

Helikopter Ebeveynlik ve Dışsal Prososyal Davranışlar Arasındaki İlişkide İçsel Prososyal Davranışların Düzenleyici Etkisi

The Moderator Effect of Internal Prosocial Behaviors on the Relationship Between Helicopter Parenting and External Prosocial Behaviors

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ÖZ

Helikopter ebeveynlik adı verilen bir ebeveynlik tarzının yaygınlığı son yıllarda artmaktadır ve bu tarz bireylerin yaşamları üzerinde olumsuz etkilere sahip olabilir. Prososyal davranışlar, toplumda sergilenmesi beklenen eylemlerdir ve ebeveynlerin tutumları bu davranışlar üzerinde etkilidir. Bireylerin sağlıklı gelişimine katkıda bulunmak için bu etkilerin belirlenmesi önemlidir. Bu nedenle, bu çalışma cinsiyet farklarını, helikopter ebeveynliği ve prososyal davranışları incelemeyi, yaş ile helikopter ebeveynliği ve prososyal davranışlar arasındaki ilişkileri ortaya koymayı ve içsel prososyal davranışların anne/baba helikopter ebeveynliği ile dışsal prososyal davranışlar arasındaki ilişkide bir düzenleyici değişken olup olmadığını belirlemeyi amaçlamaktadır. İleri istatistiksel bir model olan yol analizi içsel prososyal davranışların düzenleyici etkisini belirlemek için kullanılmıştır. Veriler, yaş ortalaması 16.08 olan 363 ergenden toplanmıştır. Veriler "Algılanan Helikopter Ebeveyn Tutum Ölçeği" ve "Ergen Prososyallik Ölçeği" ile elde edilmiştir. Sonuçlar, ergen kızların ergen erkeklere göre daha fazla prososyal davranış sergilediğini göstermiştir. Yaş ile baba helikopter ebeveynliği arasında ters yönde ve anlamlı bir ilişki bulunmuştur. İçsel prososyal davranışlar, anne/baba helikopter ebeveynliği ile dışsal prososyal davranışlar arasındaki ilişkide bir düzenleyici değişken olarak işlev göstermiştir. Bu çalışmanın bulguları, helikopter ebeveynliğin dışsal prososyal davranışlar üzerinde olumsuz bir etkisi olduğunu ve içsel prososyal davranışların bu ilişkiyi düzenleyebileceğini öne sürmektedir.

Anahtar Kelimeler: prososyal davranışlar, helikopter ebeveynlik, ergenlik, düzenleyici etki.

ABSTRACT

The rate of helicopter parenting, which is one of the parenting styles, has been increasing in recent years and this style might have negative effects on the individuals' lives. Prosocial behaviors are the actions expected to be displayed in the society and the attitudes of the parents are effective on these behaviors. It is important to determine these effects to contribute to the healthy development of individuals. Thus, this study aimed to investigate the gender differences in helicopter parenting and prosocial behaviors, to reveal the relationships between age and helicopter parenting and prosocial behaviors, and to determine whether internal prosocial behaviors acted as a moderator in the relationship between maternal/paternal helicopter parenting and external prosocial behaviors. Path analysis, which is an advanced statistical model, was used

to determine the moderator effect of internal prosocial behaviors. Data were collected from 363 adolescents with a mean age of 16.08 years. Data were obtained with the "Helicopter Parent Attitude/s Scale" and "Adolescent Prosociality Scale". The results showed that adolescents girls exhibited more prosocial behaviors than boys. There was an inverse and significant relationship between age and paternal helicopter parenting. Internal prosocial behaviors acted as a moderator in the relationship between maternal/paternal helicopter parenting and external prosocial behaviors. The findings of the current study suggest that helicopter parenting has an adverse impact on external prosocial behaviors and internal prosocial behaviors may regulate this relationship.

Keywords: prosocial behaviors, helicopter parenting, adolescence, moderator effect.

INTRODUCTION

Parenting style is the manner in which parents guide and regulate their children's behavior and is an important factor contributing to children's personality characteristics and psychological well-being (Khatri, 2021). One of these styles is helicopter parenting (HP), which has recently attracted the attention of researchers. HP can be defined as an over-protective parenting style with constant involvement (Toon, 2023). Yılmaz (2020) found in his study that one-third of mothers and one-seventh of fathers were helicopter parents in Türkiye. The reasons for this increase may be the developments in technology that enable parents to reach their children at any time and to keep track of where and what their children are doing (LeMoyne & Buchanan, 2011). Indeed, helicopter parents are mostly dual-income, well-educated, and have access to many resources (money, time, connections) (Bradley-Geist & Olson-Buchanan, 2014).

