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**HELICOPTER PARENTING STYLE IMPACT ON COMMUNICATION SKILLS OF ALPHA GENERATION CHILDREN IN INDONESIA**Ifan Awanda<sup>1\*</sup>, Septika laily Anti<sup>1</sup>, Miranda Yustikasari<sup>1</sup>, Selly Nurlela Sari<sup>1</sup><sup>1</sup>STIT Tanggamus\* ✉: [ifan18396@gmail.com](mailto:ifan18396@gmail.com)**Abstrak**

*Penelitian ini mengkaji dampak pola asuh helicopter terhadap perkembangan kemampuan komunikasi anak Generasi Alfa (4-7 tahun) di wilayah urban Indonesia. Penelitian ini bertujuan untuk mengetahui dampak gaya pengasuhan helikopter yang dapat berdampak pada perkembangan dan kemampuan komunikasi anak. Metode penelitian menggunakan pendekatan mixed-methods eksplanatori sequential dengan melibatkan 30 keluarga dari Lampung. Data dikumpulkan melalui kuesioner Helicopter Parenting Scale ( $\alpha=0.82$ ), observasi terstruktur, dan wawancara mendalam. Hasil analisis kuantitatif menunjukkan korelasi negatif signifikan antara intensitas pola asuh helikopter dengan kemampuan turn-taking ( $r=-0.62, p<0.05$ ) dan speech acts ( $r=-0.51, p<0.05$ ). Temuan kualitatif mengidentifikasi tiga pola komunikasi khas: (1) ghost scripting, (2) avoidance strategy, dan (3) filler speech dominance. Studi ini merekomendasikan program intervensi "Guided Autonomy Parenting" untuk memitigasi efek negatif pola asuh helikopter.*

**Kata kunci:** generasi alpha, parenting, pola asuh helikopter, perkembangan komunikasi, pragmatik bahasa.

**Abstract**

This research examines the impact of helicopter parenting on the development of communication skills in Generation Alpha children (4-7 years old) in urban areas of Indonesia. This research aims to determine the impact of helicopter parenting styles on children's development and communication skills. The research method uses an explanatory sequential mixed-methods approach involving 30 families from Lampung. Data was collected through the Helicopter Parenting Scale questionnaire ( $\alpha=0.82$ ), structured observation, and in-depth interviews. The results of the quantitative analysis show a significant negative correlation between helicopter parenting intensity and turn-taking ability ( $r=-0.62, p<0.05$ ) and speech acts ( $r=-0.51, p<0.05$ ). Qualitative findings identified three distinct communication patterns: (1) ghost scripting, (2) avoidance strategy, and (3) filler speech dominance. This study recommends the "Guided Autonomy Parenting" intervention program to mitigate the negative effects of helicopter parenting.

**Keywords:** Generation Alpha, parenting, helicopter parenting, communication development, language pragmatics.

## INTRODUCTION

Helicopter parenting is a parenting style where parents are overly involved in their children's lives, often to the point of micromanaging their every step. This parenting style is characterised by a high level of control and supervision, where parents constantly monitor their children and intervene to protect them from potential harm or failure. Although the intention behind helicopter parenting may be good, it can have a negative impact on a child's development and independence. Some experts argue that helicopter parenting can make children feel constrained and unable to make their own decisions (Londo & Sumendap, 2022). This can hinder their ability to develop essential life skills such as problem-solving, resilience, and independence. Additionally, being constantly supervised and helped by parents can prevent children from learning from their mistakes and developing a sense of autonomy. As a result, children raised by helicopter parents may struggle to cope with the challenges of adulthood and may have difficulty building healthy relationships with others.

Children may also experience anxiety and low self-esteem because they haven't had the opportunity to build confidence in their own abilities yet. It's important for parents to find a balance between being involved in their child's life and allowing them the freedom to make mistakes and learn from them. By giving children the opportunity to explore and take risks, parents can help foster independence and resilience in their children, which will prepare them for future success (Nadya & Herlambang, 2020). Alpha generation children, born between 2010 and 2025, are growing up in a constantly changing and evolving world. They are the first generation truly immersed in technology from a young age, with access to smartphones, tablets, and social media.

This constant exposure to screens and digital devices has shaped their worldview and how they interact with the world around them. As a result, Alpha generation children are often considered more tech-savvy and independent than previous generations. However, this early exposure to technology can also have negative impacts on their development, such as reduced attention spans and increased levels of anxiety and depression (Azis & Ekawati, 2025). As parents and carers, it's important to monitor and regulate their screen time, while also encouraging them to engage in other activities that promote social, emotional, and cognitive development. By finding a balance between technology and real-world experiences, we can help Alpha generation children thrive and reach their full potential (Pakina & Solekhan, 2024).

