter parent attitude scale and life satisfaction scale scores are significant. The Kolmogorov Smirnov test is just one of the methods used to evaluate normality. It was determined that there were no excessive deviations in the normal distribution curves, and all scores were within  $\pm 1$  when the skewness and kurtosis coefficients were taken into account. Büyükoztürk (2007) stated that these values are within the range of  $\pm 1$ , and Tabachnick and Fidell (2013) stated that the data are normally distributed if the skewness and kurtosis coefficients of the variables are between  $\pm 1.5$ . Since the skewness-kurtosis values of the scores were within  $\pm 1$  and there were no excessive deviations in the normal distribution curves, it was decided to use parametric statistical techniques.

**Table 3.** Descriptive Analysis of The Answers That Participants Could Measure

	Scale Sub-Dimensions	N	Min	Max	X±Ss
<b>Helicopter Attitude Towards Mothers</b>	Helicopter on ethical and moral issues	210	6,00	24,00	13,50±3,47
	Helicopter on academic/school life issues	210	5,00	19,00	11,29±2,95
	"Helicopter training on basic confidence and life skills"	210	6,00	23,00	12,35±3,28
	Helicopter in the emotional-personal sphere of life"	210	4,00	16,00	10,04±2,84
<b>Helicopter Attitude Towards Father</b>	Helicopter on ethical and moral issues	210	6,00	22,00	11,55±3,46
	Helicopter on academic/school life issues	210	5,00	19,00	11,97±3,69
	"Helicopter training on basic confidence and life skills"	210	6,00	22,00	12,01±3,44
	"Helicopter in the emotional-personal sphere of life"	210	4,00	16,00	10,04±2,84
<b>Life Satisfaction</b>	Life Satisfaction	210	5,00	35,00	19,81±7,05

When Table 3 is examined, the perceived helicopter parent attitude level towards mothers; the average of the helicopter dimension in ethical and moral issues is 13.50±3.47, the average of the helicopter dimension in academic / school life issues is 11.29±2.95, the average of the helicopter dimension in basic trust and life skills is 12.35±3.28, emotional- The average helicopter size in personal living area was determined as 10.04±2.84. Perceived helicopter parent attitude level towards fathers; the average of the helicopter dimension in ethical and moral issues is 11.55±3.46, the average of the helicopter dimension in academic / school life issues is 11.97±3.69, the average of the helicopter dimension in basic trust and life skills is 12.01±3.44, emotional- The average helicopter size in personal living area was determined as 10.04±2.84. The average life satisfaction of the participants was determined as 19.81±7.05.

**Table 4.** Evaluation of Perceived Helicopter Parenting Level of Mother and Father According to Gender

	Scale Sub-Dimensions	Gender	N	X±Ss	t	p
<b>Helicopter Attitude Towards Mothers</b>	Helicopter on ethical and moral issues	Female	68	13,82±3,48	,947	,345
		Male	142	13,34±3,47		
	Helicopter on academic/school life issues	Female	68	11,03±2,69	-,929	,354
		Male	142	11,42±3,07		
	"Helicopter training on basic confidence and life skills"	Female	68	11,97±3,29	-1,152	,251
		Male	142	12,53±3,27		
	"Helicopter in the emotional-personal sphere of life"	Female	68	9,96±2,82	-,308	,759
		Male	142	10,08±2,85		
<b>Helicopter Attitude Towards Father</b>	Helicopter on ethical and moral issues	Female	68	12,31±3,37	2,247	,026*
		Male	142	11,18±3,46		
	Helicopter on academic/school life issues	Female	68	11,35±3,66	-1,691	,093
		Male	142	12,27±3,67		
	"Helicopter training on basic confidence and life skills"	Female	68	11,66±3,28	-1,038	,301
		Male	142	12,18±3,52		
	"Helicopter in the emotional-personal sphere of life"	Female	68	9,96±2,82	-,307	,759
		Male	142	10,08±2,85		

\* $p < ,050$ ; \*\* $p < ,001$

When Table 4 is examined; perceived helicopter parent attitude level towards fathers according to gender variable; it was determined that there was a statistically significant difference in the helicopter dimension ( $t=2.246$ ;  $p<.050$ ) regarding ethical and moral issues. It was determined that there was no statistically significant difference in other sub-dimensions of perceived helicopter parent attitude towards fathers according to gender variable ( $p>.050$ ). It was determined that there was no statistically significant difference in the perceived helicopter parent attitude level towards mothers according to the gender variable ( $p>.050$ ).