For these reasons mentioned above, we can say that there is an intense communication between the helicopter parents and their children. However, this communication focuses on issues such as instructions, expectations, school assignments, giving advice, and behaviors that should be, and is a shallow communication. It is striking that these hyper-involved, risk-adverse parents may not give their children the opportunity to develop skills (self-efficacy, coping, emotion regulation) necessary to manage and direct themselves (Padilla-Walker, 2014; Reed et al., 2016; van Ingen et al., 2015).

In the literature, HP was positively associated with drug use (LeMoyne & Buchanan, 2011), psychological distress (Cook, 2020; Hong & Cui, 2020), alcohol use (Cui, Allen, et al., 2019), and negatively associated with well-being (Cui, Darling, et al., 2019; Jung et al., 2020), authenticity (Turner et al., 2020), parent-child affection (Hesse et al., 2018), self-efficacy (Ganaprakasam et al., 2018), mastery, social competence, self-regulation (Moilanen & Lynn Manuel, 2019), academic motivation (Rote et al., 2020), and educational achievement (Luebbe et al., 2018). These studies have provided evidence that HP affects an individual's personal, psychological and social life. On the other hand, HP predicts that the level of empathy, one of the earliest precursors of helping, will be lower, which will negatively affect the individual's ability to exhibit helping behaviors such as prosocial behaviors (McGinley, 2018; Schiffrin et al., 2021).

Prosocial behaviors refer to the actions intended to benefit others. These actions encompass behaviors like helping, consoling, sharing, and collaborating (Learning, 2003). Prosocial behaviors are highly valued in all societies and are the basis for moral development, positive intergroup relations, cooperation and societal harmony (Carlo, 2014). Individual differences in prosocial behaviors are variable and tend to be stable over time. Prosocial individual differences are partly due to heredity. Environmental factors such as parenting styles, attachment styles, peers, siblings, school interventions, volunteering experience are also associated with such differences (Eisenberg et al., 2013).

Karylowski (1982) divided prosocial behavior into two basic dimensions as endocentric (internal) and exocentric (external) behaviors. Szuster (2005) stated that in both processes, the emergence of prosocial behaviors focuses on the situations of others. In other words, these

behaviors are motivated by identifying other people's needs. In endocentric process, the activation of the self-standards and the expectation of reward for own behavior lead to prosocial behaviors, while in exocentric process, the activation of the beyond self-standards and expectation of the other's welfare lead to these actions. Adhering to self-set standards consistently generates internal reinforcement in the shape of self-acceptance or pride, while deviating from these personal benchmarks poses a potential for internal discomfort (Szuster, 2018). This serves as a crucial regulatory mechanism owing to the influential nature of egocentric motivations in regulation (Leary & Tangney, 2011). The other process is associated with beyond self-standards, which can reduce the interference of egocentric mechanisms with prosocial behaviors. This depends on the shifting of attention from self to others. This suggests that the mechanisms underlying these processes are different (Szuster, 2018).

Prosocial tendencies are associated with prosocial moral reasoning, self-regulation, social competence, and low aggression/externalization issues (Eisenberg et al., 2013). The expanding literature has shown that prosocial behaviors are associated with peer support (Yao & Li, 2023), less school bullying victimization (Fu et al., 2023), meaning in life (Xie et al., 2023), less depressive symptoms (Schacter & Margolin, 2019) as well as well-being (Haller et al., 2022). In addition, a systematic review has shown that prosocial behavior is one of the protective factors for adolescents' mental health (Preston & Rew, 2022). These studies emphasize the importance of these behaviors in an individual's life.

Prosocial behaviors can be evaluated from evolutionary, biological, cognitive-developmental, integrative, and socialization perspectives. In socialization theory, the primary socialization agent is parents, and the attitudes of families have a great influence on these behaviors (Carlo, 2014). For example, controlling and uninvolved parenting distracts from prosocial behavior, while warm and supportive parenting leads to such behaviors (Eisenberg et al., 2013). Additionally, a recent study revealed that psychological factors and family values are associated with prosocial development in children and adolescents through positive parenting practices and styles (Tabares et al., 2023). However, the effect of HP, which is a parenting style that is increasingly becoming more prevalent and is increasingly involved in individuals' lives, on prosocial behaviors is not known in detail. Therefore, we focused on the relationship of these two variables in this study. We assume that determining this relationship is important for the social development of individuals.

Previous research shows that the impact of HP on individuals and their exhibition of prosocial behaviors may vary depending on gender and age. For example, it was determined that the overparenting attitudes of mothers and fathers perceived by early adolescents decreased over time, and that there was a greater decrease in the overparenting attitudes perceived by adolescent girls over time than boys (Leung & Shek, 2024). It has been found that girls reported higher levels of prosocial behaviors than boys and there was an increase in prosocial behaviors in adolescent girls and boys until approximately the age of 16 (Van der Graaff et al., 2018). Therefore, we examined gender differences in HP and prosocial behaviors and the relationship between age and study variables.