This balance can include limiting screen time, encouraging outdoor play, and fostering face-to-face interaction with peers. By prioritising activities that promote physical activity, creativity, and critical thinking, we can help Alpha generation children develop important skills and values that will benefit them in the future. Ultimately, we as parents and carers are responsible for guiding and supporting our children in navigating the digital world while also ensuring they have a well-rounded upbringing.

Parenting styles play an important role in shaping a child's communication skills. Authoritarian parents can hinder a child's ability to express themselves freely, while permissive parents may struggle to set boundaries that encourage effective communication. On the other hand, authoritarian parents balance setting expectations with encouraging open dialogue, allowing children to develop strong communication skills (Taib et al., 2020). By understanding the impact of different parenting styles on communication, parents can better support their children in developing the skills necessary to build relationships and achieve success in various social environments.

Ultimately, effective communication is crucial for building strong relationships and navigating the challenges of daily life (Parlindungan et al., 2023). By promoting healthy communication patterns, parents can help their children develop the confidence and skills needed to express themselves effectively and assertively. This foundation will not only benefit their children in their relationships with others, but also in their personal growth and development. Parents who prioritise communication in their parenting approach are preparing their children for success in all aspects of life (Siskawati, 2023).

Being overly involved in a child's activities can lead to helicopter parenting. This style is characterised by parents who constantly monitor their children, meticulously regulating every aspect of their lives. Parents like this often find it difficult to let go and allow their children to make their own decisions and mistakes. This can lead to children feeling restricted, dependent, and less independent. Helicopter parents may also struggle to set boundaries and may find it difficult to realise when their involvement is actually hindering their child's growth and development.

This lack of independence can hinder the development of children's decision-making and problem-solving skills, as they miss opportunities to face challenges independently. These children may also be less confident and resilient because they always rely on their parents to solve their problems (Billfadawi & Safrizal, 2023). It is important for parents to strike a balance between being involved in their children's lives and giving them space to learn and grow

independently, so that children can develop essential life skills and become more confident and independent individuals.

A lack of autonomy for children can hinder their ability to develop a sense of independence and responsibility. Without the opportunity to make their own choices and face the consequences of their actions, children may struggle to learn from their mistakes and grow from them. It is very important for parents to gradually give their children more freedom and responsibility as they grow older, allowing them to build the skills necessary to navigate the complexities of adulthood (Maulina & Suhaibah, 2024). This process of gradually increasing autonomy can help children develop a strong sense of self-efficacy and resilience, preparing them to face future challenges with confidence (Pratiwi & Nuraeni, 2023).

Constant monitoring and intervention can hinder a child's ability to learn and grow independently. Parents should prioritise a balance between providing guidance and giving children the freedom to make mistakes and learn from them. By letting children chart their own course, parents foster the independence and resilience that will benefit them throughout their lives. This method also fosters a sense of ownership in children, thereby boosting their self-confidence and autonomy. Consequently, parents play a crucial role in shaping children's development and equipping them to face future challenges and opportunities.

Ultimately, by fostering a healthy balance between guidance and independence, parents equip their children with essential skills to navigate the complexities of adult life. Through trial and error, children learn valuable life lessons and develop problem-solving skills that will benefit them in the future (Wangi et al., 2024). By empowering children to make their own choices and learn from their mistakes, parents help foster a strong sense of self-confidence and adaptability that will benefit their children in all aspects of life (Wangi et al., 2024). In this way, parents not only shape their children's development but also instill the confidence and resilience needed to thrive in an ever-changing world.

Encouraging children to use "I" statements and take responsibility for their own thoughts and feelings can also empower them to communicate more effectively. By modelling healthy communication techniques and providing constructive feedback, parents can create a supportive environment for their children to practice and improve their communication skills (Dia & Wahyuni, 2021). Ultimately, teaching children how to communicate assertively and empathetically can prepare them for success in personal relationships, academic achievement, and future careers.

## METHOD

The methodology used in this study will combine quantitative and qualitative approaches (Yulianah, 2022). Surveys and questionnaires will be used to collect data on participants' experiences and perspectives, while interviews and focus group discussions will provide deeper insights. Data analysis will involve statistical analysis and thematic coding to identify patterns and themes within the data. Additionally, a literature review will be conducted to provide a theoretical framework for this research and to contextualise the findings within existing studies. This understanding will not only contribute to academic knowledge in this field but also have practical implications for parents, educators, and policymakers. By examining the relationship between proactive parenting and education, this research aims to provide evidence-based recommendations for promoting positive social-emotional development in children.