**Table 5.** Evaluation of the Perceived Helicopter Parenting Level of Mothers and Fathers According to Their Ages

Scale Sub-Dimensions		Age	N	X±Ss	t	p
Helicopter Attitude Towards Mothers	Helicopter on ethical and moral issues	13-17	34	13,71±4,24	,385	,700
		18-23	176	13,45±3,32		
	Helicopter on academic/school life issues	13-17	34	11,74±3,31	,960	,338
		18-23	176	11,20±2,88		
	"Helicopter training on basic confidence and life skills"	13-17	34	13,09±4,24	1,442	,151
		18-23	176	12,20±3,05		
	"Helicopter in the emotional-personal sphere of life"	13-17	34	10,29±3,00	,563	,574
		18-23	176	9,99±2,81		
Helicopter Attitude Towards Father	Helicopter on ethical and moral issues	13-17	34	11,82±4,06	,507	,613
		18-23	176	11,49±3,34		
	Helicopter on academic/school life issues	13-17	34	12,68±4,19	1,219	,224
		18-23	176	11,84±3,58		
	"Helicopter training on basic confidence and life skills"	13-17	34	13,18±4,14	2,179	,026*
		18-23	176	11,78±3,25		
	"Helicopter in the emotional-personal sphere of life"	13-17	34	10,29±3,00	,563	,574
		18-23	176	9,99±2,81		

\* $p<.050$ ; \*\* $p<.001$

When Table 5 is examined, the perceived helicopter parent attitude level towards fathers according to age variable; it was determined that there was a statistically significant difference in the helicopter sub-dimension ( $t=2.179$ ;  $p<.050$ ) regarding basic confidence and life skills. It was determined that there was no statistically significant difference in other sub-dimensions of perceived helicopter parent attitude towards fathers according to age variable ( $p>.050$ ). It was determined that there was no statistically significant difference in the perceived helicopter parent attitude level towards mothers according to the age variable ( $p>.050$ ).

**Table 6.** Evaluation of the Perceived Helicopter Parenting Level of Mothers and Fathers According to Sports Branches

Scale Sub-Dimensions		Sports Branch	N	X±Ss	t	p
Helicopter Attitude Towards Mothers	Helicopter on ethical and moral issues	Individual Sports	61	13,44±3,46	-,140	,889
		Team Sport	149	13,52±3,49		
	Helicopter on academic/school life issues	Individual Sports	61	11,16±3,23	-,397	,692
		Team Sport	149	11,34±2,84		

Helicopter Attitude Towards Father	"Helicopter training on basic confidence and life skills"	Individual Sports	61	12,93±3,48	1,666	,097
		Team Sport	149	12,11±3,17		
	"Helicopter in the emotional-personal sphere of life"	Individual Sports	61	10,20±2,94	,502	,616
		Team Sport	149	9,98±2,80		
	Helicopter on ethical and moral issues	Individual Sports	61	11,70±3,87	,421	,675
		Team Sport	149	11,48±3,29		
	Helicopter on academic/school life issues	Individual Sports	61	11,67±4,09	-,752	,453
		Team Sport	149	12,09±3,52		
	"Helicopter training on basic confidence and life skills"	Individual Sports	61	12,08±4,11	,195	,846
		Team Sport	149	11,98±3,14		
	"Helicopter in the emotional-personal sphere of life"	Individual Sports	61	10,20±2,94	,502	,616
		Team Sport	149	9,98±2,80		

\* $p < .050$ ; \*\* $p < .001$

In Table 6, no significant difference was detected in different aspects of the perceived helicopter parent attitude level sub-dimensions towards mothers and fathers according to the sports branches they care for ( $p > .050$ ).