Although there are changes in the rate of exhibiting prosocial behaviors from childhood to adulthood, an increase occurs during late adolescence and transition to adulthood (Crocetti et al., 2016). Therefore, in the moral identity development, adolescence is a period in which age-related changes in prosocial behaviors and social development progress successfully (Hart & Carlo, 2005). Additionally, the need for autonomy gradually increases during adolescence. As the adolescent's need for autonomy increases, parental behavioral control may pose an obstacle to this need (Eccles et al., 1991). These require researchers to increase their studies on this period.

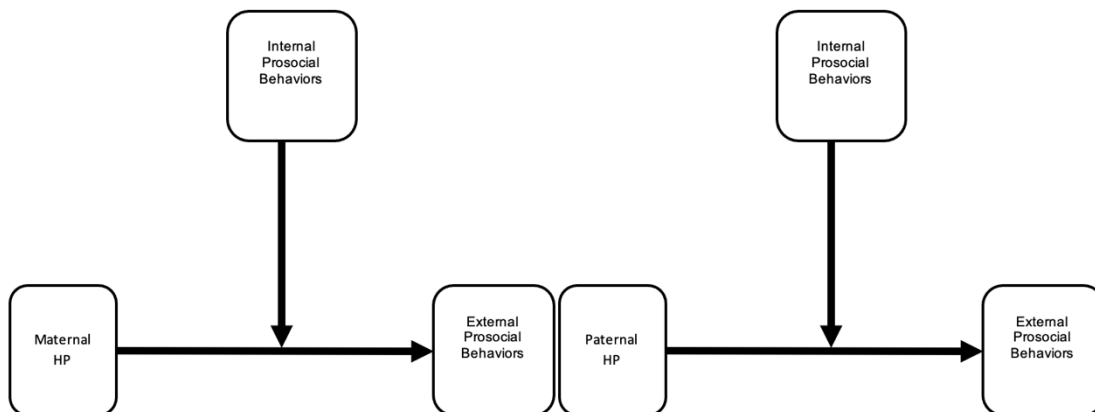
1.1. Present Study

Studies have shown that parents influence a smooth transition into adult roles by using developmentally inappropriate parenting practices, such as HP (Ching et al., 2022; Wu et al., 2023). Despite recent interest in HP, little is known about its impact on prosocial behaviors in adolescents. Since the mechanisms underlying internal prosocial behaviors and external prosocial behaviors are different and internal prosocial behaviors have a regulatory mechanism as mentioned above, we suppose that internal prosocial behaviors may act as a moderator (see Fig.1). Additionally, there are no studies investigating the moderator effect of internal prosocial behaviors in the relationship between maternal/paternal HP and external prosocial behaviors. Based on theoretical and empirical evidence, this study aimed to investigate the associations between maternal/paternal HP and internal/external prosocial behaviors among adolescents. To this end, we generated the following hypotheses:

- There is a gender difference in maternal/paternal HP and internal/external prosocial behaviors.
- There is the relationship between the ages of the adolescents and HP and prosocial behaviors.
- Internal prosocial behaviors moderate the relationship between maternal HP and external prosocial behaviors.
- Internal prosocial behaviors moderate the relationship between paternal HP and external prosocial behaviors.

Figure 1.

Moderator theoretical model of the study.



METHOD

2.1. Research Design

In the present study, it was aimed to reveal the moderator effect of internal prosocial behaviors in the effects of maternal/paternal HP on external prosocial behaviors. Path analysis, which is an advanced statistical model, was used to determine the moderator effect (Schumacker & Lomax, 2004). It is a research method in which the variables in the path analysis are modeled, their relations are explained, and the model is tested (Christensen et al., 2015). It is performed to determine the existence of a causal relationship involving at least three variables. It is also a more powerful analysis than other methods for testing causality (Fraenkel et al., 2012). Thus, using the

moderator analysis method developed by Baron and Kenny (1986), the moderator effect model of internal prosocial behaviors in the effects of HP on external prosocial behaviors was established. In addition, the relational model was used to determine the relationships with the independent variables (Creswell & Creswell, 2017), and scanning model was used as it is tried to describe an existing event in its current conditions without trying to change any object or person (Karasar, 2006).

2.3. Participants

The study group of the research consisted of high school students who were affiliated with the Ministry of Education in Ağrı, Türkiye, obtained consent form from their parents and were not diagnosed with any psychiatric or developmental disorders. Ethics committee approval was obtained to conduct the study and "informed consent form" was collected from the participants. With the G*Power sample calculation tool, it was calculated that 176 people should be reached with medium effect size, 5% margin of error and 95% confidence interval. However, in studies involving regulatory impact analysis (Chamizo-Nieto et al., 2021; Loh et al., 2019), around 350 sample were found to be sufficient. Therefore, data were collected from a local high school, reaching a total of 375 adolescents. Adolescents were selected using the purposive sampling method. However, due to extreme values, the study was conducted with 363 adolescents. 224 adolescent girls and 139 boys participated in the study. The mean age of adolescents was 16.08 (Sd= 1.86).