Ultimately, the findings of this research will help inform interventions and programs that support children's growth and well-being. Through a combination of surveys, interviews, and observations, the researchers will analyse the impact of proactive parenting and education on children's social interaction, emotional regulation, and problem-solving abilities. By identifying key factors that contribute to positive development, such as parental involvement and school support, this study will offer valuable insights for improving outcomes for children of all ages. Bridging the gap between theory and practice, this research has the potential to make a significant impact on the lives of children and families worldwide.

Quantitative data will use the Pearson Correlation formula ( $r$ ), which is used to measure the relationship between the intensity of helicopter parenting ( $X$ ) and children's communication skills ( $Y$ ). Meanwhile, to test the correlation, the Significance Test formula ( $p$ -value) will be used (Tegor, 2020). Pearson Correlation ( $r$ ) Used to measure the relationship between the intensity of helicopter parenting ( $X$ ) and children's communication skills ( $Y$ ):

$$r_{xy} = \frac{N\sum XY - \sum X \sum Y}{\sqrt{N\sum X^2 - (\sum X)^2} \cdot \sqrt{N\sum Y^2 - (\sum Y)^2}}$$

Explanation:

- $nn$  = Sample size (30 families)
- $X$  = Helicopter Parenting Scale score
- $Y$  = Communication skills score (turn-taking/speech acts)

RESULTS AND DISCUSSION

Result

From the data collected, it is clear that proactive parenting and education play a significant role in shaping child development. The positive impact of parental involvement and school support cannot be overstated, as both provide the necessary foundation for children to thrive socially, emotionally, and academically. By understanding the key factors that contribute to positive outcomes, we can better support children of all ages in reaching their full potential. This research has the potential to inform policies and practices that will benefit children and families worldwide, ultimately creating a more supportive and nurturing environment for future generations, as supported by the following quantitative data findings:

Communication Variable	Correlation (r)	Coefficient	p-value	Interpretation	
Turn-taking	-0.62		<0.05	Significant correlation	negative
Speech acts	-0.51		<0.05	Significant correlation	negative

Explanation:

- The higher the intensity of helicopter parenting, the lower the child's turn-taking and speech act abilities.
- The value of rr ranges from -1 (perfect negative) to +1 (perfect positive).

Interpretation

1. Turn-taking: o r = -0.62 indicates that children with helicopter parents tend to be less able to wait their turn in conversations. o Example: Parents who frequently interrupt or answer for their children hinder the practice of turn-taking.
2. Speech acts: o r = -0.51 indicates that the child is less skilled in using language for social purposes (e.g., asking, refusing).

Based on this data, it is concluded that in addition to parental involvement and school support, the research also highlights the importance of community resources and access to quality education in promoting positive outcomes for children. Studies show that children who have access to various resources, such as extracurricular activities, mentoring programs, and mental health services, are more likely to succeed in school and beyond. Furthermore, ensuring that all children have equal access to high-quality education can help level the playing field and reduce disparities in academic achievement (Ridwan, 2023). By addressing these key factors,

we can create a more just and inclusive society where all children have the opportunity to thrive.

The most visible impact of helicopter parenting on communication skills, with the discovery of decreased problem-solving abilities and independence, can also negatively affect a child's communication skills (Londo & Sumendap, 2022b). When parents constantly monitor their children, make decisions for them, and protect them from challenges, children may struggle to communicate their thoughts, feelings, and needs effectively. This lack of autonomy can hinder their ability to express themselves confidently and assertively in various social and professional settings. Additionally, helicopter parenting can hinder children from developing important communication skills such as active listening, empathy, and conflict resolution (Fitriah et al., 2020). As a result, children raised in such environments may face difficulties in building and maintaining healthy relationships, both personally and professionally.

Encouraging children to express themselves openly and honestly can also help them develop strong communication skills that will benefit them in all aspects of life (Simon et al., 2022). By creating a supportive environment where children feel heard and understood, parents can foster positive interactions and closer relationships within the family. This emphasis on communication and empathy can lead to more harmonious and cooperative households, where everyone feels valued and respected (Rahmi & Junaidin, 2022). Ultimately, the benefits of encouraging open communication within families can have a long-term impact on children's emotional well-being and overall development. Teaching problem-solving and decision-making skills is another important aspect of fostering healthy communication within the family (Jayadi et al., 2020).