**Table 7.** Evaluation of The Participants' Life Satisfaction Level According to Variables

		Variable	N	X±Ss	t	p
Life Satisfaction	Gender	Female	68	19,24±6,35	-,817	,415
		Male	142	20,08±7,36		
	Age	13-17	34	21,62±7,05	3,641	,012*
		18-23	176	19,46±7,01		
	Sports Branch	Individual Sports	61	20,92±7,17	1,463	,145
		Team Sport	149	19,36±6,97		

\* $p < .050$ ; \*\* $p < .001$

When Table 7 was examined, it was determined that there was a statistically significant difference in the life satisfaction level of the participants ( $t=3.641$ ;  $p < .050$ ) according to their ages. It was determined that there was no statistically significant difference in the life satisfaction level of the participants according to gender variable ( $t=-.817$ ;  $p > .050$ ) and sports branch variable ( $t=1.461$ ;  $p > .050$ ).



**Table 8.** The Relationship Between Perceived Helicopter Parenting Level Towards The Mother and Life Satisfaction.

			1	2	3	4	5
<b>Helicopter Attitude Towards Mothers</b>	Helicopter on ethical and moral issues	r	1				
		p	-				
	Helicopter on academic/school life issues	r	,620**	1			
		p	,000	-			
	"Helicopter on basic confidence and life skills"	r	,599**	,729**	1		
		p	,000	,000	-		
	Helicopter in emotional-personal life	r	,557**	,777**	,611**	1	
		p	,000	,000	,000	-	
	Life Satisfaction	r	,045	,092	,134	,099	1
		p	,516	,186	,052	,152	-

\* $p < ,050$ ; \*\* $p < ,001$

In Table 8, it was determined that there was no relationship between the sub-dimensions of women's perceived helicopter parent attitude towards their mothers and their life satisfaction ( $p > .050$ ).

**Table 9.** The Relationship Between Perceived Helicopter Parenting Level Towards The Father and Life Satisfaction.

			1	2	3	4	5
<b>Helicopter Attitude Towards Father</b>	Helicopter on ethical and moral issues	r	1				
		p	-				
	Helicopter on academic/school life issues	r	,581**	1			
		p	,000	-			
	"Helicopter on basic confidence and life skills"	r	,644**	,801**	1		
		p	,000	,000	-		
	Helicopter in emotional-personal life	r	,338**	,446**	,460**	1	
		p	,000	,000	,000	-	
	Life Satisfaction	r	-,092	,103	,121	,099	1
		p	,182	,139	,081	,152	-

\* $p < ,050$ ; \*\* $p < ,001$

When Table 9 was examined, it was determined that there was no relationship between the participants' perceived helicopter parent attitude level sub-dimensions towards their fathers and their life satisfaction ( $p > .050$ ).

## CONCLUSION and DISCUSSION

The findings obtained in this study, which was conducted with the aim of determining the relationship between the perceived helicopter parent attitude and the level of life satisfaction in adolescents who do sports regularly, are discussed and interpreted in this section.

It is the attitude of parents who expect high success from their children and who are constantly around their children. Children with helicopter parenting characteristics receive excessive attention from their families, resulting in negative consequences. This needs to be planned and arranged well. Otherwise, we may

unintentionally harm our child. Therefore, it is an important and new issue that needs to be studied scientifically.

When examined in terms of gender variable, the perceived helicopter parent attitude level towards fathers; it was determined that there was a statistically significant difference in the helicopter dimension regarding ethical and moral issues ( $p < .050$ ). No difference was found in other sub-dimensions of perceived helicopter parent attitude towards fathers ( $p > .050$ ). There was no significant difference in the perceived helicopter parent attitude level towards mothers according to the gender variable ( $p > .050$ ), (Table 4). McGinley (2018) observed that helicopter parenting has its own characteristics and that this attitude is not affected by the characteristics of the children. Another study argues that helicopter parenting is an attitude based on attachment and autonomy and is observed independently of variables related to the child (Kelly et al., 2017). When examined according to the age variable; perceived helicopter parent attitude level towards fathers; it was determined that there was a statistically significant difference in the helicopter sub-dimension regarding basic confidence and life skills ( $p < .050$ ), (Table 5).