2.4. Data collection tools

Helicopter Parent Attitude/s Scale

The 21-item scale was developed by Yılmaz (2019) to measure the perceived HP level. The scale consists of four sub-dimensions: helicoptering on ethical and moral issues, helicoptering in academic / school life issues, helicoptering in basic confidence and life skills, helicoptering in emotional-personal life. "He/She thought the world and our environment was full of bad people.", "He/She didn't want to admit that I might have a private life." are sample items of the scale. Adolescents were asked to report their parents' helicopter attitudes on a 4-point Likert scale (1 = never behaves like this, 4 = always behaves like this) for mothers and fathers separately. The Cronbach's alpha coefficient was calculated as .93 for maternal helicopter parenting and as .90 for paternal HP in the original study.

Adolescent Prosociality Scale

The scale, developed by Ata and Artan (2021), consists of 20 items and 2 sub-dimensions, internal prosocial and external prosocial. "When someone asks me for help, I help without thinking.", "Even if I have an urgent job, I help a person in a difficult situation." are sample items of the scale. The scale is in 5-point Likert type, ranging from "definitely doesn't describe me" to "definitely describes me". The highest score is 100 and the lowest score is 20. High scores obtained from the scale indicate that adolescents have high prosocial tendencies. The Cronbach Alpha coefficients were 0.86 for the internal prosocial sub-dimension, 0.88 for the external prosocial sub-dimension, and 0.79 for the total score.

2.5. Data Analysis

Skewness and Kurtosis coefficients, Histogram and P-P Plot Charts were examined to determine whether the data showed a normal distribution. The descriptive statistics and reliability of the scale are presented in Table 1.

Table 1.*Normality distribution and descriptive statistics of the scale.*

Variables	N	\bar{X}	S.d.	Skewness	Kurtosis	α
Maternal HP	363	52.94	8.91	-.042	-.262	.730
Paternal HP	363	47.96	9.24	-.043	-.235	.755
Internal Prosocial	363	40.56	7.01	-.263	-.393	.714
External Prosocial	363	30.28	6.96	-.128	-.417	.718

It was found that the data showed normal distribution from the skewness and kurtosis coefficients of the variables (George & Mallery, 2016; Tabachnick et al., 2006). In addition, Independent Samples t-Test was used for the gender variable and Pearson Correlation analysis was used for the age variable. JAMOVI was used for t tests, correlation and path analysis. Significant p-value was taken as < 0.05 .

RESULTS

In this part of the study, analyzes of HP attitudes and prosociality levels perceived by adolescents are included. In Table 2, the t-test results of whether there was a difference between the variables and the gender of the adolescents are presented.

Table 2.*The results of the differences between the variables and gender.*

Dependents	Gender	N	\bar{X}	S.d.	df	t	p
Maternal HP	Female	224	52.91	8.76	361	-.101	.920
	Male	139	53.00	9.17			
Paternal HP	Female	224	47.47	8.68	361	-1.273	.204
	Male	139	48.74	10.06			
Internal Prosocial	Female	224	41.19	6.94	361	2.189	.029*
	Male	139	39.55	7.02			
External Prosocial	Female	224	31.31	7.11	361	3.635	.000*
	Male	139	28.62	6.40			

* $p < 0,05$

Table 2 examines whether the dependent variables differ statistically according to the gender of the adolescents. Accordingly, it was concluded that the internal and external prosocial levels of the adolescents differed statistically according to their genders ($p < 0.05$). It was determined that females had higher prosocial skills than males.

The Pearson Correlation results of whether there was a relationship between the variables and the age of the adolescents are given in Table 3.

Table 3.*Correlations between the variables and age.*

Dependent	Pearson Correlation	Maternal HP	Paternal HP	Internal Prosocial	External Prosocial
	r	-.068	-.165**	.021	.081
Age	p	.196	.002	.696	.126
	N	363	363	363	363

***p < .01 (2-tailed)*

In correlational studies, it is assumed that there is a weak relationship between .10 and .29, a moderate relationship between .30 and .49, and a strong relationship between .50 and 1.00 (Cohen, 1988). The results showed a weak negative correlation ($r = -.165^{**}$, $p < .01$) between paternal HP and age. Thus, it can be said that as the age of the adolescents increases, the perceived paternal HP decreases.

The results of the Pearson Correlation analysis performed to determine whether there was a relationship between the variables to perform the regulatory effect analysis are given in Table 4.