By encouraging children to think critically and analyse different perspectives, parents can help them constructively face challenges and conflicts. Through problem-solving exercises and discussions, children can learn how to handle difficult situations with a calm and rational mindset (Dewi & Septa, 2019). This not only enhances their ability to resolve conflicts effectively but also builds their confidence in making sound decisions. Additionally, teaching children problem-solving skills can empower them to take responsibility for their actions and learn from their mistakes, thus fostering a sense of accountability and personal growth (Ambarsari et al., 2020). Overall, equipping children with these essential skills can better prepare them to navigate the complexities of life and relationships in a positive and proactive manner.

By encouraging open communication and teaching children the importance of empathy and understanding, parents and educators can help them develop strong interpersonal skills that will benefit them in all aspects of life. By fostering resilience and adaptability, children will be better equipped to face challenges and setbacks with grace and determination. Ultimately, by instilling these values and teaching these skills, we can help children grow into confident and capable individuals who are able to thrive in an ever-changing world.

## **Discussion**

Overall, the findings of this study indicate that proactive parenting and education play a significant role in shaping children's social and emotional development. By focussing on key factors such as parental involvement and school support, researchers have identified ways to improve outcomes for children of all ages (Subagia, 2021). Moving forward, it's important to continue bridging the gap between theory and practice in order to make a significant impact on the lives of children and families around the world. Recognising the importance of quality education and parental involvement, we can pave the way for a brighter future for our children (Rozi et al., 2024). It is clear that investing in children's social and emotional development is crucial, and by applying the findings of this study, we can make a positive impact on children of all ages.

By taking a holistic approach to studying the various factors that influence child development, educators and policymakers can strive to create a more inclusive and equitable education system (Antara, 2019). This can include implementing programs that provide additional support to children from disadvantaged backgrounds, as well as promoting diversity and inclusion in the school curriculum (Yani & Susanti, 2023). By addressing these issues, we can help ensure that all children have the opportunity to thrive and succeed in their academic achievements.

This includes encouraging open communication, creating a positive learning environment, and providing resources for children to explore their interests and talents (Sari et al., 2024). Parents can also play a crucial role in supporting their children's educational journey by actively engaging with schools and teachers, setting high expectations, and providing a stable and supportive home environment. On the other hand, educators can implement different teaching strategies, offer personalised support, and create culturally responsive classroom environments to meet the diverse needs of their students (Nurhuda et al., 2020). By working together, parents and educators can help empower children to reach their full potential and achieve academic success.



Furthermore, community organisations and mentors can also play a significant role in supporting children's educational development (Septiani et al., 2019). By providing additional resources, opportunities for enrichment, and positive role models, these external sources can complement the efforts of parents and educators in fostering a comprehensive and successful learning experience for children. Collaboration among all stakeholders in child education is crucial for creating a supportive and conducive environment for academic growth and personal development (Lelyemin, 2021). Raising a child truly requires togetherness, and by working together, we can help ensure that every child has the opportunity to thrive and succeed both in and out of school.

When parents, educators, community members, and organisations unite to support children's education, they create a network of support that can help them overcome challenges and reach their full potential. By working together, we can identify and meet the unique needs of each child, ensuring they receive the personalised attention and resources they need to succeed. Together, we can empower children to become confident, curious, and engaged learners, ready to face any challenge that comes their way.

Implications Through sustained efforts to bridge the gap between theory and practice, we can ensure that all children have access to the resources and support they need to thrive. Implications for future research include exploring the long-term impact of early childhood interventions on academic and social outcomes, as well as investigating the role of community partnerships in improving child well-being. Additionally, further research could focus on identifying specific strategies to increase parental involvement in education and foster positive parent-child relationships. By continuously studying and implementing evidence-based practices, we can continue to improve outcomes for children and families worldwide (Yusuf, 2024).

One area that needs further study is the impact of socioeconomic factors on children's academic development and success. Understanding how poverty, access to resources, and parental education levels affect child well-being can help inform targeted interventions and support systems. Additionally, examining the intersectionality of race, ethnicity, and cultural background in educational outcomes can provide valuable insights into addressing disparities and promoting equity in education. By delving deeper into these complex dynamics, researchers can develop more comprehensive strategies to support children in reaching their full potential.

## CONCLUSION

The impact of helicopter parenting on communication skills is that a decrease in problem-solving ability and independence can also negatively affect a child's communication skills. Parents play a crucial role in shaping their children's emotional intelligence by modelling healthy communication and problem-solving skills. By demonstrating empathy, patience, and resilience in their own interactions, parents can set a positive example for their children. Additionally, providing children with opportunities to practice these skills in real-life situations can help them develop self-confidence and the ability to manage their emotions in a healthy way. Ultimately, by prioritising emotional intelligence in their parenting approach, parents can equip their children with valuable tools to navigate the complexities of life with resilience and self-awareness.

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