Gençdoğan and Gülbahçe (2021) found in their study that the helicopter parent attitude towards the mother predicted life satisfaction by 14% only in the dimension of "Helicopterism in ethical and moral issues", and the helicopter parent attitude towards the father only predicted life satisfaction in the dimension of "Helicopterism in ethical and moral issues", and "Basic trust and confidence". It was found that it was predicted by 39% in the dimensions "about life skills" and "Helicopterism in the emotional-personal life area". These results show that the helicopter parenting attitude applied by both mothers and fathers towards their children affects their children's life satisfaction in different ways.

When examined in the context of the participants' sports branches, no statistically significant difference was found in the sub-dimensions of the perceived helicopter parent attitude level towards mothers and fathers ( $p > .050$ ), (Table 6). When the life satisfaction levels of the participating athletes were examined according to their ages, it was determined that the difference was significant ( $p < .050$ ). The life satisfaction levels of the participants do not show significance according to the gender variable and sports branch variable ( $p > .050$ ), (Table 7). Kapıkıran et al. (2014) found that, unlike the helicopter parent attitude, accepting parental attitude is a significant predictor of life satisfaction. Another study found that the overprotective attitude, which is the main feature of the helicopter parent attitude, has negative effects on children and adolescents (Sümer et al., 2010). No relationship was determined between the participants' perceived helicopter parent attitude level sub-dimensions towards both their mothers and fathers and their life satisfaction ( $p > .050$ ), (Tables 8 and 9).

In the study conducted by Erdim (2019), it was stated that there was a significant relationship between perceived parental attitudes and life satisfaction. This is natural; it was stated that the democratic regime improved children's life satisfaction positively, while its authoritarian attitude decreased life satisfaction.

Çelebi and Çelebi (2018) found in their study that there is a strong positive relationship between satisfaction with family relationships and life satisfaction. In their study, Erol and Kaba (2018) found that the life satisfaction of students who perceived their parents' attitudes as "democratic" was significantly higher than those of students who perceived their parents' attitudes as "authoritarian/oppressive/overprotective" or "indifferent". In another study, it was determined that individuals who perceived their parents' attitudes as democratic had high life satisfaction (Tuzgöl-Dost, 2007; Tuzgöl-Dost, 2010).

As a result, although the research reveals important findings, it also has some limitations. The research consists of people who do sports regularly. This situation is not enough to explain how and to what extent individuals at a younger age, especially in adolescence and adolescence, are affected by helicopter parent attitudes. Perceived helicopter parent attitude level towards fathers according to gender variable; it has been determined that there is a statistically significant difference in the helicopter dimension regarding ethical and moral issues. It was determined that there was no statistically significant difference in the perceived helicopter parent attitude level towards mothers according to the gender variable. Perceived helicopter parent attitude level towards fathers according to age variable; it was determined that there was a statistically significant difference in the helicopter sub-dimension regarding basic confidence and life skills. It was determined that there was no statistically significant difference in the sub-dimensions of the perceived helicopter parent attitude level towards mothers and fathers according to the sports branches of the participants. Considering all these, it is recommended that research on the subject should include different age groups, different education levels and different sports branches, as well as demographic variables and parents' opinions.

#### ETHICAL TEXT

In this article, journal writing rules, publishing principles, research and publishing ethics rules, journal ethics rules are followed. Responsibility belongs to the author for any violations related to the article. Approval was received from Sırnak University Rectorate ethics committee with decision number 09.03.2020/E-3236.

**Conflict of Interest:** Regarding this study, the authors and/or their family members do not have any relationships with scientific and medical committees or members, consultancy, expertise, employment in any company, shareholding or similar situations that may have a potential conflict of interest.

**Author(s) Contribution Rate:** In this study, the contribution rate of the first author is 30%, the contribution rate of the second author is 50%, and the contribution rate of the third author is 20%.

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