Table 4.*Correlations between the variables.*

Variables	1	2	3
1. Maternal HP	--		
2. Paternal HP	.595**	--	
3. Internal prosocial	.158**	.113*	--
4. External Prosocial	-.122*	-.211**	.252**

**p < .05; **p < .01*

Table 4 showed that there was a weak relationship between maternal HP and internal ($r = .158^{**}$, $p < .01$) and external ($r = -.122^*$, $p < .05$) prosocial behaviors, and paternal HP and internal ($r = .113^*$, $p < .05$) and external ($r = -.211^{**}$, $p < .01$) prosocial behaviors.

To determine whether internal prosocial behaviors had a moderating effect on the effects of maternal HP on external prosocial behaviors, a moderator effect analysis was performed and is presented in Table 5.

Table 5.

The moderator effect of internal prosocial behaviors on the relationship between maternal HP and external prosocial behaviors.

Variables	Path Coefficient (b)	SE	Z	Lower Confidence Interval	Upper Confidence Interval
Maternal HP	-.13	.039	-3.29**	-.20	-.05
Internal Prosocial	.27	.049	5.38**	.17	.36
Maternal HP * Internal Prosocial	-.01	.005	-2.27*	-.02	-.01

* $p < .05$, ** $p < .001$, SE = Standard error

In the tested model, it was concluded that external prosocial behaviors, which was the dependent variable, was negatively and positively affected, respectively, by the perceived maternal HP determined as the independent variable (Est = -.13; Z = -3.29; $p < .001$) and internal prosocial behaviors determined as the moderator (Est = .27; Z = 5.38; $p < .001$). It was concluded that the moderator effect of internal prosocial in the relationships between maternal HP and external prosocial was statistically significant (Est = -.01; Z = -2.27; $p < .05$).

To determine whether internal prosocial behaviors had a moderating effect on the effects of paternal HP on external prosocial behaviors, a moderator effect analysis was performed and is presented in Table 6.

Table 6.

The moderator effect of internal prosocial behaviors on the relationship between paternal HP and external prosocial behaviors.

Variables	Path Coefficient (b)	SE	Z	Lower Confidence Interval	Upper Confidence Interval
Paternal HP	-.19	.037	-5.17**	-0.26	-0.12
Internal Prosocial	.27	.049	5.58**	0.17	0.37
Paternal HP * Internal Prosocial	-.01	.005	-2.22*	-0.02	-0.01

* $p < .05$, ** $p < .001$, SE = Standard error

In the tested model, it was concluded that external prosocial behaviors, which was the dependent variable, was negatively and positively affected, respectively, by the perceived paternal HP determined as the independent variable (Est = -.19; Z = -5.17; $p < .001$) and internal prosocial behaviors determined as the moderator (Est = .27; Z = 5.58; $p < .001$). It was concluded that the moderator effect of internal prosocial in the relationships between paternal HP and external prosocial was statistically significant (Est = -.01; Z = -2.22; $p < .05$).

DISCUSSION

Several new types of parenting have emerged in recent years, and one of them is HP (Toon, 2023). These overprotective parents have adverse effects on their children's lives in many developmental areas such as social development and moral development. It is important to investigate these relationships to eliminate or minimize these effects. Thus, the present study aimed to examine the gender differences in HP and prosocial behaviors, to reveal the relationships between age and HP and prosocial behaviors, and to determine whether internal prosocial behaviors are a moderator in the relationships between maternal/paternal HP and external prosocial behaviors.

The findings of the study showed that while there were no gender differences in maternal and paternal HP, there were internal and external prosocial behaviors. Adolescent girls had higher internal and external prosocial skills than boys. This indicates that women tend to display more prosocial behaviors than men. One justification of these findings may be that women are more likely to empathize with the social situations they encounter (Çekin, 2013). There are previous studies that support our results. For example, Schiffrin et al. (2019) found that there was no difference in the amount of HP that male and female participants experienced. The similar result of our study may be due to technological developments, as we mentioned before, that allow both mothers and fathers to control their children more easily or due to the consistency between parents. Crocetti et al. (2016) and Iglesias Gallego et al. (2020) revealed that males reported lower prosocial levels than females. However, Khalili et al. (2023) did not find any significant gender differences on prosocial behaviors. These incompatible results suggest further studies to identify the underlying causes of the variables.

The results of the study also showed that age differences were determined only in paternal HP, not in maternal HP, internal or external prosocial behaviors. We found that as the age of the adolescents increased, perceived paternal HP decreased. The need for autonomy increases with age. This idea can be interpreted as parental behavioral control attempts should naturally decrease as adolescents' need for autonomy increases (Keijsers & Poulin, 2013). However, in this study, this was only valid for the behaviors exhibited by the fathers. In addition, in a review including studies in Türkiye, it was found that adolescents or young people with perceived democratic attitudes were more autonomous than those with perceived authoritarian attitudes (Sümer et al., 2010). This reveals that over-protective and over-control parents suppress this need of adolescents. Moreover, there are studies that provide evidence that parental control initiatives that may undermine autonomy are less effective in regulating adolescents' behaviors (Criss et al., 2015). On the other hand, the possible reason for not detecting a relationship between age and prosocial behaviors in our study may be that adolescence is a turbulent period and the egocentric characteristics of adolescents do not allow them to exhibit prosocial behaviors. In the extensive literature, there are studies suggesting that there were no age differences in prosocial behaviors (van de Groep & Van Woudenberg, 2022). However, a study found an increased differentiation in the prosocial behavior of older adolescents based on their relationships with their peers, and most of the prosocial behavior was directed towards friends (Güroğlu et al., 2014). This difference may be due to the researchers' approach to prosocial behaviors with different sub-dimensions.

The present study revealed that internal prosocial behaviors acted as a moderator in the relationships between maternal/paternal HP and external prosocial behaviors. This indicates that higher perceived HP levels lead to lower levels of external prosocial behaviors and internal prosocial behaviors moderate this relationship. Prosocial behaviors are qualities that most parents want their children to display. Because these characteristics form the basis of positive interpersonal relationships with people in their social environment (Carlo & Padilla-Walker, 2020). However, helicopter parents are heavily involved in children's lives, and they may prevent them from displaying such behaviors of their own free will. Socialization theory supports this idea suggesting that highly controlling parents such as HP tend to be overly strict and may resort

to corporal punishment, which may undermine prosocial behaviors (Carlo, 2014). A meta-analysis study also showed that inappropriate attitudes and excessive involvement in the child's life were negatively associated with prosocial behaviors. The type of prosocial behaviors moderated this negative relationship, with the strongest negative associations found for general and altruistic prosocial behaviors. Based on these studies, we can conclude that individuals are less likely to exhibit prosocial behaviors when parents are intrusive, hostile, or rejecting (Wong et al., 2021). On the other hand, internal prosocial behaviors may regulate this relationship. If individuals' levels of internal prosociality, which includes a source of internal reinforcement in the form of self-acceptance, are increased, they may act beyond their own standards, and consequently their external prosociality levels will increase. In other words, the negative effects of overinvolved parenting attitudes can be mitigated by developing resources such as self-acceptance and internal reinforcement, and then the attention of individuals can be shifted from self to others to contribute to moral development.

The present study provides valuable contributions to the literature but has some limitations. This research is a cross-sectional study, making it difficult to draw definite conclusions about the causal relationships between the study variables. Therefore, longitudinal studies should be conducted to determine the directionality of relationships in the future. In addition, data collection is based on self-report measures. Thus, results may be subject to potential response biases such as social desirability bias.

In conclusion, the findings of this study offer important implications for professionals interested in parenting styles and prosocial behavior. Results showed that adolescent girls had more prosocial skills than boys, and there was an inverse relationship between age and paternal HP. The study also revealed that maternal/paternal HP related to external prosocial behaviors, and these relationships were moderated by internal prosocial behaviors. In dealing with the negative consequences of overprotective parenting, internal prosocial behaviors act as a moderator, increasing the level of external prosocial behaviors. To support moral development, mental health professionals, psychologists, and counselors should consider the roles of internal prosocial behaviors and engage this factor in both therapeutic and prevention practices on the adverse consequences of inappropriate parenting styles. In addition, practices should be developed to increase the prosocial behaviors of adolescent boys. Finally, awareness-raising activities that include appropriate parenting styles for parents should be organized.

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GENİŞLETİLMİŞ ÖZET

Giriş

Ebeveynlik tarzı, ebeveynlerin çocuklarının davranışlarını yönlendirme ve düzenleme şeklidir ve çocukların psikolojik iyi oluşuna ve kişilik özelliklerine katkıda bulunan önemli bir faktördür (Khatri, 2021). Bu tarzlardan biri de son zamanlarda araştırmacıların dikkatini çeken helikopter ebeveynliktir (HE). HE, sürekli katılımın olduğu aşırı koruyucu bir ebeveynlik tarzı olarak tanımlanabilir (Toon, 2023). Yılmaz (2020) çalışmasında annelerin üçte birinin, babaların ise yedide birinin bu tutuma sahip olduğunu bulmuştur. Bu da HE oranının gün geçtikçe arttığını göstermektedir. Bu artışın nedeni, ebeveynlerin çocuklarına her an ulaşabilmelerini ve çocuklarının nerede ve ne yaptıklarını takip edebilmelerini sağlayan teknolojideki gelişmeler olabilir (LeMoyne ve Buchanan, 2011).

Literatürde HE; iyi olma hali (Cui, Darling vd., 2019; Jung vd., 2020), uyuşturucu kullanımı (LeMoyne ve Buchanan, 2011), alkol kullanımı (Cui, Allen vd., 2019), depresyon, anksiyete, yaşam memnuniyeti (Cook, 2020; Hong ve Cui, 2020), özgünlük (Turner vd, 2020), prososyal davranışlar, empati (McGinley, 2018; Schiffrin vd., 2021), ebeveyn-çocuk sevgisi (Hesse vd., 2018), öz yeterlilik (Ganaprakasam vd., 2018), ustalık, öz düzenleme, sosyal yeterlilik (Moilanen ve Lynn Manuel, 2019), akademik motivasyon (Rote vd., 2020) ve akademik işlevsellik (Luebbe vd., 2018) ile ilişkili bulunmuştur. Önceki araştırmalar, HE'nin bireyin hayatını birçok yönden etkilediğine dair kanıtlar sunmuştur.

Araştırmalar, ebeveynlerin HE gibi gelişimsel olarak uygun olmayan ebeveynlik uygulamalarını kullanarak yetişkin rollerine yumuşak bir geçişi etkilediğini göstermiştir (Ching ve ark., 2022; Wu ve ark., 2023). Helikopter ebeveynliğe olan son ilgiye rağmen, ergenlerde prososyal davranışlar üzerindeki etkisi hakkında çok az şey bilinmektedir. Anne/baba helikopter ebeveynliği ile dışsal prososyal davranışlar arasındaki ilişkide içsel prososyal davranışların moderatör etkisini araştıran herhangi bir çalışma bulunmamaktadır. Teorik ve ampirik kanıtlara dayanarak, bu çalışma ergenler arasında anne/baba HE ile içsel/dışsal prososyal davranışlar arasındaki ilişkileri incelemeyi amaçlamıştır. Bu amaçla aşağıdaki hipotezler oluşturulmuştur:

- Anne/baba HE'si ve içsel/dışsal prososyal davranışlarda cinsiyet farkı vardır.
- Ergenlerin yaşları ile HE ve prososyal davranışlar arasında ilişki vardır.
- İçsel prososyal davranışlar, anne HE'si ile dışsal prososyal davranışlar arasındaki ilişkiyi düzenlemektedir.
- İçsel prososyal davranışlar, babanın HE'si ile dışsal prososyal davranışlar arasındaki ilişkiyi düzenlemektedir.

Yöntem

Bu çalışmada, anne/babanın helikopter ebeveynliğinin dışsal prososyal davranışlar üzerindeki etkisinde içsel prososyal davranışların moderatör etkisinin ortaya konması amaçlanmıştır. Moderatör etkiyi belirlemek için gelişmiş bir istatistiksel model olan yol analizi kullanılmıştır (Schumacker & Lomax, 2004).

Araştırmanın çalışma grubunu Ağrı ilinde Milli Eğitim Bakanlığı'na bağlı, ailelerinden onam formu alınmış, herhangi bir psikiyatrik ya da gelişimsel bozukluk tanısı almamış lise öğrencileri oluşturmuştur. Çalışmanın yürütülmesi için etik kurul onayı alınmış ve katılımcılardan "bilgilendirilmiş onam formu" toplanmıştır. G*Power örneklem hesaplama aracı ile orta etki büyüklüğü, %5 hata payı ve %95 güven aralığı ile 176 kişiye ulaşılması gerektiği hesaplanmıştır. Ancak düzenleyici etki analizi içeren çalışmalarda (Chamizo-Nieto vd., 2021; Loh vd., 2019) yaklaşık 350 örneklem yeterli bulunmuştur. Bu nedenle 375 ergene ulaşılmış ancak uç değerler nedeniyle çalışma 363 ergen ile yürütülmüştür. Çalışmaya 224 kız ve 139 erkek ergen katılmıştır. Ergenlerin yaş ortalaması 16,08'dir (Sd= 1,86).

Algılanan helikopter ebeveynlik düzeyini ölçmek için Yılmaz (2019) tarafından 21 maddelik Helikopter Ebeveyn Tutumu/Ölçeği kullanılmıştır. Ayrıca Ergen prososyallığının ölçülmesi için Ata ve Artan (2021) tarafından geliştirilen Ergen Prososyallık Ölçeği kullanılmıştır. Ölçek, 20 madde ve içsel prososyal ve dışsal prososyal olmak üzere 2 alt boyuttan oluşmaktadır.

Değişkenlerin çarpıklık ve basıklık katsayılarından verilerin normal dağılım gösterdiği tespit edilmiştir (George ve Mallery, 2016; Tabachnick vd., 2006). Ayrıca cinsiyet değişkeni için Bağımsız Örneklem t-Testi ve yaş değişkeni için Pearson Korelasyon analizi kullanılmıştır.

Sonuç ve Tartışma

Çalışmanın bulgularına göre, son yıllarda birkaç yeni ebeveynlik türü ortaya çıkmıştır ve bunlardan biri HE (Toon, 2023) olarak adlandırılmaktadır. Bu aşırı korumacı ebeveynler, çocuklarının sosyal ve ahlaki gelişim gibi birçok alanda olumsuz etkilere neden olmaktadır. Bu ilişkileri araştırmak, bu etkileri ortadan kaldırmak veya en aza indirmek için önemlidir. Bu nedenle, bu çalışma cinsiyet farklarını HE ve prososyal davranışlar arasında incelemeyi, yaş ile HE ve prososyal davranışlar arasındaki ilişkileri ortaya koymayı, içsel prososyal davranışların anne/baba HE ile dışsal prososyal davranışlar arasındaki ilişkide bir düzenleyici olup olmadığını belirlemeyi amaçlamıştır.

Çalışmanın bulguları, anne ve baba HE'de cinsiyet farkları olmamakla birlikte, içsel ve dışsal prososyal davranışlarda farklılıklar olduğunu göstermiştir. Ergen kızlar, erkeklere kıyasla daha yüksek içsel ve dışsal prososyal becerilere sahipti. Bu, kadınların genellikle erkeklerden daha fazla prososyal davranış sergilediğini göstermektedir. Bu bulguların bir nedeni, kadınların karşılaştıkları sosyal durumlarla daha fazla empati kurma eğiliminde olmaları olabilir.

Araştırmanın sonuçları ayrıca yaş farklılıklarının sadece baba HE'de değil, anne HE'de, içsel veya dışsal prososyal davranışlarda belirlendiğini göstermiştir. Adölesanların yaşları arttıkça, algılanan baba HE azalmıştır. Bu, ergenlerin otonomi ihtiyacının yaşla birlikte arttığını göstermektedir. Bu fikir, ergenlerin otonomi ihtiyacının arttıkça ebeveyn davranış kontrol çabalarının doğal olarak azalması gerektiğini öne sürmektedir.

Çalışmanın bir diğer önemli bulgusu, içsel prososyal davranışların anne/baba HE ile dışsal prososyal davranışlar arasındaki ilişkilerde bir düzenleyici olarak hareket ettiğini göstermiştir. Bu, daha yüksek algılanan HE seviyelerinin daha düşük dışsal prososyal davranışlara yol açtığını ve içsel prososyal davranışların bu ilişkiyi düzenlediğini göstermektedir. Bu, aşırı koruyucu ebeveynlik tutumlarının, çocukların kendi iradeleriyle bu tür davranışları sergilemelerini engelleyebileceğini göstermektedir. Sosyalizasyon teorisi, HE gibi yüksek kontrol ebeveynlerinin

aşırı katı olma eğiliminde olduğunu ve prososyal davranışları zayıflatabilecekleri çocuksu cezalara başvurabileceklerini öne sürmektedir.

Çalışma, genel olarak, aşırı koruyucu ebeveynliğin olumsuz sonuçlarıyla başa çıkmada içsel prososyal davranışların bir düzenleyici olarak hareket ettiğini göstermiştir. Bu, bireylerin içsel prososyalite seviyeleri arttıkça, kendi standartlarının ötesinde hareket edebileceklerini ve dolayısıyla dışsal prososyalite seviyelerinin artacağını göstermektedir. Bu bulgular, aşırı müdahaleci ebeveynlik tutumlarının olumsuz etkilerinin, öz-kabul ve içsel takviye gibi kaynakları geliştirerek hafifletilebileceğini ve bu sayede bireylerin dikkatlerinin kendilerinden başkalarına kaydırılarak ahlaki gelişime katkıda bulunabileceğini göstermektedir.

Çalışmanın sınırlamaları arasında, çalışmanın kesitsel bir tasarıma sahip olması ve değişkenler arasındaki nedensel ilişkiler hakkında kesin sonuçlara varmayı zorlaştırması bulunmaktadır. Bu nedenle, gelecekteki uzunlamasına çalışmaların ilişkilerin yönlendirilmesini belirlemek için yapılması gerekmektedir. Ayrıca, veri toplama sürecinin öz bildirim ölçümlerine dayanması, sonuçların potansiyel yanıt önyargılarına (sosyal arzu önyargısı gibi) tabi olabileceği anlamına gelmektedir.

Sonuçlar, ergen kızlarının erkeklerden daha fazla prososyal beceriye sahip olduğunu ve yaş ile baba HE arasında ters bir ilişki olduğunu göstermiştir. Çalışma ayrıca, anne/baba HE'nin dışsal prososyal davranışlarla ilişkili olduğunu ve bu ilişkilerin içsel prososyal davranışlar tarafından düzenlendiğini ortaya koymuştur. Aşırı koruyucu ebeveynliğin olumsuz sonuçlarıyla başa çıkmada içsel prososyal davranışların rolünü dikkate alan zihinsel sağlık profesyonelleri, psikologlar ve danışmanlar, bu faktörü hem tedavi hem de önleme uygulamalarında kullanmalıdır.